



# GOLF AND INJURIES TO THE BACK

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## In the news...

### GOLF PRO JASON DAY:



#### Jason Day Withdraws from BMW Championship with Back Injury

Ryan Lavner from the Golf Channel reported: "Defending champion Jason Day withdrew from the 2016 BMW Championship because of a back injury. The number one player in the world withdrew after the eighth hole in the final round of the tournament."

Day has struggled with back injuries before. Earlier this year, he suffered severe back pain while competing in the WGC Match Play in Austin. Day appeared to tweak his back on a tee shot and was seen hobbling off the course. He also dealt with back pain during the 2015 Barclays.

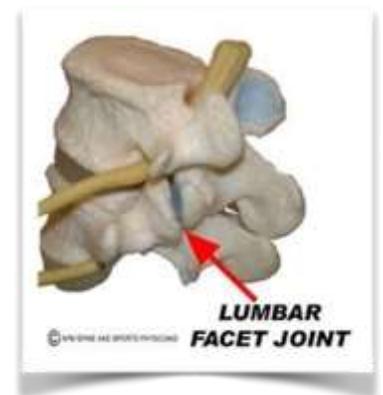


According to Jason Day's manager: Day has a pinched joint capsule in the lower back, causing muscle spasms."

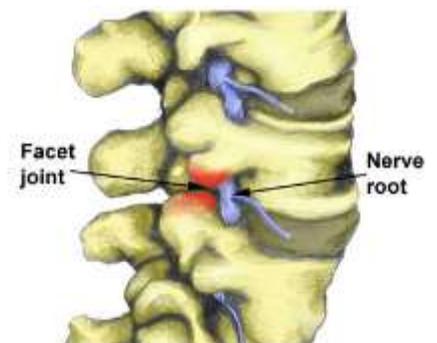


#### What is a pinched joint capsule?

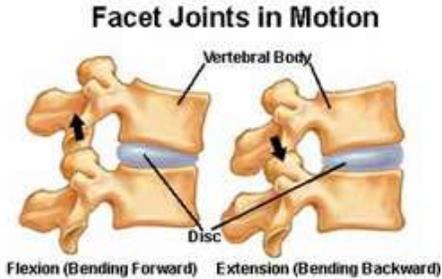
Read on to learn more about Jason Day's condition...



There are small joints located between and behind adjacent vertebrae in the spine, primarily for the provision of stability. These facet joints are found at every level in the spine except the very top of the cervical spine (where the neck meets the skull).



Facet joints are in almost constant motion which ultimately leads to wear and tear, and the resultant changes to the anatomy of the area. Bone spurs may be the result, joint enlargement, and the nerve root may become affected causing considerable pain.



**What are the symptoms?**

Quite simply, pain. The body will adapt to the locked or damaged facet joint by over-compensating on the opposite side, so pain may be felt on the opposing side of the vertebra as a result.

**How is it treated?**

For unstable facet joints a programme of muscle control and stabilization is required, under the guidance of your physiotherapist. If the facet joint has become locked, your practitioner will mobilise the joint to unlock it and thereafter suggest strengthening exercises to prevent future occurrences.

**GOLF PRO TIGER WOODS:**

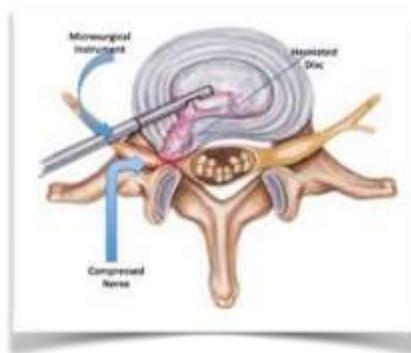


**Tiger Woods' Injury: Updates on Golf Star's Recovery from Back Surgery**  
Neurosurgeon Dr. Charles Rich said the following, as transcribed by Woods' official website: "Tiger Woods underwent a micro-discectomy late at Park City Medical Centre. The decision

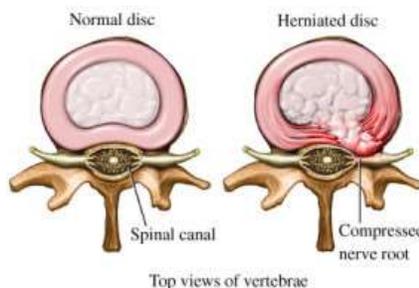
was made to remove a small disc fragment that was pinching his nerve. The microsurgery was a complete success..."



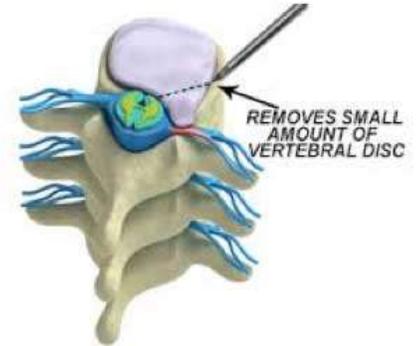
**What is a micro-discectomy?**



A microdiscectomy is a minimally invasive surgical procedure which is performed on patients who have a herniated lumbar disc. In order to release pressure off the nerves in the area, a small portion of the herniated part of the disc is removed. This offers the patient respite from the continuous pain felt but does not actually solve the underlying problem which is an over-use wear&tear injury to one of the inter-vertebral discs, which will have resulted in disc space narrowing.



Following recovery from the surgery, it is vital to receive rehabilitative therapy from your physiotherapist, and to work together with them to ensure that your muscles are strengthened correctly to avoid the narrowed disc space causing further pain and discomfort.



The success rate of microdiscectomy surgery is 90-95%. As with any surgery the success of recovery depends on the patient's discipline in adhering to a rehabilitation protocol.

Some patients who have had the microdiscectomy procedure will suffer herniations in the future – but this is normal: as with any wear & tear, damage may not be limited to one vertebral disc space, and continued use may herniate an already damaged disc further.

This doesn't mean you have to give up golf! Ensure that you complete your rehabilitation as directed, and keep up the back strengthening exercises as directed.

**Avid golfer? Your drive being hampered by a niggling pain in your back? Get advice from one of our team now...**

**Book an appointment:**

**Where:** Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

**Open from: 7am to 5.30pm**

**Telephone: 011 706 7433**