

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 desk, I've been lucky enough to avoid serious injury during my 45 years on this planet. Aside from a broken collarbone playing rugby in my teens, I've never had cause to visit a doctor or hospital for anything more than hayfever injections and the birth of my two children.

I put my lack of serious injury down to my unwillingness to over exert myself, and, from a golfing standpoint, the 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 (unless you count temporary insanity!).

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 so much as a proper twist or a solemn stretch, the likelihood of causing serious and lasting damage to our backs, knees, arms and wrists has never been greater. Even top touring pros, with their fluid swings and armies of physios and strength coaches, are susceptible to injuries, while for the rest of us duffers – with our abnormal twisting, 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 vertebrae 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 golfer's 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 create a repeatable, healthy swing they can perform hundreds of times a day, the untrained amateur stands to encounter even more problems, even if they're not bashing 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 pensioner clinic and founder of the Surrey-based Osteopathy Clinic of Physical Medicine (OCPM), a private practice with offices based in Wokingham and Addiscombe. "Whenever you put a force on a

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

It's a crushing 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.



Kate Leadbetter and Paul Morrissey



The physio studio at the Wokingham-based clinic.

both of whom have battled through injuries to reach the top of the game.

Recognised for his extensive experience in clinical pilates and sports medicine, Paul set up OCPM 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 non-sporting injuries, and is now launching a golf-specific service, which will treat golfers of all ages and skill levels. "We are seeing an increasing number of people who play golf, from juniors through to seniors, men and women, and I wanted to create a facility that



catered 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. Whatever their level, 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 Kate 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 five common sites of injuries in golf," says Kate. "Almost two-thirds are lower back pain, due to the flexion and rotation of the spine needed within a golf swing. The other four areas include the wrist, shoulder, elbow and hip. 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 programmes also pinpoint 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 props from a medieval torture chamber, I'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 tour pro, 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.

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Doreen Virtue, Robert Reeves



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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 E cises 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 E cises 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 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 the 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 **PainFree 1-2-3 ! A Proven Method to Get You Pain Free Now** Jacob Teitelbaum, 2005 **The Yass Method for Pain-Free Movement** Mitchell Yass, Dr., 2018-05-01 Chronic pain has become an international epidemic an estimated one billion people across the world suffer every day Dr Mitchell Yass author of The Pain Cure Rx presents an alternative model of treatment that can resolve pain quickly and effectively without surgery or

medication In his more than 25 years of clinical experience Dr Yass has found that about 90 percent of chronic pain that is attributed to structural problems e g herniated disc stenosis or arthritis is actually caused by a muscular weakness or imbalance all of which stems from the muscles inability to respond to the forces created while performing everyday functional tasks In The Yass Method for Pain Free Movement Dr Yass focuses on enabling you to perform necessary and normal functional tasks without pain or discomfort From daily life at home to work to play to travel to sleep Dr Yass identifies and provides easy to do stretches and exercises for the muscles that you need to strengthen and keep balanced for a satisfying pain free life

The Laser's Edge Jeremy Alosa, 2013-08-15 This book strips away the misconceptions about medical care for arthritis and reveals a safer and more effective treatment If you are one of the millions of people suffering from Arthritis this could be the most important book you ever own On the surface The Laser s Edge appears to be about a new and advanced arthritis treatment but it goes much deeper than that Arthritis is the leading cause of disability in the United States Two out of three Americans will develop arthritis symptoms and just about all of them will go to their medical doctor first This practice increases health care costs and exposes patients to the hidden dangers of today s health care system unnecessarily Among the very real dangers is death 106 000 patients die every year from non error adverse effects of prescription drugs and there are 12 000 deaths a year as a result of unnecessary surgeries The Laser s Edge will open your eyes to an entirely new way of treating arthritis without the risks of addictive medications steroid shots or surgery It provides hope for anyone who has been suffering from pain and suffering from the experience of going to specialist after specialist without relief The revolutionary treatment outlined in this book has helped countless patients avoid risky surgery and eliminate the need to take dangerous drugs This book has the potential to change maybe even save your life

Unlocking The Healing Powers in Your Hands: The 18 Mudra System of Qigong A.S. Umar Sharif MA, **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

