

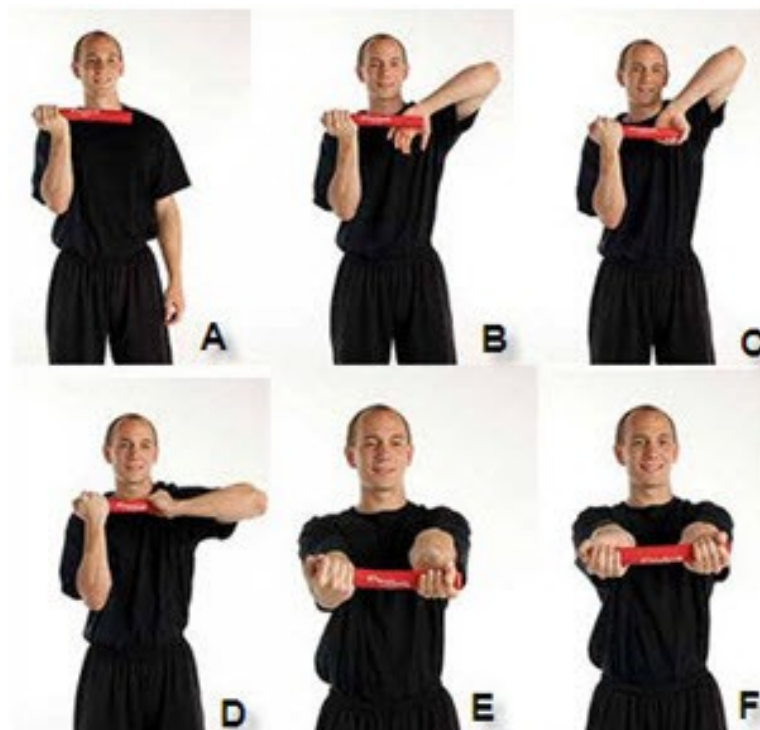
Many of my clients periodically have come to me with chronic ongoing elbow pain from golf and often do not know how to treat it quickly and effectively. Case in point, this week Tim Clark of South Africa will miss the Masters as he recovers from an elbow injury.

Disclaimer: I am NOT a doctor and the recommendations I am about to give you are some simple stretches that have worked for me and many of my clients. If you have elbow pain, please see YOUR DOCTOR before you under go any medical treatment or any type of stretches.

With that said, over the years I have learned a lot about the elbow and can tell you first hand this is an injury that will require plenty of rest. Start with the following:



- Non-steroidal anti-inflammatory drugs (NSAIDs): ibuprofen, naproxen or aspirin
- Heat or ice alternating packs
- Case by Case - A counter-force brace or "elbow strap" to reduce strain at the elbow epicondyle, to limit pain provocation and to protect against further damage.



How to Avoid This Injury

Maintain strong forearms and wrists with a systematic program of strength and range of motion exercises, including wrist and forearm flexion and extension stretches and curls. Incorporate the following movements as prep exercises into your warm-up routine:



- Squeeze a tennis ball to increase grip and forearm strength.
- Forearm flexion and extension stretch
- Wrist rotation
- Wrist flexion curl
- Wrist extension curl
- Don't grip the golf club too tightly.

Do not increase the intensity, frequency, or duration of training more than 10 percent a week. At the earliest signs of pain, cut back on training or competition. Ask a certified golf professional to assess your grip and swing to ensure proper technique.

Referrals are a key part of any business, especially golf instruction. I sincerely appreciate every referral and have created a referral program as a small way to say thank you and reward those who have taken the time to refer others for help with their golf game.

At Golf365 with Teaching Professional Bill Moseley you can find a golf teacher/trainer/coach that you can believe in and can trust. We have the expertise and experience you can trust to understand these principles. We also continually pursue your long term improvement and enjoyment of the game with valuable and educational content in our newsletters and services we provide each and every month at Golf365. Your year round golf instruction and playing facility in Boise, Idaho.

NEWS FLASH!!

In April 2015 Bill Moseley of Golf365 created a joint venture with Randy Burton and Exceptional Golf Technologies (EGT)! EGT brings unparalleled expertise in club building, set analysis, set retro-fitting, repair and club analysis to the Boise area. We are combining over **30 years of training, club fitting and club analysis** to provide the most complete and comprehensive game improvement facility in the Pacific Northwest. Come meet Randy and see what we have done with the Golf365 studio. We create confidence!

Play with confidence,

Coach Bill

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