

Jakubowski explained that the majority of injuries sustained in sports are a result of repetitive strains. In golf, the structural elements of the body, the ligaments (ligaments attach bones to bones), stretch beyond their elastic limit, thereby rendering the joint structure unstable or hypermobile. If the initial episode of back or neck pain is not treated correctly, disc degeneration ensues.

“Pain is always the last symptom to come and the first to go,” says Dr Jak. “This establishes that the structure deforms over time as a result of the unidirectional nature of the golf swing, producing the joint weakness, leading to the pain. Just because you don’t suffer from pain, it doesn’t mean there isn’t a problem lurking. Of all the professional golfers I have seen, these structural weaknesses were there much longer than the symptoms.

“Having just one joint or muscle out of line can make 18 holes seem like 108,” he warns. “It’s no wonder, if you are swinging your club 70-100 times with an injured back or wrist. By simply aligning the body perfectly, everyone can play golf better, and with less effort.”

As someone who has acted as chiropractic consultant to the British Olympic figure-skating team, to Formula 1 drivers, Premiership footballers and international cricketers, as well as to numerous professional golfers, he is someone worth heeding.

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SEVEN HEALTHY POINTERS TO BETTER GOLF

The pressure points – the lower back, shoulders and wrists – are the most obvious joints at risk for golfers, due to the repetitive nature of the golf swing. But carrying a golf bag can place enormous strain on your neck. Take advantage of dual-harness straps over your shoulders to distribute the weight evenly.

Trolleys are not the best way to carry your clubs. This can build unnecessary pressure from pulling and bending in the wrong positions. Powered or electric carts are safer.

Golfers often don’t warm up effectively prior to playing. If the muscles aren’t prepared by a good stretching routine, this can lead to a lack of flexibility and injury. Stretch hamstring, quads, chest muscles and shoulders – if necessary, on each tee.

Don’t forget to have a good post-game stretch as well.

Wear proper shoes for stability.

Pain is a warning sign. Don’t ignore it. If you do injure yourself, use ice rather than heat and seek help from your doctor or a British Chiropractic Association practitioner. You can call the BCA on 0118 950 5950 or visit www.chiropractic-uk.co.uk to find out where your nearest chiropractor is.

Remember! – a healthy back will improve your swing.