



playing with irons designed for someone five inches shorter is begging for back trouble.

For the women in golf: If you have “inherited” your husband’s or significant other’s golf clubs, they might be difficult for you to use. Not only are the clubs often too long, but the shaft is often not flexible enough for a woman’s grip.

For the men in golf: It is a good idea to spend some extra time performing quality stretches before and after your game in order to increase your trunk flexibility. While men are traditionally stronger than women, they usually aren’t as flexible. Men need to improve their flexibility in order to maintain a more even and consistent swing plane, which in turn will improve the likelihood of a more consistent performance.

Take lessons. Learning proper swing technique is critical. At the end of the swing, you want to be standing up straight; the back should not be twisted.

Wear orthotics. These custom-made shoe inserts support the arch, absorb shock and increase coordination. Studies show that custom-made, flexible orthotics can improve the entire body’s balance, stability and coordination, which translates into a smoother swing and reduced fatigue.

Warm up before each round. Stretching before and after 18 holes is the best way to reduce post-game stiffness and soreness. Take a brisk walk to get blood flowing to the muscles, then do a set of stretches. To set up a stretching and/or exercise routine, see a doctor of chiropractic who can evaluate your areas of tension and flexibility.

Pull, don’t carry, your golf bag. Carrying a heavy bag for 18 holes can cause the spine to shrink, leading to disk problems and nerve irritation. If you prefer to ride in a cart, alternate riding and walking every other hole, as bouncing around in a cart can also be hard on the spine.

Keep your entire body involved. Every third hole, take a few practice swings with the opposite hand to keep your muscles balanced and even out stress on the back.

Drink lots of water. Dehydration causes early fatigue, leading you to compensate by adjusting your swing, thus increasing the risk of injury.

Chiropractic Care Can Help

Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system and can provide advice for golfers to help them decrease the stresses and strains placed on their bodies. Doctors of chiropractic can also address other health concerns, such as shoulder, knee, arm and wrist pain that could be affecting your game.

Dr. Trester is a chiropractor with a special interest in injury rehabilitation and is certified in pre- and post-natal care. His passion is to share the powerful effects that chiropractic care has on general health, athletic performance and pregnancy. He has a family practice in Kitsilano, West 1st Chiropractic Wellness Centre. www.drRANDALLTRESTER.com drtrester@viewmagazine.ca

Many avid golfers contort their bodies into oddly twisted postures, generating a great

deal of torque. Couple this motion with a bent-over stance, repeat 120 times over three or four hours, then add the fatigue that comes with several miles of walking, and you’ve got a good workout and a recipe for potential lower-back trouble.

Most golfers go until they get hurt and then look for help. Back pain is a warning sign that there is an underlying problem responsible for a symptom that will likely get worse. Doctors of chiropractic look for the cause of the symptom and help reduce the likelihood of future injury. If you take the chiropractic approach, you’re in good company. Tiger Woods says that lifting weights and visiting his chiropractor regularly have made him a better golfer. The following simple measures will help you prevent back pain or injury and improve your game:

Purchase equipment that fits. Don’t try to adapt your swing to the wrong clubs: A six-footer



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