

Can golfers benefit from chiropractic care?

There are 30 million golfers in the United States, 80% of which will develop back pain while playing golf. Considering how unnatural the motion of swinging a golf club it's not hard to understand why it may cause some spinal issues. Not to mention the speeds that are used while swinging a driver or three iron while turning, twisting and pulling. Some resources say speeds up to 100 mph may be used causing extremely traumatic stress to the entire torso, not just the low back. Couple that with walking for miles, standing for extended periods, and even hitting the ball while on uneven surfaces such as hills, tree roots, or sand. All these movements can put extreme stress on not only the low back, but the neck, shoulders, elbows and hips.

When pain is experienced, a player's performance can suffer and even their enjoyment of the game. Many golfers consider "golf back" just part of the game, while an increasing number are realizing they don't have to put up with pain. Chiropractic care can help with injuries and some players get regular care to help avoid injuries. Not only that, but regular chiropractic care can greatly improve a player's game and score. Healthy, strong and loose backs help players perform better on the golf course.

Get your chiropractic checkup today and allow your golf game to start *scoring* the benefits of regular care.

It's as simple as that!

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