

The Courtyard Clinic

Physical
Health



Osteopathy/Physiotherapy Sports & Remedial Massage

- Back, Neck & Shoulder pain
- Joint & Muscle Injuries
- Headaches
- Arthritis
- Rib Pain
- Sports Injuries

Podiatry/Chiropody

- Toenail Problems
- Corns & Callouses
- Verrucae
- Diabetic Foot Checks
- Foot Odour
- Footwear Advice



For regular articles, videos,
tips and recipes to help you
stay fit, healthy and pain
free sign up to
The Courtyard Clinic's
monthly mail-out

[https://mailchi.mp/
osteopathmaldon/sign-up](https://mailchi.mp/osteopathmaldon/sign-up)

Golf & the Biomechanics of your Feet

At the Courtyard Clinic, most of the sports related injuries we treat are associated with Golf. Whilst to the lay-person golf might seem to be a fairly gentle activity, and little more than a nice walk, there are a lot of big movements involved and a lot of time spent on your feet. Because of this, injuries are not uncommon. There are many ways in which biomechanics and technique can lead to injury whilst playing golf, but this month we are going to discuss flat feet and high arches and their role in weight transfer when playing golf.



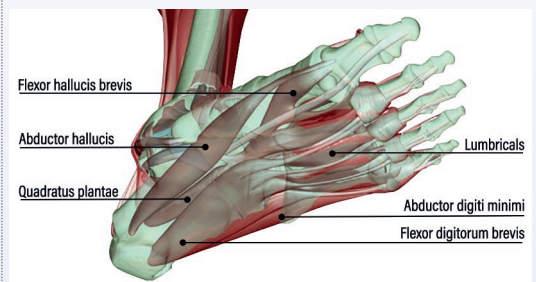
The relationship and interplay of feet, footwear and spine is a major factor towards efficient pain-free functioning of the body. Since your feet are connected to the ground, it stands to reason your feet and foot-arches affect the golf swing. A normal arch gives you the benefits of shock absorption and propulsion during the gait cycle and is able to adapt to a variety of terrains and golf swings. Balance is optimal with a correct arch. High arches give you less shock absorption and feel with the ground. Low arches or flat feet give better feel to the ground but tend to fatigue. Both extremes place greater strain on the muscles of the lower limb and spine due to the imbalances.



A golfer can walk up to nine kilometres in a round of golf. Therefore, small gait abnormalities load areas of the body unevenly and force muscles to work harder than they need. This results in imbalances, particularly of the lumbar spine, knees and hips, which can lead to injuries, early arthritic changes and muscle soreness. It also leads to compensatory movements in the golf swing.

Of course, injuries to the body will manifest in the gait cycle and swing. An asymmetrical walking pattern or limp due to a particular injury will lead to muscle imbalances between the left and right side. This will reduce rotation during the swing and make it impossible to maintain a solid posture throughout, especially at impact.

When we talk about spinal injuries we often discuss core stability, the foot is no different. The foot has its own set of core muscles that work to dynamically support and stabilise the foot. Like any muscle these need exercise. Use them or lose them. This is why our choice of footwear is so important, some shoes will be more built up and designed to support the foot, whilst others will be more minimalist and allow your foot to work to stabilise itself. The choice of which is best depends on you, and how your feet are functioning.



Poor footwear choice can accelerate problems and lead to injuries not only in the feet but knee, hip and spine. Common injuries include plantar fasciitis, heel spurs, metatarsalgia, Achilles tendonitis, patello-femoral joint pain syndrome, bursitis of the hip and disc and facet joint degeneration of the spine.

At the Courtyard Clinic we have many different approaches to your feet in order to get optimum biomechanics in day-to-day life and on the golf course. Feet that are flat or high-arched are often linked to a wider picture in terms of the body's mechanical function, but this can usually be improved with some treatment and corrective exercises. Even as little as ten minutes a day spent on gentle flexibility and strengthening exercises at home can make a big difference.

You may have heard of the use of inserts to help foot function. Foot orthotics are custom-made shoe inserts that are designed to control and support the foot. These can be useful to provide symptom relief and support during the process of rehabilitation or as a long term intervention if the condition cannot be improved by physical therapy and exercise. Orthotics aid foot function by modifying and balancing areas of weight bearing. They can provide relief for painful foot problems (such as arthritis) or an injury. Orthotics may be of particular benefit to golfers with chronic foot issues, as they need to walk and stand for long periods. Orthotics can increase endurance, performance and strength. For overweight individuals, orthotics can help to counteract the extra stress on the feet. By eliminating the need for your muscles to compensate for imperceptible imbalances, orthotics can reduce fatigue and promote efficient muscle function to enhance performance.

With enough functional correction, the foot structure can be aligned to give more propulsion, making walking, and striking golf balls more mechanically efficient. Get in touch with us at The Courtyard Clinic to see if we can help you improve your handicap.

The Courtyard Clinic - Osteopathy, Physiotherapy, Massage Therapy, Podiatry/Chiropody



Patrick Murphy
Registered
Osteopath



Jamie Lauder
Registered
Osteopath



Ben Brown
Registered
Osteopath



Jack Kirby
Registered Podiatrist/
Chiropodist



Wendy David
Sports & Remedial
Massage Therapist



Vicky Duerden
Chartered
Physiotherapist

The Courtyard Clinic: 1, The Old Cutting Rooms, Church Walk, High St, Maldon - Tel: 01621 842 750

Clinic Opening Hours: Monday - Friday 8am to 7pm & Saturday 9am to 2pm

www.osteopathmaldon.co.uk | info@osteopathmaldon.co.uk Find us on : The Courtyard Clinic - Osteopathy & Massage Therapy