

# Karen Palacios-Jansen



LPGA Teaching Professional Karen Palacios-Jansen has been voted one of America's "Top 50 Instructors" by *Golf For Women* magazine since 1998. Karen has a weekly golf internet radio show about golf fitness called "Shape up Your Swing: Trim Your Score" on Prime Sports Network, and blogs on all things related to golf for [www.worldgolf.com](http://www.worldgolf.com). Karen, a certified personal trainer, developed a golf specific fitness system called Cardiogolf, which is available on DVD.

## THE HEALTHY GOLFER:

### Tips to Save Your Back While You Play Golf

The rotational stresses of the golf swing can place considerable pressure on the spine and muscles. Compound that with the fact that golfers spend 4 to 5 hours in a bent-over stance, repeating the same motion hundreds of times, and it is no wonder that playing golf can cause minor strains in the back, which can easily lead to severe injuries.

To keep your back healthy for golf, add exercises that stretch and strengthen your back. During your round, follow these simple measures to avoid back pain or injury and improve your game.

1. When pulling your golf bag out of the trunk of your car, bend your knees and keep your back straight.
2. Check your posture. Imbalances in your stance place undue pressure on your back muscles and discs. Avoid rounded shoulders and an exaggerated curve in your back. Also take care not to stiffen your legs at address. Instead bend from your hip sockets and keep your back straight while you flex your knees and let your arms hang naturally.
3. To tee up your ball or take your ball out of the cup, balance on one leg and extend the other leg behind you.

*Karen Palacios-Jansen has been teaching golf for 17 years and was recently named managing editor for Golf Fitness Magazine. She has appeared on The Golf Channel and is a regular contributing writer to golf publications such as Golf For Women and Golf Tips magazines.*

