



Family Chiropractic & Wellness

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GOLFING & an ACHING BACK

Many of us tend to take up a sport to lose weight or stay fit. Fitness experts point out that it should be the other way around—you must get into shape to play a sport, and this includes golf.

Golf and chiropractic medicine are a perfect combination. Chiropractors, along with a good golf instructor, can help evaluate, treat, train, and condition golfers. As a chiropractor, I look at the body in balance from head to toe, which is the essence of the golf swing. Anything interfering with the stance or the grip restrictions in the swing will have a profound effect on your golf swing. There are three fundamental causes of golf injuries that I deal with almost on a daily basis: poor posture, lack of flexibility, and lack of balanced functioning muscles. A slight modification in your lifestyle and understanding of the workings of your back will help.

Let's look at the body for a minute. The body is supposed to have natural curves called the cervical lordosis, thoracic kyphosis, and lumbar lordosis. Many golfers have lost those natural curves, and the spine has to function differently than it was designed to. This leads to uneven wear and tear on our joints causing painful misalignments of our spine and early degenerative changes, which then leads to arthritis of the

spine—the dreaded degenerative joint disease. I will tell you that over fifty percent of all golfers will experience some sort of pain due to poor posture and the problems that arise from loss of proper curves in the spine.

Try these things at home to see if your posture and alignment are hindering your game:

Look at yourself in a mirror. Stand nice and tall with your hands at your sides. Is one shoulder higher than the other? Now place your hands on your hips. Is one hip higher than the other? You'll need a partner for this one. Lay across a bed face down with your arms to your side and your feet hanging off the bed. Have your partner stand at the end where your feet are hanging. Your partner should look down at the length of your legs and determine if one leg is longer than the other. If the answer is yes to any of these questions, you might want to see a chiropractor. If you're serious about golf you should really be serious about your body. Most golfers will take good care of their golf equipment but spend little time on their most valuable equipment—their own bodies. Take a few minutes every day to stretch before playing, and you will see a tremendous difference.

HELPFUL TIPS FOR PREVENTION:

1. Strengthening your core and back muscles should include aerobics, strength training, and stretching.

2. Try fast walking done in short intervals. Take fast strides for a short period then slow down for a couple of minutes before picking up speed again.

3. A proper warm-up for five to ten minutes resulting in mild sweating prepares the muscles for a game of golf.

4. The torso twist and cobra stretch are fantastic golf stretching exercises that will loosen up your back to minimize pain.

Initial treatment for lower back problems is to stop your activity and ice the lower back for twenty minutes. If the pain persists, a golfer should first consult a chiropractor to investigate any other reasons for the pain. Chiropractic care is a natural health care method that restores proper alignment and function of the spinal joints, speeding up the recuperation process.

Dr. Terry Dhanjal-Garcha has twelve years of experience in chiropractic services and radiology. Her expertise includes back pain attributed to improper golf postures, and providing chiropractic solutions for a lifetime of successful and comfortable golfing.

For more information, visit www.DrGarchaChiropractic.com or schedule your appointment @ 518-357-3262.

Family Chiropractic & Wellness is located at 56 Clifton Country Rd #104, Clifton Park, NY 12065.