

Is warming-up worth the time and effort?

To be worth the time and effort, warming up has to have a positive effect on your game. Added to this, it has to reduce the risk of injury.

So how does it work?

The golf swing is a stretching movement. The power of the swing is in the recoil of that muscle stretch. If the muscles in your arms, legs and trunk are tight and shortened, your swing will be restricted. If the swing is shortened, the power is reduced. Consequently, the ball will not go as far.

But stretch gently. If you stretch a muscle too aggressively, it will cramp and shorten. So stretch slowly and in a controlled manner. There should be no pain, just a sensation of stretch.

Immobility is not good for your body, so if you have been sitting at a desk or driving for prolonged periods, your muscles will be short and tight.

The most effective stretch for the golf swing is the swing itself. Begin by going through your swing in slow motion with nothing in your hands. Feel where the tightness is. Repeat a number of times until the tension eases, gradually increasing your speed to a more normal swing speed. Then start again in slow-motion with a club in your hands and again gradually increase your speed to a normal speed as the tweaks and twinges ease off.

An added bonus to stretching is that you reduce the risk of injuring yourself. Muscle strains are the result of trying to quickly overstretch a short muscle. The muscle will either tear fibres where it attaches to the bone, or it will tear in the muscle belly. Either way, it will be painful and will seriously compromise your game.

Therefore, it makes sense to stretch if you want to play well.

If you have any questions, or indeed any injuries from golf, please give us a call on 01722 820400.