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1 Golf swing

A study found that amateurs use 90% peak muscle activity whereas professionals use 80% peak muscle activity¹. This is something that should be avoided since it causes amateurs to place excessive load on the lumbar spine¹.

2 Injuries

See “[Golf Injuries](#)”

1. McHardy A, Pollard H, Luo K. Golf injuries: A review of the literature. *Sports Medicine (Auckland, NZ)*. 2006;36(2):171-187. doi:[10.2165/00007256-200636020-00006](#)