

With spring and summer upon us, many of us like to hit the golf courses. This month's newsletter gives you some tips for helping to reduce the chances of pain and discomfort that may come with enjoying the game of golf.

Back disorders remain the most common injury in golfers, comprising 35% of injuries in amateur golfers. Modern golfers are experiencing back problems at far younger ages than the general population. To explain this, consider how the golf swing of present-day professionals, such as Tiger Woods, which is much more rigid, differs from that employed by golf legends such as Jack Nicklaus and Ben Hogan, who were more fluid, with more rotation through their swing.



As golf has evolved over the years and especially last two decades, the golf swing has become more powerful, but also more rigid with less rotation through the mid back and pelvis as well as bracing with the back leg. This is leading to greater compressive force being directed toward the spinal disc and facet joints, during the downswing, and this affects these structures asymmetrically. With many swings per golf-playing day, the golfer repeatedly experiences minor traumatic injuries to the spine, which over time can result in a pathogenic process that has been named "repetitive traumatic discopathy" (RTD). The best drivers (and golfers) in history have a longer swing, and allow the body to turn freely. They have also not suffered the same injuries as

other players who have a more rigid and braced swing.

The Ontario Chiropractic Association has a campaign called "Get in the Game Without the Pain". See below for some of the simple stretches that can be done before playing to help decrease the chances of injury. It is also important to get lessons from a professional that can help you develop a swing that is safe for how your body moves and any restrictions that you may have. Another piece to the puzzle, as always, is to make sure your body is in the best shape possible to be able to enjoy the game as much and as long as possible. Regular treatments from your Chiropractor will help to make sure your joints are moving freely, as well, Chiropractors are able to give you stretches and exercises to help increase your rotation safely. Many studies have shown that Chiropractic care can improve your golf swing and as a result how far you can hit a golf ball. Being able to strike the ball with authority and power is a full body effort. If one link is immobile, all the links suffer.



SIMPLE STRETCHES

Here are a few easy stretching techniques that can help you get in the game without the pain. For help developing a warm-up and stretching routine that's right for you, consult your chiropractor.

<http://www.chiropractic.on.ca/wp-content/uploads/Get-in-the-Game-Without-the-Pain-Infograph-Mar16.pdf>
<https://www.canadianchiropractor.ca/patient-care/golf-as-a-contact-sport-how-a-golf-swing-can-lead-to-early-lumbar-degeneration-5238>

SIDE BENDING STRETCH

Stand with feet shoulder-width apart. Bend to one side without rotating until you feel a stretch in the side of your back.

QUADRICEPS STRETCH

Keep your thighs together, and your knee pointing toward the ground. Pull your abdominal muscles in and maintain a straight back.

HAMSTRING STRETCH

Stand with feet shoulder-width apart. Reach your hands towards the sky. Then, bending at the waist, reach toward your toes.

KNEE TO CHEST TRETCH

Stand with feet shoulder-width apart. Using both hands, pull one knee into your chest. Repeat with the other knee.

FOREARM STRETCH

With your arm straight out in front of you and palm facing down, gently pull fingers back with other hand. Next, with your arm straight out in front of you and palm facing upwards, gently pull fingers back with other hand. Do not let shoulder rise up.

SHOULDER STRETCH

Hold the shaft of a club behind your back. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Next, gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.

SQUAT

Start from standing position with feet shoulder-width apart. Squat down, trying to keep your heels flat on the ground.

BACK OF THE SHOULDER STRETCH

Place your left hand on your right shoulder. Gently pull your left elbow across your body toward your right shoulder.

Hold each stretch for 15 seconds. Follow the link in the footer to be able to see pictures on all the stretches.



July office Contest



Read Dr. Frederick's June newsletter to find a hidden question to be answered in the office to win a prize.



As always, if you have any questions or concerns, make an appointment for treatment so we can help you out.

<http://www.chiropractic.on.ca/wp-content/uploads/Get-in-the-Game-Without-the-Pain-Infograph-Mar16.pdf>
<https://www.canadianchiropractor.ca/patient-care/golf-as-a-contact-sport-how-a-golf-swing-can-lead-to-early-lumbar-degeneration-5238>