

Bonus Supplement!

AMAZING!

* How to improve your Golf Game with the amazing benefits of Chiropractic "Bio-Mechanics"

Dear Patient,

Welcome to this special **Bonus Supplement** included with our monthly newsletter. On the bonus insert I focus on little-known benefits of chiropractic. This month it's about... **how to improve your golf game with chiropractic.**

All too often I see golfers end up taking pain killers or having to reduce playing the game they love so much, all because of back pain from golf. Recently chiropractic treatment has really caught with both amateurs and pro's as an excellent way to alleviate those on-the-green pains.

The problems occur from all those **repetitive golf swings**. Since chiropractic is the science of the spine, we are in a good position to help golfers understand the correct way to take care of their bodies while still enjoying lots of golf. We call this the science of bio-mechanics. Also many of the nation's head golf instructors now regularly seek chiropractic care to keep themselves healthy while going through the daily physical grind of golf instruction.

How well does chiropractic work in aiding golfers? A recent study reported that...

- Up to 85 percent of injuries on the PGA Tour and Senior Tour relate to the spine!
- Between 70 to 75 percent of these golfers receive chiropractic care regularly.
- There are approximately 25 to 30 million amateur golfers in America, many of whom do NOT swing the golf club properly and therefore are at risk of back injury!

Because of the popularity of golf today, we are seeing a big increase in back pain related injuries from playing golf. Back pain can sure hurt your game. Today's golfers have exaggerated back swings that place a lot of stress on the lower back.

Golf is not back friendly! How many golfers get back pain? One study reported that approximately **"58% of regular golfers will develop chronic low back problems at some point in their lives."** What can be done? Carrying the golf bag properly is a good first step in reducing back pain. Some individuals like to carry their own golf bag to get more exercise, and while this maybe a good idea, bag straps that place all the pressure on one shoulder can be hard on the back. And of course, frequent chiropractic visits will reduce the "wear and tear" of repetitive golf swings on your body. If you're a golfer, Chiropractic can keep you playing longer, more often, and into your retirement years while playing without pain. And chiropractic is also terrific for preventing injuries.



Interested in learning more about how chiropractic can help improve your golf game? Call (801) 569-1141 today. We're here to help!