THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

SAVE YOUR *LOWER BACK*; SAVE YOUR SWING

Experiencing lower back pain after golf? Discover how strength, mobility and workload management can help you stay comfortable and enjoy your game.





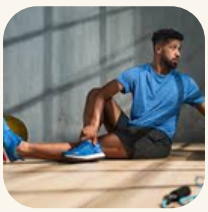
If you find yourself experiencing lower back pain after a round of golf, it may be time to look at your strength, mobility and how much golf you're playing.

Golf places repeated demands on your back, particularly through rotation and bending. If your back isn't tolerating your current playing load, you may notice stiffness after a round, pain during your swing or soreness that lingers into the following day.

Back pain doesn't automatically mean you need to give up golf. Understanding what your back can currently tolerate, addressing contributing factors and gradually building your capacity can help you manage symptoms and get more enjoyment out of your game.







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HOW TO LOOK AFTER YOUR BACK ON THE COURSE:

- **Build your strength:** Strong legs, hips and trunk muscles can help your body manage the demands of your golf swing.
- **Work on your rotation:** Maintaining adequte mobility and control through your hips and upper back helps you move comfortably through your swing.
- **Warm up before your first tee:** Don't make your opening drive your warm-up. Prepare your body with some gentle dynamic movements.
- **Manage your workload:** If you've had time away from golf, gradually build back up rather than jumping straight into multiple full rounds.

WHEN SHOULD YOU SEEK HELP?

See a physio if your back pain keeps returning, affects your swing, persists well after playing or stops you from enjoying your usual rounds.

Want to keep golfing without your back calling the shots? We can help you understand what's contributing to your symptoms and build your capacity for golf. Book Now!