



# Health News

## from Ponte Vedra Wellness Center

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## Chiropractic Care for Golfers - Part II

Fortunately, chiropractic care can get golfers back in the swing of things. In 1994, the U.S. Agency for Health Care Policy and Research and the Department of Health and Human Services endorsed chiropractic adjustments (spinal manipulation) for acute low-back pain (LBP) in adults. An independent, multidisciplinary panel of private-sector clinicians and other experts assembled the report after developing specific statements on appropriate health care for acute LBP.

### Warm Up

Warming up is essential when it comes to staying in the game. However, despite overwhelming evidence supporting the need to warm up, most golfers remain cold to the idea. "Few amateur players adequately warm up before practicing or playing a round of golf. If you don't stretch prior to golfing, you are asking your body to play golf with an added handicap. Muscles that are warm and stretched properly prior to teeing off are supple and loose, which enables your body to perform to its full potential." (PGA Tour Golf Academy Student Instruction Manual 2002:121.)

Why is stretching so important? Because jolting stiff muscles into action triggers muscle strain and vertebral subluxation. Additional benefits related to stretching and warming up are outlined in the Professional Golf Association (PGA) Tour Golf Academy Student Instruction Manual:

- Greater swing flexibility and motion, allowing for a solid follow-through without straining any muscles.
- Improved muscle endurance.
- Fewer aches, pain - and lessened chance of injury.
- Increased enjoyment of the game.

There are countless stretching exercises from which to choose. Your doctor of chiropractic can outline a routine for you that is particularly tailored to your needs. Start with a series of simple arm, neck and leg stretches. The key is to move slowly and deliberately, easing into each stretch and completing it fully.

### Stop for Soreness

Whoever said "no pain, no gain" was far off course. If you experience pain during an activity, whether on or off the golf course, STOP! Pain is your body's way of letting you know that there is a problem. It's like the "check engine" light on your car's dashboard. Rather than "playing through" pain, call your doctor of chiropractic immediately to stave off more serious injury later on.

### The Hazards of Painkillers

Before reaching for a pill to ease post-golf soreness, consider this: Doctors of chiropractic don't believe pain should be masked with possibly hazardous medication. Instead, they focus on the source of the disorder, restoring alignment and motion to the spine with chiropractic adjustments.

### A Chiropractic Checkup: Your Ticket to Golfing Success

Golf is a game. It is also exercise. The No. 1 rule when embarking on a new exercise program is to call your doctor of chiropractic and schedule an appointment for a checkup. To go from a sedentary to active lifestyle takes time and patience. Even if you are already actively involved in another sport, your chiropractor may suggest some modifications to your golf game - until your body is fully up to pai



### Exercise of the Week

Oblique Twist in a Reverse Bridge Position

*Start:* Lie on your back on the ball in the Reverse Bridge position as shown. Hands are directly over the chest, palms together, arms straight.

*Exercise:* Twist the upper body to one side, so that arms finish parallel to the floor, and your upper body is resting on one shoulder. Try to keep your hips as stable as possible. Pause, then return to starting position. Repeat 8-10 times per side, alternating with each repetition.

