

# How's your Golf Back?

One of the ways you win at golf is to have flawless form but achieving that form is easier said than done.

Add chiropractic to your golf game and level the playing field.

According to the American Chiropractic Association, many of the **30 MILLION** golfers in the U.S. suffer from back pain.

If your body is conditioned correctly and your spine is aligned, you greatly reduce your chance of injury.



One of the greatest things about golf, from a fitness standpoint, is all the walking involved.

But one of the biggest challenges for your body in golf is ... all of the walking!

The golf swing isn't exactly a "normal" movement of the spine, especially the lower back.

It takes **32 POUNDS** of muscle to supply a typical golf swing.

Chiropractic can also help improve the timing and coordination of all the joints and muscles that are involved in swinging the club.

Seeing your chiropractor for spinal adjustments can help to keep your body functioning and moving optimally.

Regular adjustments to your neck and back can also help that golf swing from having a negative impact on your health.

