

Buns of Steel Needed to Prevent Low Back Pain (Low Back Pain – Part 2) by Debra Pentz, DC

Your low back pain may be the result of “buns of mush”. But you say, “My **low back** hurts.” While that may be true, pain is not always the best diagnostic of what the problem really is.

The **root** cause of low back pain is especially difficult to pin down. A major cause that I see in my practice daily - the butt muscles (gluts) are weak because we sit too much. Even when we golf, too many golfers ride in carts. The butt muscles are part of the stabilizing core muscles. When the butt muscles are weak, guess what has to help stabilize the core. Yep, the low back.

To test whether your butt muscles are really the culprit of your low back pain, try this –

Lie on your back, knees bent, feet flat, arms extended overhead. Lift the pelvis up off the ground. In this position, extend the right leg – hold for 10 seconds. Do the same test on the left side. If you find this difficult, your leg cramps or shakes, you have a weak butt.



A simple exercise to correct this – glut isometrics. Squeeze your butt cheeks together. Try to use only your butt muscles, not your legs. Hold for 5 seconds, release for 5 seconds. Do this 5 times – it’s less than a minute total. Do this at least 5 times per day.

Check out our You Tube Channel – Smashing Golf for more low back injury treatment and prevention exercises. <https://www.youtube.com/channel/UC86obUj0yrhqCezg6dQQ1bA>

Sliding is for Baseball by Peggy Briggs LPGA

Follow through is what you want to do to finish your golf swing. Smile at the target. Often I see my students smiling (frowning) at the right side of the fairway or driving range. If your body isn’t moving correctly, because of your feet or legs, you end up sliding laterally to the target. You usually end up “pushing” the golf ball to the right. Sometimes fixing this can be easily done with learning what the proper movement is. I like to use the step and change direction drill. Start with a golf club and get into your golf posture. Take your lead foot and bring it back to beside your back foot. Take your back swing with your feet together. Start your downswing by stepping your forward foot back to its starting position and hit the golf ball, pivoting around your forward leg to finishing the swing and smiling at the target.



See our video at [Smashing Golf You Tube Channel](#).

Bonus: Your golf ball may start to go straighter and farther with a good pivot, finishing the golf swing.