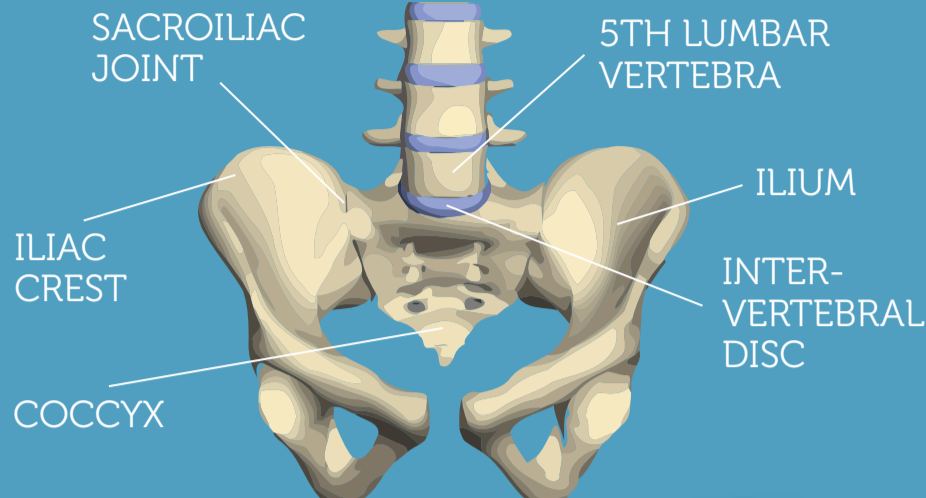


SACROILIAC JOINT PAIN FACTS AND FIGURES



LOW BACK PAIN IS PRESENT IN **56%** OF AMATEUR AND **24%** OF PROFESSIONAL GOLFERS

OVER 6 MILLION GOLFERS OVER 50 YEARS OLD PLAY OVER 60% OF THE ROUNDS OF GOLF IN THE US.

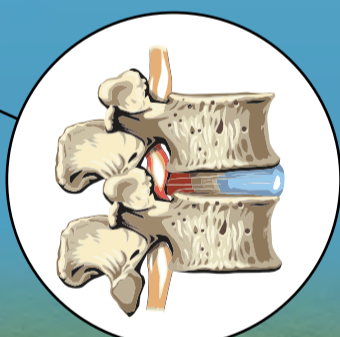
41% OF GOLF INJURIES OCCUR IN THE FOLLOW THROUGH

46% OF LOW BACK PAIN IS RELATED TO THE GOLF SWING

THE GOLF SWING PRODUCES BOTH ROTATIONAL SHEAR FORCES & COMPRESSION FORCES OF DISCS IN THE LUMBAR SPINE



HERNIATED DISC



This **compression can lead** to mechanical compression of the lumbo/sacral nerves if the posterior chain musculature is not strong enough.

SIJ pain can be referred from nerve root impingement of the lumbar nerves because of disc compression.

The Sacroiliac Joint is in the pelvis at the base of the spine and is bound by some of the **strongest ligaments in the body**.

There are only **2 degrees** of rotation, **3mm** of motion in the SI Joint in weight bearing and this cannot be palpated accurately by human touch.

The SIJ does not pop in/out. No bones in the spine or pelvis can be manipulated back into place.

Hip mobility plays just as important a part as the back in the golf swing.

Sports Surgery Clinic runs an **innovative back pain management programme** for Golfers. For more information call 01 5262030.