

CHIROPRACTIC CAN HELP YOUR GOLF SWING

The golf season has begun and millions of Canadians have been out there on the course perfecting their swing and a significant number of them are now suffering from back pain because of it!

Today, it is all about the hi-tech equipment! *'Guaranteed to improve your golf game', 'Get more out of your golf game'*. We all get caught up with buying the latest equipment, golf clubs with titanium heads, graphite shafts, special grips and don't forget those special shoes worn by the pros! There are some great pieces of equipment out there, **but don't forget about the most important piece, your body!** The golf swing requires a repetitive one-sided rotation of the spine causing the spine to turn, bend laterally and extend. Chiropractors and RMTs are in a great position to correct and address the chief injuries and complaints related to golf as they have extensive education and training in the biomechanics of the human frame and movement.

Interesting Golf Trivia

The typical amateur golfer can swing a golf club at 90 mph. 50 - 70 swings are generally taken while playing 18 holes. A swing that is out of balance puts enormous strain on the joints, muscles, ligaments and most importantly the spine, hence leading to aches, pains and injuries.

Golf and Chiropractic

There are three fundamental causes of golf injuries. They include poor posture, lack of flexibility and poor swing mechanics which can all be helped by Chiropractic adjustments. A Chiropractic assessment, adjustments and stretching can identify the root of the problem, which is usually spinal dysfunction and muscle imbalances. The end results for our golfing patients—further driving distance and more accurate placement of the golf ball.

How to Warm up to Avoid Injury

A proper warmup should consist of 3 parts:

- 1) 5 minutes of walking or putting.
- 2) 5-10 minutes of golf swings and/or driving range swings. Always begin swinging lightly with a short iron (PW, 9 Iron) gradually working up to 85-90% effort with a fairway wood or driver.
- 3) 5-10 minutes of stretching.

It is always easier to prevent injuries & stay well, as opposed to recovering from injury. Drink lots of water and have a great round!