

GOLF AND THE FOOT



Did you know?

- There are approximately 1.2 million golfers playing regularly within Australia, so you are not alone!
- Regardless of gender and handicap the average golfer will walk more than 15,000 steps per 18 holes of golf
- The average 18 hole golfer will walk anywhere between 12-15 km per game
- The average 9 hole golfer will walk any where between 6-7.5 km per game

That's a lot walking and a lot of pressure on the feet!

The Podiatry team at mhealth can assist in making sure that any aches or pains within the feet that may be holding you back are properly assessed and managed. We do this through thoroughly assessing your foot biomechanics with video, 3D camera imaging, manual assessment and gait scan technology.

A healthy foot in appropriate golfing footwear lets you play golf for longer in life. A fit foot improves your golfing performance no matter what your age.

Here at mhealth we strive to cover all aspects of foot health to ensure optimal function so you can participate to your fullest whilst enjoying the activities you love most like golf! As outlined above golf can often place a lot of strain on the lower limbs and cause aches, pains and problems within the feet, ankles, knees and back which can reap havoc both on and off the golf course. Having the correct golf shoe plays a big role in keeping you performing at your best and ensuring complications do not arise. Over the last decade or so golf shoes have transformed from heavy and dated footwear to technologically advanced light weight purpose specific functional shoes.

Below is a list of the best golf shoes on offer at a few of our local courses:

Victoria Golf Club

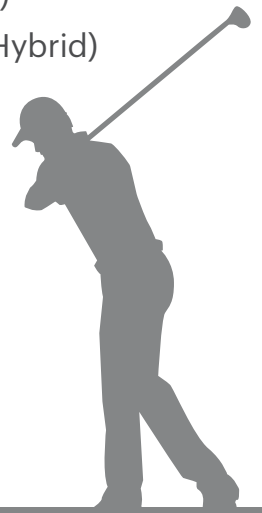
- Men's – FootJoy (DNA, DryJoys, Pro/SL) & Ecco (Biom Hybrid 2 & Casual Hybrid)
- Women's – FootJoy (enJoy, eMerge, embody) & Ecco (Biom Hybrid 2 & Casual Hybrid)

Cheltenham Golf Club

- Men's/Women's – full FootJoy range
 - ▶ DNA, DryJoys, Pro and ProSL

Royal Melbourne Golf Club

- Men's/Women's – FootJoy, Ecco Adidas & Puma
 - ▶ Adidas tour 360
 - ▶ Puma Ignite – Spikeless



Golf shoes vary significantly as most shoes these days do. In general the best shoe will depend on a lot of factors such as your foot posture, lower limb mechanics, injury history and if you have orthotics. Ideally the right shoe for you should factor in the above concerns and provide correct support, structure, function and cushioning.

To avoid getting the wrong pair for your foot & to ensure optimal function book with our mhealth Podiatrist today for a specialist assessment.

**Most supportive to
least supportive**



Book in with our mhealth podiatry team today for a Biomechanical Foot Assessment on **03 8585 2222** or contact us via www.mhealth.com.au



▶ CALL OR BOOK ONLINE TODAY! ◀