

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 Warrington 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 Warrington-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 Warrington 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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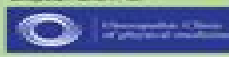
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# Painfree Golf

**John Rusin, Glen Cordoza**



## **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 E cises to teach the body to return to its natural pain free state Inside you will 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 are 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* 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 **PainFree 1-2-3 ! A Proven Method to Get You Pain Free Now** Jacob

Teitelbaum,2005 **Unlocking The Healing Powers in Your Hands: The 18 Mudra System of Qigong** A.S. Umar

Sharif MA, 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 *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 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 **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     **Summary of Pete Egoscue's Pain Free** Everest Media, 2022-05-13T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The doctor s comment that there comes a point when modern medical techniques must give way to the body s own inner logic mechanisms and intentions is a profound truth The body not only controls the ultimate transition from life to death but also manages the process of health and healing 2 The musculoskeletal system is the foundation of the body s command role It is extremely simple and strong and it is perfectly suited to the purpose of moving the body The nervous system overlaps and merges with the musculoskeletal system 3 Pain is a form of high priority communication It warns of impending danger The body is a motion machine and we are here to move We are unlikely to ever need to limit or manage our muscle bone movement but we have chosen to attack the mechanisms that protect our health and keep us pain free 4 The human body is designed to move We are not simply instinctive animals that can only move under our own volition We evaluate deliberate and choose Our reactions to external stimuli keep the body fueled and capable of motion     **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 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

**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 [Pain-Free Performance](#) John Rusin, Glen Cordoza, 2025-10-21 TRAIN HARD FEEL YOUR BEST PERFORM AT YOUR HIGHEST POTENTIAL WITHOUT PAIN SETBACKS OR BREAKING DOWN AS YOU AGE If you've ever pushed yourself in the gym only to find yourself sidelined by persistent pain nagging injuries or frustrating plateaus If you've watched your progress stall despite your best efforts leaving your body feeling tight fatigued and older than it should Or if you're tired of being told that aches stiffness and breakdowns are just part of the game or an inevitable consequence of aging Then it's time to rethink what effective training really looks like and follow a system built to restore your body unlock long term results and help you move forward with confidence This book is that system A complete training framework built on what matters quality movement individualized progressions and a health first comprehensive approach to training Inside you'll learn Why form not just effort is the key to long term movement health and durability A simple powerful bracing sequence for stabilizing your hips shoulders and core your pillar of strength and foundation for pain free training Efficient breathing and bracing strategies that enhance your recovery reduce stress and deliver unstoppable full body strength A streamlined 10 minute warm up to supercharge your mobility prime your joints and accelerate your readiness without wasting time Targeted screens and assessments that quickly pinpoint your body's unique weak links Optimization strategies to correct common compensations unwanted movements that place unnecessary stress on joints ensuring you move safely and effectively through each exercise How to execute and progress the six foundational movement patterns squat hinge push pull lunge carry customizing each to your anatomy and goals Complete easy to follow training programs designed for every fitness level and schedule whether you train 3 4 or 5 days per week Game changing Linchpin Blueprints six phase mobility and stability routines that target and bulletproof common pain prone areas Pain isn't a badge of honor Running on empty isn't a measure of success And breaking down isn't the price you have to pay for performance This

book gives you another option one that focuses on moving better training smarter and building an unbreakable body

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