

# Global Physiotherapy Congress

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## Low back pain and golf mechanics

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Golf is an international recreational activity in which people of all ages engage in and may have various benefits physically and mentally. Although it has many benefits, like most physical activities, excessive play of golf may also negatively impact the participant; the most common negative impact being lower back pain (LBP). In the general population, LBP affects 50-70% of people- mainly as a result of factors such as the improper usage of muscles, incorrect posture, repetitive bending, prolonged flexion, and trauma. Many factors have been proven to cause LBP amongst golfers; however the most common causes include improper use and overuse of muscles, incorrect posture, and technical errors during the swing, physical fitness deficiencies, lack of pre-game warm up, and the natural environmental conditions. It is crucial that the individual engaging in such a physical activity focus on and master the biomechanics of golf which include balance, accuracy, summing momenta, generating momentum, swing plane, common errors, and swinger, in order to reduce the risk and degree of LBP. The common errors to be considered in the biomechanics of golf are the no power and/or distance, topping and/or fatting the ball, air swing, incorrect flight path of the ball, lifting the body, and the movement of feet. LBP commonly seen in golfers may be treated through rest, manipulation, traction, and a good lower back rehabilitation program designed to regain maximal flexibility and strength.

## Biography

Mohamad Zein has studied Physiotherapy at the Lebanese University in South Lebanon. He completed further training and specialization at Hospital Laperonie, Montpellier, France. His most recent studies include the completion of a DPT and Master courses in Sports Physiotherapy and Physical Activity at the University of Saint Joseph, Beirut, Lebanon. He also runs his own physiotherapy clinic, Mohamad Zein Clinic, in Tyre, South Lebanon and teaches several physiotherapy related subjects at the Lebanese German University, Tyre.

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