



## **Golfing Pre-Season**

The golf swing is an explosive and potentially stressful movement that requires the full rotational capacity of 127 joints and the dynamic activation and co-ordination of 400 pairs of muscles. Returning to action after being on hiatus for the winter can put enthusiasts at high risk of injury, and prematurely end hopes of that sub-par round. (or, in cases like myself, the sub 100 score...) Golfers need to prepare a few weeks in advance of the season, to help prevent the chance of injury. Some suggestions include walking, stretching, gentle practice swings, and a visit to the range, starting with the short irons and gradually building up to the longer heavier irons. For the first week, leave your driver at home.