

# The Prevalence of Injury in Golf Players

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**Introduction:** Golf is one of the world's most popular recreational sports played by people of all ages and athletic abilities.

**Methodology:** A retrospective survey was given to golfers at various golf clubs in the Bournemouth England area asking players to report on the injuries they had incurred over the previous two years. Also assessed on the questionnaire was their regular training program, warm-up and stretching routines of the players before and after their playing. A total of 197 golfers of both genders and all levels of abilities between the ages of 14 and 68 completed the questionnaire. These subjects were grouped by gender and handicap for analytical purposes.

**Results:** Seventy percent of all golfers completing the survey reported at least one injury within the last two years. The prevalence of injury increased with increasing level of ability and increased training time. Age was not found to be a risk factor for injury.

The most common sight of injury for all golfers was the low back with 28% males and 27% females respectively. The elbow, at 27%, was equally the most injured region for females but was only 13% for males. Next most injured joint in males was the knee at 19% while only 6% of females had knee injuries.

**Conclusion:** The number and types of injuries vary according to ability, gender and practice routines.