Pain Free Living Pete Egoscue, Roger Gittines, 2011-06-14 Pain Free is based on very sound understanding of human physiology It shows how we can break the circuit of pain Deepak Chopra The Egoscue Method my life s work delivers results because it rests on trust that stems from how the patient really feels Those feelings are always right Pete Egoscue takes his world renowned program of postural therapy which treats chronic musculoskeletal pain without drugs surgery or manipulation to a whole new level Using Eastern religions as a guide he explores the mental and emotional as well as physiological processes of his Method Egoscue s unique system has transformed the well being of hundreds of thousands of people through personalized stretches and exercises that strengthen specific muscles restore proper alignment and leave the body feeling the way it was designed to be pain free

Orthopaedic Rehabilitation of the Athlete Bruce Reider, George Davies, Matthew T Provencher, 2014-12-15 Prevent

athletic injuries and promote optimal recovery with the evidence based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete Practical expert guidance a templated user friendly format make this rehab reference ideal for any practitioner working with athletes Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Apply targeted evidence based strategies for all internationally popular athletic activities including those enjoyed by older adults Ensure optimal care from injury prevention through follow up 2 years post injury Make safe recommendations for non chemical performance enhancement Optimizing the Treatment of Upper Extremity Injuries in Athletes, An Issue of Hand Clinics Kevin C. Chung,2016-11-26 This volume on athletic injury is timely because it addresses many types of sports injuries and focuses not only on the treatments of these injuries but also their prevention The first paper was written after an extensive interview with the coaches of one of the most recognized football programs in the country Dr Kevin Chung s interviews with the Head and Assistant Coaches at the University of Michigan Jim Harbaugh and Jedd Fisch provided thoughtful insight on preventing sports injuries in the professional and college athletics **Stretching Your Way to a Pain-Free Life** Aaron Taylor,2021-09-28 You are asleep your alarm abruptly awakes you Your back sends a signal to your brain as you slowly roll over in bed to turn off that obnoxious noise As you gingerly get out of bed you are unable to straighten up You have no idea that you are part of 80% of all Americans that will experience back pain or that approximately 264 million days of work are lost each year and over 50 billion are spent annually treating back pain This book is designed to truly help anyone who suffers from aches and pains wants to reduce stress and anxiety or just wants better range of motion The book is a practical resource containing pictures and descriptions of 283 different stretches as well as programs to follow for different sports and ailments To round out your health included are healthy recipes that celebrity chef Stephanie Izard so graciously provided This book gives the individual a resource to follow and refer back to when they perform their daily stretching routine *Tales from Q School* John Feinstein,2007-05-02 It is the tournament that separates champions from mortals It is the starting point for the careers of future legends and can be the final stop on the down escalator for fading stars The annual PGA Tour Qualifying Tournament is one of the most grueling competitions in any sport Every fall veterans and talented hopefuls sweat through six rounds of hell at Q school as the tournament is universally known to get a shot at the PGA Tour vying for the 30 slots available The grim reality If you don t make it through Q school you re not on the PGA tour You re out And those who make it to the sixday finals are the lucky ones hundreds more players fail to get through the equally grueling first two stages of the event John Feinstein tells the story of the players who compete for these coveted positions in the 2005 Q school as only he can With arresting accounts from the players established winners rising stars the defeated and the endlessly hopeful America s favorite sportswriter unearths the inside story behind the PGA Tour s brutal all or nothing competition **Live Pain-free** Lee Albert,2018-02-15 Don t let chronic pain control you Take charge of your health today with Live Pain Free Eliminate Chronic Pain without Drugs or Surgery In this book you will quickly learn

