

Chiropractic Helps Pro Golfers Stay at the Top of Their Game

Professional and amateur golfers turn to chiropractic care as one of the best strategies for maintaining health on and off the course and achieving the best possible performance, according to the [Foundation for Chiropractic Progress](#) (FCP). Household names including Tiger Woods, David Duval, and Padraig Harrington are just a few of the professional golfers who rely upon chiropractors.

"One thing I know through experience is that I need to keep seeing my chiropractor, even when I have a few weeks off from golf," says [Harrington](#), whose major golf championships include two [British Opens](#) and the [PGA Championship](#). "Getting ongoing chiropractic care helps me to stay injury-free. It also helps me to deal with symptoms when they begin, so that they don't turn into bigger injuries down the road."

Dale Richardson, DC, who has worked alongside professional golfers for over 21 years, helping them to reach their full potential with chiropractic care, treats Harrington. Dr. Richardson has worked on the PGA, European and Australian Tours, and was the first chiropractor to be invited to become a member of the European Ryder Cup sports medicine team, where he has participated on four occasions including the Belfry, Oakland Hills, K Club and Valhalla GC. He has also been a member of the International President's Cup sports medicine team.

"The most common injuries are strains and sprains in the lower back and neck, and tendonitis affecting the wrists and forearms due to the repetitive action and overuse syndromes typical of golf," says Dr. Richardson. "These injuries can be prevented by taking precautionary measures, such as conditioning and proactive healthcare, both of which are key to optimizing performance for anyone who plays golf."

According to Dr. Richardson, some of the most common injuries in both professional and amateur golfers are preventable. "It is important to not only treat these injuries when they happen, but to also maintain optimal health through pro-active care such as chiropractic, soft-tissue therapies and physical therapy."

Dr. Richardson also points out that a multidisciplinary approach is key for many professional golfers, including care and treatment from physical therapists, sports medical doctors, podiatrists, psychologists, acupuncturists, massage therapists and of course, chiropractors.

"These health professionals ensure the overall well-being of golfers so that they can play at the top of their game. "Golfers who access treatment by a chiropractor with multidisciplinary experience will experience fewer injuries, perform better, and achieve greater results. Restoring and improving skeletal and joint mobility with associated skeletal and joint stability is a focus of chiropractic treatment."

Source: Foundation for Chiropractic Progress

