

Improving Your Golf Game with Chiropractic Care

Research published by the *Journal of Chiropractic Medicine* has confirmed what most pro golfers already know: regular chiropractic care can indeed improve your golf swing and, as a result, lead to improved overall performance of your play.

Performed by sports medicine physicians in São Paulo, Brazil, the **study examined 43 golfers** who were all of similar ages and golf handicaps.

The participants were randomly assigned to one of two groups.

The control group was instructed to perform a daily regimen of specific stretches and warm-ups, whereas the experimental group **received chiropractic adjustments** in addition to the stretches and warm-ups.

The Study

Prior to treatment, the participants were asked to perform three full swing maneuvers, and measurements were made of the average distance they were able to drive the ball.

Results

Among the golfers who stretched, warmed up and received chiropractic adjustments, there was a statistically significant improvement in their "full swing performance."

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