how to enjoy permanent pain relief in only a few minutes a day Here Neuromuscular Therapist Lee Albert shares his Integrated Positional Therapy IPT techniques They have already been used by thousands of people to successfully reduce or get rid of their chronic pain Integrated Positional Therapy was designed to eliminate pain at its root cause and not to simply hide the symptoms This system can help you to correct the muscle imbalances in your own body right way today With easy to follow instructions and illustrative photos Live Pain Free Eliminate Chronic Pain without Drugs or Surgery 2nd edition delivers simple therapeutic self care techniques that anyone can do No previous experience or special equipment is necessary and the practices are designed to fit your busy lifestyle Many of the strengthening and stretching exercises can be done in the bed on the couch or at the office Live Pain Free Eliminate Chronic Pain without Drugs or Surgery will teach you how to quickly identify the most common misalignments and get your body back into balance and back to health by using some simple techniques that you can do right now What are you waiting for **Smoke-Free in 30 Days** Daniel F. Seidman,2009-12-29 I M TOO STRESSED TO STOP I LL GAIN WEIGHT IF I QUIT I VE TRIED AND FAILED TOO MANY TIMES TO COUNT Why are you still smoking even though you want to quit Based on twenty years of research and hands on work with countless smokers in his clinics at Columbia University and New York Presbyterian Hospital Dr Daniel F Seidman understands that people smoke and quit for different reasons and what works for one smoker might not work for another Are you a Situational Smoker Monitoring your reactions in different situations is a step toward permanently losing interest in cigarettes Are you a Worried about Weight Smoker Properly using treatments like Nicotine Replacement Therapy NRT can help you quit and get healthy in all aspects of your life Are you an Emotion Triggered Smoker Scheduling your smoking breaks and sticking to a rigid smoking schedule helps break the link between stressful situations and craving cigarettes In a comprehensive 30 day program Dr Seidman explains how to retrain your brain take advantage of all the tools at your disposal and end the month smoke free and feeling stronger than ever **Living Pain-free** Doreen Virtue,Robert Reeves,2014 You don t have to suffer with chronic or acute pain With a spiritual healing approach combined with natural remedies you can reduce or eliminate physical discomfort Doreen Virtue and Robert Reeves N D a successful Australian naturopath share their approach in an easy to follow way so that you can enjoy life again Don t allow pain to hold you back any longer Instead choose to evict it from your body and live pain free This book contains detailed guidelines for healing and includes scientific research as well as case studies Learn which methods may be best for you and how to feel better without the need for harsh chemical drugs or surgery Underneath your pain is a perfectly comfortable healthy body Within these pages you will uncover how to reveal it and ease pain naturally *Living Pain Free* Amanda Oswald,2018-02-06 An essential self help guide to treatment of chronic pain based on myofascial release This indispensable self help guide is for anyone suffering from chronic pain and struggling to understand why standard medical approaches have failed them Taking a mind body approach the book clearly and simply explains how chronic pain develops and why an understanding of fascia the main connective tissue in the

body is the key to restoring pain free movement and health Author and myofascial release expert Amanda Oswald informs readers about the role of fascia in chronic pain and empowers them to help themselves through simple and effective self care techniques stretches and exercises Living Pain Free is a must read for anyone experiencing chronic pain from conditions including migraines and headaches repetitive strain injury RSI jaw TMJ pain frozen shoulder neck and back pain chronic pelvic pain scar tissue and systemic pain conditions such as fibromyalgia chronic fatigue and myofascial pain syndrome It will also benefit anyone interested in understanding chronic pain from a myofascial perspective [The Pain-Free Back](#) Harris H. McIlwain, Debra Fulghum Bruce, 2012-02-15 Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is an all too common cause of serious discomfort that can debilitate even your most dedicated effort to maintain a healthy and active lifestyle It doesn't have to be that way Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis and in THE PAIN FREE BACK he shares his clinically proven six step program for achieving and maintaining a healthy back With Dr McIlwain as your guide you'll be able to identify what's feeding your pain and more important how to eliminate it without expensive medical procedures This comprehensive resource includes Resistance exercises to strengthen your back and ease pain within days of starting the program Tips for losing weight on a low carb pain free diet that helps control hunger pangs and a guide to healing foods that decrease inflammation and pain Back friendly alternative therapies that ease pain naturally as well as touch therapies for soothing various types of back pain Lifestyle changes such as ergonomic computer stations that reduce the stress on your back Anyone who experiences back pain will find this an essential aid to recovering a full and active life **Naturally Pain Free** Letha Hadady, 2012-07-01 TACKLE YOUR PAIN THE NATURAL WAY Whether you've dealt with a lifetime of chronic aches and pains or suffer from a specific ailment when you're in constant pain relief is the only thing on your mind Are you using the same over the counter painkiller to treat everything from toothaches to knee pain If so you may only be providing a temporary mask to your suffering not healing it and it's only a matter of time before the pain returns Every pain is unique from headaches to back strains to arthritis and there's no one solution fits all to alleviate your suffering Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause Organizing her advice by both symptom and type of pain Hadady guides you on how to use a variety of all natural herbs extracts and pills to ease and control the source of your suffering Find Natural Pain Remedies For Arthritis Sciatica Backaches Chest Pains Nerve Pain Migraines Burns Knee Discomfort Carpal Tunnel Syndrome And More Praise for Letha Hadady There is no one else of Letha's stature experience and knowledge in the field of alternative medicine ALICE RHEE NBC NEWS The Martha Stewart of herbs CONDE NAST TRAVELER Her encyclopedic knowledge of health and beauty is evident DAILY NEWS Letha unearths the wisdom of the ancients NEW YORK POST

