

Teeing Up for Good Golf

Stay on course with good golf tips from the Havelock Chiropractic Clinic

With an influx of Brits paying their green fees, the British Chiropractic Association (BCA) is encouraging amateur golfers to check their swing to avoid unnecessary injury.

Having just one joint or muscle out of line can make 18 holes seem like 108 and it's no wonder if you have to swing your club 70-100 times with an injured back or wrist. By simply aligning the body perfectly, everyone can play golf better, with less effort and have more fun at the same time.

High profile professional golfers suffer from injury, but the amateur player may be more at risk than Padraig Harrington or Justin Rose. Poor technique, inadequate stretching prior and post-match and incorrectly carrying heavy golf bags are the main causes, but following a few simple tips can solve the problem:

- The pressure points – the lower back, shoulders and wrists are the most obvious joints at risk for golfers through the repetitive nature of the golf swing, but carrying a golf bag can also place an enormous strain on your neck. Take advantage of the latest golf accessories specially designed to help such as lighter bags and dual harness straps over shoulders to distribute weight evenly
- Warm up – if muscles are not prepared by a good stretching routine, this can lead to a lack of flexibility and injury. Spend two or three minutes warming up before teeing off. Stretch hamstring, quads, chest muscles and shoulders
- Drive – make the most of your swing; warm up on the driving range
- Don't forget that, like any sport, a good post-event stretch is also required
- When picking up golf bags, bend carefully from the knees
- Contrary to popular belief, trolleys are not the best way to caddy clubs as this builds unnecessary pressure from pulling and bending in the wrong positions. A power or electric caddy is the safest way to move around the course
- Wear proper shoes for stability and to help avoid twisting the back and hips
- Pain is a warning sign – do not ignore it. If you injure yourself, use ice rather than heat and if the pain persists, seek help from your doctor or BCA chiropractor

A healthy back will improve your swing and if golfers suffer pain during or after their game, they should not ignore it. Call the **Havelock Chiropractic Clinic** for advice.

Our Chiropractors

Chiropractors Rebecca Rees, BSc (Chiro) and Jack Stow, MChiro have nearly twenty years experience between them, are members of the British Chiropractic Association (BCA) and are registered with the General Chiropractic Council (GCC).



Clinic Information

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Opening Hours

Monday 08.00 - 20.00
Tuesday 08.00 - 20.00
Wednesday 08.00 - 13.00
Thursday 08.00 - 20.00
Friday 08.00 - 17.00
Saturday 08.00 - 12.00