

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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Painfree Golf

Pete Egoscue



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

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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

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