

Nick Bayly meets leading specialist sports osteopath **Paul Morrissey**, whose Surrey-based practice is pioneering techniques to keep golfers of all ages and skill levels swinging without pain

ALL GAIN NO PAIN

Touching all the wood I can find near my shins, I've been lucky enough to avoid serious injury during my 45 years on this planet. Aside from a broken collarbone phonying me in my teens, I've never had cause to visit a doctor or hospital. For anything more than hayfever injections and the sort of my teeth children.

If my lack of serious injury down to my unwillingness to over exert myself, and, from a golfing standpoint, this complete lack of tension in my golf swing. My arms-led movement creates close to zero torque, and although I have felt the odd twinge when leaning over to pick my ball out of the hole, I am fortunate enough to have never been laid up with a bad back, or been unable to play for any medical reasons (fingers you count, temporary lameness).

But in my blissful pain-free state, I realise I am a member of small and very fortunate minority. As a nation of largely desk-bound workers, who throw themselves into their weekly games of golf without as much as a practice swing or a warm stretch, the likelihood of causing serious and lasting damage to our backs, knees, arms and wrists has never been greater. These top touring pros, with their fluid swing and armies of physios and strength coaches, are susceptible to injuries, while for the rest of us duffers – with our abnormal balances, awkward balance and terrible spine angles – the prospect of a pain-free back and a regular golf habit is practically impossible.

Many a golfing career has been cut cruelly short by injury, with over 80% of all professionals reporting having suffered from physical pain as a direct consequence of golf at some point in their lives. And with the swings of pros becoming ever more explosive, the likelihood of keeping 26 members in perfect alignment seems increasingly challenging, never mind the pressures exerted on other parts of the body.

More than anything, it is the repetitive nature of the movement, and some golfers' willingness to pound balls for hours and hours on the driving range, that leads to wear and tear on muscles, tendons, discs and bones. And while pro-golfers do their best to ensure repeatability, healthy swing they can perform hundreds of swings a day, the untrained amateur stands no encounter even minor problems, even if they're not boasting quite so many balls.

"It's a simple fact that the human body just isn't made to hit a golf ball," says Paul Morrissey, a passionate golfer and founder of the Surrey-based Osteopathy Clinic of Physical Medicine (OCOPM), a private practice with offices based in Wokingham and Addlestone. "Whenever you put a force on a

click or a joint that combines two or more motions, it may cause damage."

It's a chilling thought, but Paul knows a thing or two about golf injuries. His clinical training as an osteopath and his lasting love of golf has led him to spend the best part of 20 years working with some of the game's leading players and coaches. He is personal osteopath to renowned swing guru David Leadbetter, and jets back and forth across the Atlantic several times a year to work with David, along with many other top coaches and tour players, including 2008 Masters' champion Trevor Immelman and Ryder Cup player David Howell.



David Leadbetter and Paul



The physio studio at the Wokingham-based clinic

body, it will cause damage. Injuries to reach the top of the game.

Recognised for his extensive experience in clinical pilates and sports medicine, Paul set up OCOPM in 2006, and has earned a reputation for working at the cutting edge of treatment for sports-related injuries. He also treats dancers and other athletes, as well as people with more sporting injuries, and is now launching a golf-specific service, which will treat golfers of all ages and skill levels. "We are seeing an impressive number of people who play golf, from juniors through to seniors, men and women, and I wanted to create a facility that



caters for everyone, regardless of standard," says Paul. "Golfers are no longer guys with big waists. The game has changed over the years, and has become more powerful, and that brings with it a new dimension, including stress on our bodies, which can increase risk of injury. At the top of the sport, most pros have a team of physiologists, conditioning coaches and biomechanics experts, who all contribute to improving the golfer's performance. Amateurs are left to fend for themselves, and that is where we come in. With over 20 years' experience, we can offer help, expertise and advice to repair an injury or take preventative measures to keep them on the right course."

Paul has enlisted the assistance of experienced physiotherapist Kadee Leadbetter – who is David's niece – and together they offer a comprehensive programme of therapies and treatments to help golfers get the most out of their bodies, as well as putting them on the road to recovery following injuries or operations. "There are three common sites of injury in golf," says Kadee. "Achilles tendinitis and lower back pain, due to the flexion and rotations of the spine needed within a golf swing. The other four areas include the wrist, shoulder, elbow and hips. A lot of these injuries are a chain reaction. From other parts of the body, so we always assess patients as a whole, rather than focusing on one particular area."

She adds: "Our clinics are not just aimed at treating already apparent injuries. Our screening programme also points out where potential mobility and flexibility issues may be causing golfers not to play to their full potential."

In addition to mobility and flexibility assessments, the clinic is able to carry out movement analysis to identify impairments; conduct orthopaedic examinations to clearly identify joint and muscular problems; and offer a co-ordinated corrective programme, including treatments such as osteopathy, pilates, and golf-specific physiotherapy.

