

CASE REPORT

RETURN TO GOLF FOLLOWING LEFT TOTAL HIP ARTHROPLASTY IN A GOLFER WHO IS RIGHT HANDED

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ABSTRACT

Background. Research indicates return to golf is a safe activity following total hip arthroplasty (THA). Frequently, individuals have shown both physical faults and swing faults after THA, which can persist even following rehabilitation. Physical limitations and pain often lead to faults in the golfers swing, most notably "hanging back." These problems may not be improved after surgery unless the proper re-training takes place.

Objectives. Using pre-surgical as well as post-surgical information, physical faults and swing faults were identified. A corrective training protocol was developed to normalize physical and swing limitations.

Case description. The patient is a 52-year old male golfer who underwent left total hip arthroplasty secondary to left hip osteoarthritis. Video analysis both pre and post surgery indicated the patient was "hanging back." This "hanging back" can lead to an inefficient golf swing and potential injury. Following a physical evaluation, a training protocol was

designed to correct abnormal physical findings to assist the patient in creating an efficient golf swing.

Outcomes. The patient was able to swing the golf club with proper weighting of the lead lower extremity, significant improvement of swing efficiency, and return to play at a zero handicap following a corrective training protocol.

Discussion. A return to full weight bearing, functional strength, range of motion, stability, and balance are critical to regaining the physical skills necessary to properly swing the golf club. Further, mastery of these objective components lend themselves to the trust needed to load the lead leg with confidence during the golf swing.

Key Words: total hip arthroplasty, golf, conditioning

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