

# FROM THE EXPERTS

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## Are You Ready For Golf Season?

by **Dr. Andrew T. Brady**

If you are one of the 24 million Americans that plays golf, you probably know how important optimum hip and low back range of motion is for a great swing. It is very common for golfers to have motion restrictions in their low back and hips, which means their swing is not as good as it could be. Although there can be many different causes of low back stiffness and reduced range of motion, a very common cause is spinal misalignments, or "stuck" vertebra, resulting from repetitive rotation. Forceful rotation, such as teeing off, can cause adhesions to build up within the discs of the low back causing vertebra to get stuck and become dysfunctional.



***Dr. Andrew  
T. Brady***

***Chiropractic  
Physician***

This is why most professional golfers see chiropractic physicians and will even bring them to competitions. Many people don't notice this happening right away, but over time it can cause disc dehydration and ultimately degeneration if left uncorrected. If left uncorrected long enough, it can even begin to cause sciatica (pain going down the leg) and low back pain, which will further inhibit your swing.

Another problem we often see with golfers is a torqued pelvis. There are three bones that make up your pelvis: two hip bones called the ilium and a triangular bone called the sacrum. A torqued pelvis is basically when one of the bones in the pelvis gets misaligned. If you are a golfer that has a torqued pelvis, the power you generate during the swing will certainly be inhibited because you won't be able to achieve proper biomechanics throughout your swing. A torqued pelvis can also cause hip degeneration due to abnormal biomechanics of the hip. This is similar to driving a car with misaligned tires; the tires will wear down much faster if they are not aligned properly.

Both of these common problems can be corrected with specific spinal adjustments. These adjustments help restore range of motion and can help improve hip and low back biomechanics. We always see an influx of golfers this time of year who want to improve their game, so if you would like to get evaluated to see if you have one of these common problems, call our office and mention this article to receive a consultation, examination and x-ray (if needed) for only \$35 (\$230 value).

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9630 Ravenna Rd. Suite 100  
Twinsburg, OH 44087  
330-405-2751  
[www.chiroforfamilies.com](http://www.chiroforfamilies.com)