The clinic in Wokingham is kitted out with a wide variety of state-of-the-art medical equipment, including ultrasound, laser, and shockwave therapy machines, while a separate pilates studio features the very latest exercise and conditioning machines. And while they may look like propo from a medical torture-chamber, they've been assured that they provide the answers to improving flexibility and increasing core strength, balance and mobility – all of which will help to enhance your game.

So whether you're a total duff, an elite amateur or weekend hacker, the Osteopathy Clinic of Physical Medicine can not only help you recover from injuries and operations, but it can unlock your true physical potential, whatever your general health.

Painfree Golf

Fred Brattain

Painfree Golf:

Pain Free (Revised and Updated Second Edition) Pete Egoscue, 2021-11-16 Live pain free Now fully updated and revised throughout this million copy bestseller will help you feel and move better This book is extraordinary and I am thrilled to recommend it to anyone who is interested in dramatically increasing the quality of their physical health Tony Robbins With a new foreword by John Lynch Hall of Fame NFL safety and general manager of the San Francisco 49ers Can gentle exercise help with chronic pain Yes That is the revolutionary message of the Egoscue Method a breakthrough system for eliminating musculoskeletal pain without drugs surgery or expensive physical therapy Developed by Pete Egoscue an internationally renowned physiologist and injury consultant to some of the most successful performers in all walks of life the Egoscue Method has helped millions of people with an astounding success rate of over 90 percent The Method uses a series of gentle exercises and carefully constructed stretches called Egoscues to teach the body to return to its natural pain free state Inside you'll find detailed photographs and step by step instructions for dozens of Egoscues specifically designed to provide quick and lasting relief of joint discomfort including back and neck pain achy knees hips and shoulders arthritis and injured ankles muscle and soft tissue problems including rotator cuff injuries tendinitis and common foot ailments shooting pains including sciatica and carpal tunnel syndrome and much more including headaches vertigo and fatigue With this book you're on your way to regaining the greatest gift of all a pain free body

The Yass Method for Pain-Free Movement

Dr. Mitchell Yass, 2018-05-22 Chronic pain has become an international epidemic an estimated one billion people across the world suffer from it every day Many people attribute their pain to a cause that can only be fixed with surgery or medication but what if the most common cause was one that did not require such extreme or pharmaceutical remedies What if everyday pains could be addressed with basic strengthening techniques aimed at achieving our muscles optimal force output What if we maximized muscle balance and functionality simply by ensuring that our muscles were used in the manner in which they were originally intended Dr. Mitchell Yass author of The Pain Cure Rx presents an alternative model of treatment that can resolve pain quickly and effectively from the convenience of your own home In his more than 25 years of clinical experience Dr. Yass has found that about 90 percent of chronic pain attributed to structural problems such as herniated discs stenosis or arthritis is actually caused by a muscular weakness or imbalance all of which stem from the muscles inability to respond to the forces created by performing everyday functional tasks In The Yass Method for Pain Free Movement Dr. Yass focuses on enabling you to perform the necessary and normal activities that you need to do to go about your day without pain or discomfort From getting out of bed to reaching a shelf to climbing the stairs to trying to travel comfortably on a plane Dr. Yass identifies the muscles involved and provides easy to do stretches and exercises for fully experiencing life in a satisfying and pain free manner

Weedon's Way - The Pain-Free Way Reeves Weedon, 2022-10-06 With back injuries in golf rising there is clearly a need to investigate and resolve the problem via the biomechanics of the swing rather than researching the

technology of the clubs Having worked with scientists and doctors with a historical interest in innovation within sporting techniques at Northern Michigan University Michigan State University USA and Sports Surgery Clinic Dublin we have discovered that compared to the modern swing our revolutionary Weedon s Way swing creates significant less torque between the thorax and pelvis without loss of performance The Pain Free Way A Swing for Golfers with Bad Backs In the modern swing during the downswing the thorax accelerates whilst the pelvis decelerates As a consequence the thorax and pelvis act in opposite directions massive torque is inflicted on the lumbosacral spine mainly at L5 S1 In the Weedon s Way swing the thorax and pelvis travel at similar speeds reducing the aforementioned torque In essence we remove the axis tilt i e body s side bend on the downswing In the course of my project I have collated and reviewed 17 years of scientific research papers relating to low back pain in golf The solution common to all papers is to play practise less whilst performing core strengthening exercises There has never been an evidence based alternative until now Swing Weedon s Way The Pain Free Way *Sports Injury* Eric Shamus,Jennifer Shamus,2001 A guide to sports injury prevention and rehabilitation that includes a detailed biomechanical analysis of each injury coverage of sport specific injuries and their treatment and insight on the causes cures and prevention of the most common injuries in twelve major sports *The Nation* ,2006 **Pain Free Prevention** Total Health System,Prevention Magazine,1986 Discusses the reasons for pain beating back and neck pain freedom from headache pain bone and joint pain stimulating relief working with the medical system and more **Pain Free Golf** Fred Brattain,2010-06-21 The basics of Lever Power Golf which is the best way to play golf without physical discomfort or pain **The Senior Golfer's Answer Book** Syd Harriet,Sol Grazi,1999 Clear answers to every imaginable problem related to both golf and aging **Doctor Morrison's Miracle Guide to Pain-free Health and Longevity** Marsh Morrison,1977 *New York* ,1992 **The Senior's Guide to Pain-Free Living** Doug Dollemore,2000 The health experts at Prevention magazine offer a focused guide to preventing relieving the pain specific to seniors over 60 without drugs

