

## Why does my body hurt?

Along with the official beginning of golf season comes the inevitable moaning and groaning about being sore and tired. It doesn't seem to matter what you've done during the off-season to prepare your body for the rigours of playing golf – even the fittest and strongest people will feel aches and pains during and after their first few rounds. While it is completely normal for your body to react this way as it adapts to being on the course, here are a few ideas to help ease your body into golfing...

- 1) **Warm-up** – Before you play or hit balls, spend a few minutes doing dynamic stretches (where you are moving through each range of motion) to get your muscles and joints ready for action.
- 2) **Check your footwear** – While it is normal to have some soreness from being on your feet after a round of golf, wearing comfortable shoes that fit your feet properly can minimize foot pain and also help prevent chronic injuries in your ankles, knees, hips and back that may be caused by biomechanical compensations that your body must make if you are wearing improperly fitted shoes.
- 3) **Drink lots of water** – Even minor levels of dehydration prevent the body from working at 100% efficiency. Staying hydrated will also allow your body to recover more quickly after your round.
- 4) **Cool down** – Spending 5-10 minutes after your round stretching out your major muscle groups is not only a great way to gain flexibility but will also help relieve muscle tension and soreness.
- 5) **Recover**– Allow your body time the time it needs to rest. Yoga, foam roller exercises, and massage are also great ways to help your body recover so you are ready to go for your next round.



And finally, stay with it! Your body will adjust as the season progresses. As you adapt you should feel less and less sore which is a sign that you are getting stronger and fitter! See you on the course!

**Kathryn McKenzie - B.H.Kin, B.Ed**  
**Certified Sport Conditioning Specialist & Personal Trainer**  
**TPI Certified Golf Fitness Instructor**  
**Phone - (204) 802-3131**  
**Email - [kate@surefirefitness.ca](mailto:kate@surefirefitness.ca)**  
**Website - [www.surefirefitness.ca](http://www.surefirefitness.ca)**