British Chiropractic Association

Stay on course with good golf tips from the British Chiropractic Association

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.

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.

High profile professional golfers suffer from injury, but the amateur player may be more at risk than Tiger Woods or Colin Montgomerie. 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

- Golfers often don't warm up properly before playing. 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.

Stretch

- Don't forget that, like any sport, a good post-event stretch is also required.

Carry equipment

- 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 go around.

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The right footwear

- Wear proper shoes for stability and to help avoid twisting the back and hips.

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.
The information here is guidance and you should consult a BCA chiropractor or other healthcare professional for further specific advice if you are experiencing pain, have an existing injury or other medical condition.

For more information or to find a BCA chiropractor in your area:
The British Chiropractic Association
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Website: ***www.chiropractic-uk.co.uk***

Like medical practitioners and dentists, all chiropractors are registered by law. Members of the British Chiropractic Association (BCA) are registered with the UK regulator, the General Chiropractic Council and the association only accepts members who have graduated from an internationally recognised college of chiropractic education after a minimum of four years full-time training. The BCA promotes high standards of conduct, practice, education and training.

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