Bowling Safety
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Clumsy Fingers

- [https://www.youtube.com/watch?v=Yc3GyW5yIxs](https://www.youtube.com/watch?v=Yc3GyW5yIxs) Sometimes a finger gets stuck when releasing
- [https://www.youtube.com/watch?v=oHgv_XLK52o](https://www.youtube.com/watch?v=oHgv_XLK52o) Sometimes lots of fingers get stuck when releasing
- Sometimes fingers dislodge and people throw the ball backwards on an over-emphasized backswing
- Use the ball return fan to dry your fingers to improve grip, and for serious bowlers invest in finger wraps
The “Approach”

• Inconsistent oil on the approach can cause excessively dry or wet spots
  • When arriving at the lane it’s recommended to walk around the approach to feel how slick it is and identify any dry spots

• Avoid throwing at the same time as someone on either side of you

• Consciously follow your stepping pattern until your body memorizes it

• Keep your release step straight

Injuries

• Sprained ankles from the approach

• Smashed hands from the ball return

• Broken wrists from improper form

• Misthrown balls

• Number of annual American bowling-related injuries is quite high (average of over 11,000)
Other Considerations

• Briefly stretch arms and legs before starting
• If applying hook/sidespin, use your entire body (instead of just your wrist)
• Poor form can result in a damaged back
• Work your way up to excessively long sessions

Sources

• https://onemindmanydetours.wordpress.com/tag/bowling-ball-return/
• http://afterpersonalinjury.com/bowling-alley-accidents/
• http://product-injuries.healthgrove.com/l/18/Bowling
• https://www.amf.com/safety-rules