

Abstract

Title: Issues of the motion apparatus injuries among golf players

Objectives: The goal of the work is to find out the most common health problems among golf players and possible preventative measures against their formation.

Methods: The work is structured as a research, which has been created on the basis of an analysis of relevant sources. The literature, printed and electronic monographs and periodical were obtained from library catalogues and the Internet. The foreign studies were obtained from databases PubMed and SPORTDiscus.

Results: The most common vertebrogenic difficulty among both amateur and professional golf players is low back pain (LBP). It appears more often among men than women. Specific issues are the overload of the paravertebral muscles, occurrence of the osteophytes and degenerative changes in the area of the facet joints and intervertebral disc. Other health problems among golf players are inflammation of the rotator cuff tendons, posterior glenohumeral subluxation, acromioclavicular disfunction, shoulder joint arthritis, stress fracture of the ribs, epicondylitis, and in the area of the wrist and arm of the golf players occur especially fractures, subluxation of the joints and overload of the tendons (especially adductors, flexors and extensors). Almost all the studies containing training exercise programs for golf players have shown positive effect on both the physical fitness and the golf swing of the players and as well on the prevention of injuries.

Keywords: low back pain, golf injuries, golf swing biomechanics, prevention