

VOL. 2 | SEPTEMBER 2023

# STAY IN THE GAME



Newsletter for all our Form & Function Family



## OVERVIEW:

### Wrist Injuries In Golf – How To Get Back On The Golf Course Fast

Golf is a popular sport, especially during the summer to fall months, but wrist injuries in golf are common, and they can really wreck your game, leaving you unable to enjoy a round at the weekend with your family and friends. As with any sport or hobby, injuries can occur and often show up more frequently for those in later life. When you are young, your body has a better ability to recover so you can handle more strenuous activities, or those longer in duration. However, as we age, our body loses its ability to recover and that's when nagging injuries can become more regular, more painful, and more impactful on our lives.

#### A Common Golf Injury – Wrist Problems

For golfers that we see in the clinic, wrist injuries are probably the second most common golf injury (behind lower back pain and closely followed by golfer's elbow) and can either spoil the enjoyment of playing golf or keep you from playing it entirely.

- Wrist Injuries In Golf – How To Get Back On The Golf Course Fast
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

During a swing, particularly driving off the tee, the lead side of the body is the main generator of power, and the wrist on the lead hand (the hand you place highest on the club) often takes the brunt of any poor technique, or can suffer from what people often refer to as wear and tear.

### Causes of Golf Wrist Injuries

There are generally two ways that a golf wrist injury can occur – either through overuse or trauma.

### Overuse-Related Wrist Injuries In Golf As a simplified

explanation, during a golf swing, the wrist moves from one extreme to the other – it will bend to one side as you bring the club back, and as you move through the swing, the wrist will bend to the other side as you hit the ball and follow through with the club. During a round of golf, and depending on your skill level, this action could happen 70, 80, 90, or 100+ times and this repetitiveness can create tiny tears in the muscles and tendons around the wrist which lead to inflammation, swelling and pain.

If you only play golf once a month, this minor irritation of the wrist may heal by itself in time for your next round however if you play more frequently, the damage to the wrist may not recover in time, and ultimately build up to a bigger problem that affects you in your daily life and become extremely painful.

### Trauma-Related Wrist Injuries In Golf Alternatively, you may

injure your wrist, creating a new injury or aggravating an existing problem. This could happen as a result of striking a rock or a root during a swing or hitting a fat shot where too much of the turf is removed when playing a shot.

### How To Avoid Wrist Injuries In Golf Before any physical activity,

not just golf, it is always a good idea to warm up and stretch the muscles that will be working. By doing this, you reduce the risk of any injuries occurring, or getting worse. In addition, other good strategies are to gradually increase the amount of golf played after a period of inactivity (such as if you don't play over

winter) rather than jumping straight into 18 holes three times a week after months of not playing. Instead, over the course of a few weeks, increase your playtime with a short time at the driving range, then a 9-hole round before taking on an 18-hole round.

Other ways to avoid wrist injuries in golf are to ensure that your **technique is safe**, with proper hand position, grip and movement patterns. Trying to strengthen the upper body and core muscles can also improve swing mechanics which may lead to less discomfort after golf.

**Golf Wrist Injury Treatment** Wrist injuries in golf are commonly caused by overuse, and therefore prevention is the best cure.

The early signs of golf wrist injuries are discomfort, swelling, or weakness, and treating the issue at this point will ensure that you can get back on the golf course fast. Alternatively, if you have a trauma-related golf injury, the same advice would apply, and here are some simple, effective ways to relieve discomfort without resorting to painkillers.

## Product We Love



Click image  
for link

## Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints Why Joint NutraCare stands apart from other supplements on the market? REVOLUTIONARY ALL-NATURAL SUPPLEMENT

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

- Improve joint comfort by providing the building blocks for joint cartilage and ligaments
- Naturally reduce inflammation
- Reduce wrinkles and improve skin health
- Naturally improve hormone levels
- Improve bone density
- Increase antioxidant levels to help reduce aging
- And many more health benefits...

- **Firstly**, if you are experiencing pain, our advice would be to stop what you are doing to avoid making the affected area worse. If you play through the pain, you might turn a minor sprain into a more severe injury which means you spend the summer recovering, rather than on the golf course.
- **Secondly**, a fantastic medication-free way to reduce wrist pain fast is to alternate heat and ice packs. Typically, we would recommend 15 to 20 minutes of ice or heat applied to the area several times a day, allowing the skin to return to normal temperature before applying again.
- **Finally**, arranging a sports massage with one of our team can be an extremely effective way to ease aches and speed up recovery by increasing blood flow to the area, improve circulation, reduce swelling and ease pain and stiffness. This means that you are able to get back onto the golf course sooner.

## Long-Term Pain Relief From Golf Wrist Injury

For some wrist injuries, you would require attention from a health professional such as our physiotherapists due to the severity of the problem. These are some signs that you should seek professional help, rather than trying to self-care at home.

- **Your wrist pain from golf does not go away after 2-3 days**
- **You experience numbness or tingling**
- **You had a sharp and sudden pain when playing (perhaps after hitting the ground during a swing)**
- **Intense pain during movement (perhaps when you are driving home from the golf club)**

If you experience any of these, you should call us at **888-619-2885** to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back on the golf course quickly.