Pain Free Golf: Solutions for Golfers Over 50 Ryan York,Chad Edwards,2013-09-20 Pain Free Golf Solutions for Golfers Over 50 is a comprehensive book written by physical therapists that will give you the answers to avoiding and or recovering from injury and getting back to playing great golf If you have ever experienced and had to recover from a major injury or surgery you know the intense pain of BOREDOM The irritating sensation of going stir crazy For you the Golfer over 50 pain and injury are major threats to your golfing lifestyle Back neck shoulder knee and hip injuries and surgeries ruin a relaxing and enjoyable retirement plan We offer solutions to eradicate pain avoid costly and painful surgeries avoid repeat surgeries and to avoid injuries that arise from regular golfing The solutions provided in this book arise from the combined experience and practice of top physical therapists over decades of patient care and rehabilitation Here is what you get Over 100 illustrations with detailed explanations of effective and easy to follow treatments activities and or motions you need to avoid to prevent your issue from becoming a chronic long term problem red flags signs or symptoms that you need to see a

Medical Doctor ASAP questions and issues you need to discuss with your surgeon before you agree to surgery the Joint Friendly Golf Swing for golfers with moderate to severe arthritis Dr Ryan York received his BS degree in Exercise Science and his Doctorate in Physical Therapy from the University of Puget Sound in Tacoma WA He has also received advanced training in spinal biomechanics human movement science from the Gray Institute and received advanced training and certification as a Golf Performance Specialist He currently practices in Boise ID Dr Chad Edwards graduated from the University of Puget Sound with a Doctorate degree in Physical Therapy In his career he has helped hundreds of individuals overcome injury and return to their activities of choice without pain His training and focus is on balancing your body and making movement efficient to enhance performance at the same time as limiting injury risk He is also an board certified Orthopedic Clinical Specialist with golf performance training form the Titliest Performance Institute He currently practices in the greater Seattle Tacoma area

Forever Painless Miranda Esmonde-White,2016-11-15 End chronic pain for good with this practical guide from the PBS personality behind Classical Stretch and author of the New York Times bestseller Aging Backwards Chronic pain is the most common cause of long term disability in the United States Twenty percent of American adults accept back spasms throbbing joints arthritis aches and other physical pain as an inevitable consequence of aging illness or injury But the human body is not meant to endure chronic pain Miranda Esmonde White has spent decades helping professional athletes ballet dancers and Olympians overcome potentially career ending injuries and guiding MS patients and cancer survivors toward pain free mobility Now in Forever Painless she shows everyone how to heal their aching bodies and live pain free The root of nearly all pain is movement or lack thereof We need to move our bodies to refresh nourish and revitalize our cells Without physical activity our cells become stagnant and decay accelerating the aging process and causing pain People who suffer chronic pain often become sedentary afraid that movement and activity will make things worse when just the opposite is true movement is essential to healing In Forever Painless Miranda provides detailed instructions for gentle exercise designed to ease discomfort in the feet and ankles knees hips back and neck allowing anyone to live happier healthier and pain free no matter their age

Pain-free Living Howard H. Hirschhorn,1977 **Nightshades and Health** Norman Franklin Childers,1977 **Travel Holiday** ,1984 **Feeling Up to Par** Bill Mallon,1994 This is the first comprehensive book dealing with the topic of golf related disorders Physicians physical therapists athletic trainers and the avid golfer will be interested in the discussion of the health effects of golf its psychological aspects the biomechanics of the golf swing and how various individuals are affected 100 illustrations **Total Golf** Phil Ritson,John Andrisani,1999 Phil Ritson s groundbreaking techniques and philosophy have made him one of the most popular and effective teachers in the world In Total Golf he reveals the Ritson way as he expertly guides the reader along the road to learning the total game from the setup to the swing the art of shotmaking short game wizardry strategy and the mental game Filled with untold swing secrets the thorough instruction is enhanced by more than 150 photographs and illustrations Completing every chapter is

Review which breaks down the instruction into easy to remember key points Whether you are just starting out or have been playing the game for decades Total Golf will surely help you become a better golfer **The PGA Manual of Golf** Gary Wiren,1991 Offers practice programs exercise regimens and sequence shots of the games best swings *The Weekend Athlete's Way to a Pain-free Monday* Hyman Jampol,1973

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