

WELCOME TO THE ARBOUR HEALTH NEWS



Arbour Physiotherapy & Guelph Osteopathic Center is pleased to bring you the ARBOUR HEALTH NEWS, a bi-monthly newsletter designed to educate and entertain you through the aches and pains of life.

Each newsletter will contain some helpful advice about a variety of common injuries, updates about our Arbour Team of therapists and some just plain entertaining facts about life.

Golf Q&A: Test Your Golfing Knowledge

1. What's a scratch golfer's handicap?
2. What tournament did Arnold Palmer say he would play as long as he could walk?
3. Who became the youngest and the oldest player to win the masters, in 1963 and 1986?
4. Who is the first Swedish golfer to win the U.S. Open two straight times?
5. How many rounds must a golfer have played to be eligible for a handicap?



"I was playing golf about 8 miles from here when I hit a nasty slice. A taxi driver and a few of your employees said the ball was going in this direction...there it is, thanks!"

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Golf Q&A: Answers

1: Zero, 2: The Masters, 3: Jack Nicklaus, 4: Annika Sorenstam, 5: Ten

Golfer's Elbow

What is Golfer's elbow?

Golfer's Elbow is a condition involving pain and inflammation of the tissues (muscles and tendons) around the inside of the elbow.

Which activities cause Golfer's Elbow?

Although golf is a commonly reported mechanism of injury, any activity requiring repetitive elbow, wrist, or gripping movements can lead to Golfer's Elbow. This may include occupational activities such as the use of hand tools.

What is the cause of Golfer's Elbow?

Any one, or a combination, of the following factors can cause Golfer's Elbow:

1. Weak muscles and/or muscle imbalances
2. Overuse – playing or working excessively
3. Improper warm up or stretching
4. Improper technique/mechanics
5. Equipment – improper equipment



What treatment can be done?

Common treatment includes:

- Rehabilitation
 - Physiotherapy/Osteopathy/Athletic Therapy – techniques such as manual therapy, ice, acupuncture and ART, are used to reduce inflammation, manage pain and improve joint function.
 - Massage Therapy – stimulates circulation, reduces inflammation as it works to improve muscle health.
 - Kinesiology – improves joint mechanics through stretching and strengthening to prevent re-injury and facilitate and return to golf/work.
- Medication – Anti-inflammatory prescribed by your physician.

What you can do yourself?

1. Warm-up – Before work or golf, spend 5 min gradually warming up the muscles through un-weighted movement and *gentle* stretching. Movements such as arm circles, shoulder shrugs, bicep curls, arm shakers are beneficial
2. After activity, *gently* stretch the area again
3. Ice – after activity apply ice to the inside portion of the affected elbow for 10-15 min.
4. Rest – Where possible, avoid movements and positions that cause pain.

If you continue to suffer from symptoms, consult your physician and rehabilitation team at Arbour Physiotherapy and Guelph