

Can Chiropractic Improve My Golf Game?

If you have ever been told: •

● *Your rotation is off.*

● *You have inconsistent ball contact.*

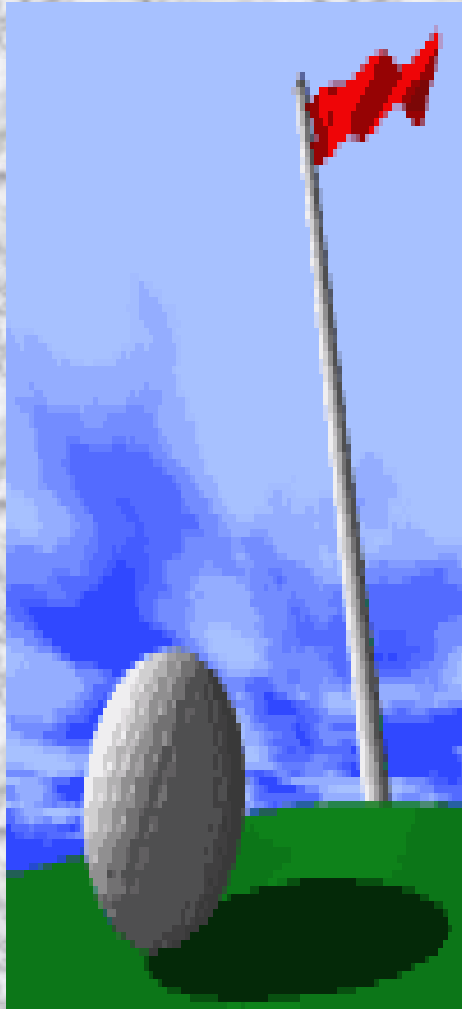
● *Your hips are not functioning properly.*

● *You don't get full movement from your shoulders.*

**Your body is showing signs that it may
not be functioning at 100%**



What Do Golfers Want?



- *To play without pain or musculoskeletal dysfunction.*
- *To be flexible and strong for greater distance and accuracy.*
- *To shoot lower scores on a consistent basis.*
- *To continue to enjoy the game for as long as possible.*

How Is The Intervertebral Disc Injured While Playing Golf?



- *Sudden traumatic torsional forces can cause immediate damage to a joint.*
- *Overuse and repetitive trauma over an extended period of time.*
- *Poor swing mechanics.*
- *Lack of flexibility.*
- *Poor posture.*

Golfer Myths And Truths



Myth #1

A proper golf swing should involve minimal pelvic rotation and maximum spinal rotation.

Truth

Such a swing creates significant injury promoting torsional forces throughout the entire spine.

Golfer Myths And Truths



Myth #2

Maximum spinal rotation is required to crush a golf ball miles down the fairway.

Truth

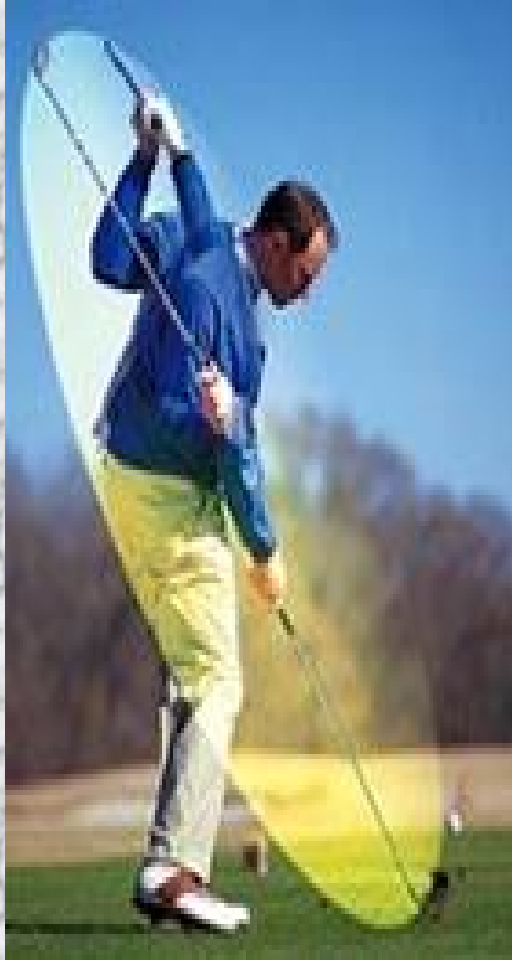
Research has shown that club head speed, hitting distance and accuracy did not suffer when using a shortened backswing with less spinal torsion.

Recommendations For Golfers



- *Utilize a shorter back swing.*
- *Properly warm up and stretch before each round and practice session.*
- *Incorporate lumbar spinal stabilization exercises into your exercise routine.*
- *Regular Chiropractic care.*

How Can Chiropractic Care Help?



Proper joint mobility:

- *Allows the golfer to have a complete, full turn for the back swing.*
- *Permits the hips to clear toward the target producing enhanced power and accuracy.*
- *Increases power and flexibility=greater distance.*
- *Drastically reduces chance of injuries.*