Naturally Pain Free Letha Hadady D.Ac., 2012-07-01 TACKLE YOUR PAIN THE NATURAL WAY Whether you've dealt with a lifetime of chronic aches and pains or suffer from a specific ailment when you're in constant pain relief is the only thing on

your mind Are you using the same over the counter painkiller to treat everything from toothaches to knee pain If so you may only be providing a temporary mask to your suffering not healing it and it s only a matter of time before the pain returns Every pain is unique from headaches to back strains to arthritis and there s no one solution fits all to alleviate your suffering Natural remedies expert Letha Hadady knows that to treat pain you must focus on the cause Organizing her advice by both symptom and type of pain Hadady guides you on how to use a variety of all natural herbs extracts and pills to ease and control the source of your suffering Find Natural Pain Remedies For Arthritis Sciatica Backaches Chest Pains Nerve Pain Migraines Burns Knee Discomfort Carpal Tunnel Syndrome And More Praise for Letha Hadady There is no one else of Letha s stature experience and knowledge in the field of alternative medicine ALICE RHEE NBC NEWS The Martha Stewart of herbs CONDE NAST TRAVELER Her encyclopedic knowledge of health and beauty is evident DAILY NEWS Letha unearths the wisdom of the ancients NEW YORK POST

The Pain-Free Desk Warrior Dr Gary Tho, The no BS guide to living a pain free life Feeling old Always tired Suffering from neck and back aches Tried everything and nothing helps You re not alone Desk Warriors all over today s modern world suffer from the same problem Busy work schedules technology and sedentary lifestyles cause a huge portion of the general public to struggle with headaches neck and back pain low energy levels mood swings and poor performance The worst part of all They think it s normal I m here to tell you it s not If you are suffering from body aches and pain this book is for you If you ve read every health book tried every approach and found yourself losing hope and confidence in finding a solution read this book I ve brought together over a decade s worth of health adjustment experience in helping people to overcome pain permanently to create the 6 step approach outlined in this book No mysteries no gimmicks just a straightforward and practical guide to understanding the truth about pain and how you can get out of it Specifically written for busy business owners corporate professionals and executives to get out and STAY OUT of pain so you can work hard play hard and leave fatigue and illness behind Live a pain free life It is possible and I will show you show

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Table of Contents **Painfree Golf**

1. Understanding the eBook Painfree Golf
 - The Rise of Digital Reading Painfree Golf
 - Advantages of eBooks Over Traditional Books
2. Identifying Painfree Golf
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Painfree Golf
 - User-Friendly Interface
4. Exploring eBook Recommendations from Painfree Golf
 - Personalized Recommendations
 - Painfree Golf User Reviews and Ratings
 - Painfree Golf and Bestseller Lists

5. Accessing Painfree Golf Free and Paid eBooks
 - Painfree Golf Public Domain eBooks
 - Painfree Golf eBook Subscription Services
 - Painfree Golf Budget-Friendly Options
6. Navigating Painfree Golf eBook Formats
 - ePub, PDF, MOBI, and More
 - Painfree Golf Compatibility with Devices
 - Painfree Golf Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Painfree Golf
 - Highlighting and Note-Taking Painfree Golf
 - Interactive Elements Painfree Golf
8. Staying Engaged with Painfree Golf
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Painfree Golf
9. Balancing eBooks and Physical Books Painfree Golf
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Painfree Golf
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Painfree Golf
 - Setting Reading Goals Painfree Golf
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Painfree Golf
 - Fact-Checking eBook Content of Painfree Golf
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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