You can find out about the cost and availability of a physical therapy assessment by

[Scheduling Here.](#)

<https://app.pteverywhere.com/formfunctionpt/bookingonline>

## Patient Spotlight: Luke Armstrong



[Luke Armstrong](#)  
[Music On Spotify](#)

This month our spotlight shines on a future superstar, Luke Armstrong. Luke came to us like many of our clients have in the past... from a recreational injury. Luke was playing sand volleyball and after he dove for a volley, his hand jammed into the sand. The unfortunate outcome was his right ring finger was pointing the wrong direction. After some weeks of healing, his joint was really swollen and stiff. A bummer for anyone, but Luke's passion is music, and getting back to playing piano was a real concern.

After several sessions of manipulating the joint, cold laser, PEMF, and the recommendation of a proper night splint, Luke has near full range of motion. If you are looking for some new music to listen to, you can check out Luke's creations at the links below. Give him a follow and support a fellow Form and Function family member.



# Health Tip & Trick: Rotational Spinal Mobility

By Trevor Field

Rotational spinal mobility refers to the ability of the spine to rotate or twist in various directions. This type of mobility is crucial for overall body function and well-being for several reasons:

- 1. Flexibility and Range of Motion:** Rotational spinal mobility contributes to your overall flexibility and range of motion. It allows you to perform daily activities with ease, such as reaching for objects, turning your body, and performing various physical tasks.
- 2. Reduced Risk of Injury:** Having good rotational spinal mobility can help reduce the risk of injury. When your spine can rotate properly, you're less likely to strain or overextend other parts of your body when you need to twist or turn suddenly.
- 3. Spinal Health:** Regularly engaging in exercises and activities that promote rotational spinal mobility can contribute to maintaining the health of your spine. It helps to prevent stiffness, muscle imbalances, and postural issues that can lead to discomfort or chronic pain.
- 4. Functional Performance:** Many sports and activities require rotational movements, such as golf swings, tennis serves, and even activities like gardening or playing with your children. Improved rotational spinal mobility can enhance your performance in these activities.
- 5. Balance and Stability:** A well-functioning spine is essential for maintaining balance and stability. When your spine can rotate appropriately, it supports your body's ability to adjust and maintain equilibrium in various positions.
- 6. Core Strength:** Rotational spinal mobility engages the muscles of your core, including the obliques and transverse abdominis. These muscles play a significant role in stabilizing the spine and maintaining good posture.
- 7. Pain Management:** If you have existing back pain, limited spinal mobility can exacerbate the discomfort. Gentle rotational exercises and stretches, under the guidance of a healthcare professional, can help manage and alleviate some of this pain.
- 8. Posture Improvement:** Incorporating rotational spinal mobility exercises into your routine can help improve your overall posture. It encourages proper alignment and reduces the likelihood of developing poor postural habits.
- 9. Preventing Degenerative Changes:** Engaging in activities that maintain spinal mobility may help prevent or slow down degenerative changes in the spine that can occur with age.

To enhance your rotational spinal mobility, consider incorporating exercises and stretches that target this area. However, it's essential to perform these under the guidance of a qualified fitness professional, especially if you have any pre-existing spinal conditions or health concerns. Always prioritize safety and consult a healthcare provider before starting a new exercise regimen.

## Promo of the Month

When you buy JNC #1 and #2 in clinic you get  
\$20 off



\$20 OFF



# Recipe We Love *Air Fryer Blueberry Muffins*

## How to Bake and Cook Muffins in the Air Fryer



1. You will need to apply simple baking techniques by combining the dry ingredients, flour, rolled oats, baking powder, salt, cinnamon, and sweetener in a bowl separate from the wet ingredients, melted butter, eggs, vanilla, and milk.
2. Mix both separately and then combine. Stir.
3. Fold in the blueberries.
4. Add the batter to silicone muffin molds.
5. Air fry.

### Blueberry Nutrition Facts

One cup of fresh blueberries is equal to a single serving. One cup of blueberries contains:

- Calories: 84
- Total fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 1.5 mg
- Total carbs: 21.4 g
- Dietary fiber: 3.6 g
- Sugar: 14.7 g
- Added sugar: 0 g
- Protein: 1.1 g

### Blueberry Macros

- Total fat: One cup of blueberries has 0.5 grams of total fat, which includes 0.2 grams of polyunsaturated fat, 0.07 grams of monounsaturated fat, 0 grams of saturated fat and 0 grams of trans fat.
- Carbohydrates: One cup of blueberries has 21.4 grams of carbs, which includes 3.6 grams of fiber and 14.7 grams of naturally occurring sugars.
- Protein: One cup of blueberries has 1.1 grams of protein.

### Vitamins, Minerals and Other Micronutrients

- Vitamin K: 24% of your Daily Value (DV)
- Manganese: 22% DV
- Vitamin C: 16% DV
- Copper: 9% DV
- Vitamin E: 6% DV
- One cup of blueberries is not a significant source of potassium (2% DV), calcium (1% DV) or phosphorus (1% DV).