

Abstract

Title: Evaluation of health problems and the impact of compensation activities for the professional golf players

Objectives: The main aim of this thesis is to describe the most common health problems in golf and to further evaluate the questionnaire form of the most common health problems of the golf players in the major league and the first league of golf in the Czech Republic in connection to a frequent training, playing tournament rounds, and their compensation.

Methods: The method of research and the method of written questioning is used in this thesis. Theoretical information was obtained mainly from the foreign sources and information for the evaluation was obtained by non-standardized questionnaires of the first league golf players and of the major golf league competition in the Czech Republic. Total of 115 players were approached, the data were processed by 75 players (65% return).

Microsoft Excel software was used for the data analysis.

Results: During the main golf season in 2015, 37 golf players had injury that prevented them from playing and training golf, this corresponds to 49% of the golf players. Evaluated data show, that the most common problem among the golf players, is the vulnerability and pain in the wrist tendons, 11 players were struggling with these problems. Another health problem was the backache of the lumbar spine which is the main rotating component of the golf swing, 10 players had this problem. Following problems with the elbow had 9 players, and finally the pain in the knee joints problems had 7 players. These injuries are confirmed by the results of the literary studies. All players do some compensatory activity, but not sufficiently to prevent them from injuries. Regarding attendance at rehabilitation, 12 players solved their problems with the rehabilitation of the lumbar spine. 4 players came with problems of the cervical spine, 3 with problems with knees joints, 7 with elbow, 4 with wrist and 1 player with scoliosis.

Key words: golf, injury, questionnaire, compensation exercises, prevention