

Sleeping...Wrists...What's the connection? By Debra Pentz, DC

What does your sleeping position have to do with an elbow or a wrist injury recovery? Sleeping on your arm, or having your arm elevated above your head can prevent a wrist or elbow injury from getting better.

Treatment for wrists and elbows can involve massage, chiropractic adjustments (any joint, not just the spine can be adjusted) and various physical modalities such as electric stimulation, ultrasound and cold laser.

But let's talk about how to avoid the injury in the first place. A few of the major technical causes of injury include -the death grip, poorly fitted clubs and certain swing faults.

Women generally have weaker grip strength and smaller bone structures than men. Good nutrition is critical to make sure that your bones stay strong. The best most absorbable form of Calcium is MCHC (Microcrystalline Hydroxyapatite Concentrate) – NOT TUMS. Dosage - 1500 mg per day. A good quality MCHC supplement will also contain vitamin D.

Exercise is also a critical component to injury prevention.

Good old fashion push-ups are a great way to strengthen wrists, elbows and shoulders. If you haven't done a push-up in this century, you can start by doing a standing push-up. Stand with your feet about 2 feet from a wall. Extend your arms to touch the wall and do a standing push-up.

To strengthen hands and grip strength simply make a fist and squeeze for 5 seconds, then open hand and spread fingers as far as possible – hold for 5 seconds. Do this 5 times.

Get your wrist into it! By Peggy Briggs LPGA

Have you ever heard that before? You start getting your wrists into it and soon you are hitting the ground before the golf ball, which can be frustrating. You may even feel your wrists or elbows starting to hurt. You want to be sure you are using your wrists correctly in the golf swing. A quick drill you can do inside or outside is using your sports racquet such as ping pong, tennis or racquetball racquet. Hold it like you normally would use it with your lead hand. Set up in your golf posture and make a short back swing and short follow through, back and forth making sure that your lead wrist stays straight or slightly bowed throughout the swing. Don't forget to turn your body as well throughout the movement. We call this forehand topspin drill.



The other drill has you set up in your golf posture (imagine you are in your swimming pool waist deep). Swing to the top of your back swing. On the down swing imagine the butt end of the club (grip) entering the water before the club head does. This will help you stop casting and crashing into the ground before you get to the ball. Again, don't forget to turn your body as well throughout the movement.



This drill is illustrated on our You Tube Channel, "Smashing Golf"

Bonus: Your golf ball may start to go farther with the correct wrist movement.

Smashing Golf You Tube: <https://www.youtube.com/channel/UC86obUj0yrhqCezg6dQQ1bA>