

Golf Physiotherapy Services



How can Physiotherapy help with my golf?

Golf is a game that demands an immense amount of precision and physical activity. Due to the repetitive nature of swinging a golf club, it is not uncommon for golfers to suffer from muscle and joint injuries. This is where physiotherapy comes into play.

Physiotherapy for golfers is a specialised form of therapy that caters to the specific needs of golfers. It helps golfers improve their swing, increase strength and flexibility, and prevent injuries caused by repetitive strain.

Physiotherapy can be used to effectively treat injuries and pain that golfers may experience such as:

- golfer's elbow
- rotator cuff injuries
- lower back pain
- knee pain
- wrist injuries

Golfers who have suffered injuries can benefit from physiotherapy. By utilising targeted exercises, manual therapy, and other effective treatment techniques, golfers can alleviate pain and discomfort and return to the game they love.

Our Services:

- Golf Injury Management
- Golf Specific Exercises and Rehabilitation
- 1:1 Golf Screening
- Individual Training Plans
- Golf Strength and Conditioning Classes
- Massage
- Taping
- Shockwave Therapy
- Acupuncture
- Injection Therapy

Our Clinics:

For golfers suffering with musculoskeletal problems, including back pain, joint pain or muscular injuries and attending clinics isn't a problem, you can visit our team in one of our private clinics for the assessment and treatment of your condition.

Our clinics are located in [Gosforth](#) and [Darras Hall](#) and open weekdays, evenings and Saturdays to allow us to offer appointments at your convenience.



...More about our services

1:1 Golf Screening Assessment

During a golf screening assessment, our physiotherapist will take you through a number of different tests that will help golfers identify any physical limitations that may be hindering their game. The different stages of the golf screening assessment include:

- History and Goals - this will help us understand a bit more about your current golf game, your medical history and injury history which will help us develop some individualised goals for you to achieve.
- Functional movement screen - this will help us identify how you move biomechanically by identifying strengths and weaknesses that may be causing that inconsistency in your golf game.
- Anatomical testing - the physiotherapist will identify any range of motion limitations, muscle imbalances/weaknesses and postural imbalances that are making the functional movements a challenge.
- Individualised golf fitness program - once all data has been collected, a specific program will be designed to help with any functional or anatomical limitations allowing you to move and feel better about your golf game.

Golf Strength and Conditioning Classes

Golfers amongst all levels are spending an increasing amount of time in the gym in a bid to improve their golf game. Our Golf S&C classes focus on improving strength, flexibility, speed and balance, all of which are essential components for a successful golf swing.

In a typical golf fitness class, participants will engage in a series of exercises designed to target specific muscle groups used in golf. These exercises may include stretching, weightlifting, core exercises and cardio workouts.

Our Golf S&C classes can help golfers reduce their risk of injury whilst becoming stronger and more flexible. This leads to a more consistent swing, increased club head speed, and greater distances off the tee.



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