THE PERFORMANCE EDIT

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

RETURNING TO GOLF AFTER A JOINT REPLACEMENT?

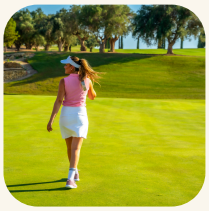
Getting back on the course after joint replacement starts with the right recovery, a steady approach, and confidence in every swing.





For many active people, getting back to golf is an important part of recovery after a knee or hip replacement. But being able to walk comfortably around the house isn't necessarily the same as being ready to walk 18 holes and repeatedly swing a club.

Golf requires leg strength, balance, walking endurance, hip and trunk control, and the ability to manage uneven ground. A gradual return to the course gives your body time to rebuild these qualities while regaining confidence in your operated leg.







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HOW TO PREPARE YOURSELF TO GET BACK ON THE COURSE:

- **Build your walking distance:** Gradually work towards the amount of walking your usual round requires.
- **Rebuild leg strength:** Squats, step-ups and targeted hip exercises can help prepare you for the demands of golf.
- **Improve Balance:** Practice stability and control to help manage uneven ground and slopes.
- **Return to your swing gradually:** Once cleared by your surgeon, start with putting and shorter swings before progressing towards a full round.

WHEN SHOULD YOU SEEK HELP?

See your physio if you're struggling to regain strength, experiencing ongoing pain, lacking confidence in your operated leg or aren't sure how to progress back to golf.

Ready to work towards your next round? We can help you build a progressive rehabilitation plan designed around getting you back to the activities you enjoy.