

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **Golfers and chiropractic?**

It's been called the "gentleman's game," but more and more women are joining in as well. Many schools and colleges have teams and it's considered the perfect game for networking or negotiating important business deals. We're talking about golf, and golf courses are big business. From building them to maintaining them, more and more players are getting into the game!

So... how can chiropractic care help you to improve your golf game?

- Many golfers suffer from chronic low back pain. Back pain responds exceptionally well to chiropractic adjustments. Golfers who are regularly adjusted benefit from increased mobility and range of motion.

- Chiropractic care helps improve posture and flexibility, two components of longer and more powerful drives.

- We become less flexible with age and immobility (working at a desk job, sitting in a car driving everyday) contributes to that as well. Swinging a golf club requires collaboration on the part of many joints from the feet up to the hands, including ankles, knees, hips, spine, elbows and wrists. Lack of flexibility contributes to repetitive motion injuries in the joints. Chiropractic care attempts to address, correct and prevent joint injuries.

- When combined with stretching and corrective exercises, chiropractic care is a cost effective, all-natural way to improve mobility... which translates to consistency during the four - five hours it takes to play 18 holes.

Fancy new high-tech clubs, shoes with the right spikes and the latest golf attire may help your game; however, increased flexibility and mobility can certainly improve your golf score. Just ask the pros - nearly 75 per cent of them receive regular chiropractic care while on tour each year.

Jeffrey H. Blanchard, golf professional and author of *The Geometry of Golf* stated, "The chiropractor is the perfect choice to evaluate, educate, treat, condition and train those who choose to play golf."