

## What's Your Most Valuable Piece of Golf Equipment

Spring is here! What does this mean for 25-30 million Americans? Its time once again for all of us golf maniacs to dig out our new golf equipment: clubs, bags, carts, gloves, shoes, tees, balls..... Every year we make upgrades to help lower our scores. The new technologies are amazing! With all of the state of the art tools available to today's golfers, why is the average score no better than 50 years ago? The problem is not with the equipment it is with our body and our ability to move efficiently over and over again on the course. Our body is the most valuable piece of equipment that we possess.

When we look at the body and how it relates to golf we must pay close attention to the spine. The spine is the axis that all other movements pivot around. Let's talk about how the health of the spine affects performance. In a healthy spine we notice naturally occurring curves that give it resiliency and flexibility. Each of the 24 moveable bones that make up the spine has a certain degree of motion it is responsible for. When a subluxation (misalignments which cause stress to the spinal nerves) occurs in the spine it causes postural imbalances, instability, fatigue, loss of flexibility, and occasionally pain. The subluxation makes a consistent swing unattainable. Dr. Tom La Fountain regularly travels with the pros providing chiropractic care and he reports that up to 85 percent of the injuries on the PGA Tour and Senior Tour relate to the spine, and about 70 to 75 percent of those golfers receive regular chiropractic care. You don't have to be a pro to see the benefits from a chiropractic adjustment. More and more Americans are seeking chiropractic care to keep their spine and nerve systems healthy, and they are seeing increases in their performance.

So in understanding that the body is the most valuable piece of equipment and the spine is the most important part of the body in regards to a consistent golf swing, it is easy to see that creating or maintaining flexibility, resiliency, and balance to the spine is one of the best ways to shoot lower rounds more often.

Many people have probably forgotten that young Tiger Woods rode upon the Chiropractic Centennial Float in the 1995 Pasadena tournament of roses Parade. Tiger was 19 years old and chiropractic was turning 100. Today Tiger still contributes his success to hard work and chiropractic.

*Dr. Jack Hinderman is a licensed doctor of chiropractic. His practice, Family First Chiropractic Wellness Center, is Dubuque's newest and fastest growing wellness center. They specialize in wellness care for the entire family, from infants to adult. If you would like more information go to [www.familyfirstchiropracticwellness.com](http://www.familyfirstchiropracticwellness.com) or you can reach Dr. Hinderman at (563) 556-6921.*