

Dr. Colin Gage * Dr. Duane Drobot

Nicola Valley Chiropractic
1949 Quilchena Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

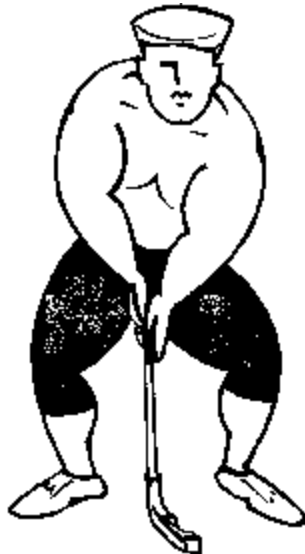
Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Golfing Tips from Dr. Gage

As the water level in the rivers creep back to a normal height, the golfing enthusiasts of the Nicola Valley can return to their favorite summer pastime. Therefore, this week's article will provide golfers with tips on how to prevent injuries and perhaps even improve their game.

Muscle strengthening and stretching exercises can make your body stronger and more flexible. To be a consistent and injury free golfer, you must strengthen certain muscle groups. These include the muscles of the wrists/forearms, upper arms, shoulders, upper back, low back/trunk, and abdominals. It is equally important to have good flexibility in all of these areas as well. Doing a regular stretching and strengthening program can accomplish this. To be sure you are isolating the correct muscles and doing it with proper technique, consult your chiropractor first.



When taking your clubs out of your vehicle, bend your knees and slightly curve your lower back so it makes a concave shape. This will prevent you from injuring your back before you even take that first drive.

If you are physically able, do not take a motorized cart. Research has shown that after one season of weekly golf games that involved walking instead of a cart, males over fifty significantly decreased their cholesterol count.

Warm up gently before your first swing. Make sure you stretch each of the muscle groups we talked about previously.

When setting your ball on the tee or picking it out of the hole (particularly if you are celebrating a hole in one), bend your knees and keep that concave curve in your lower back.

Ensure you are using correct posture and spinal angles when driving and putting. The local golf pro can help you with this one.

If you have any further questions, please contact our office.