Chiropractic care helps golfers improve their distance off the tee by nearly 10%.

Effect of spinal manipulative therapy with stretching compared with stretching alone on full-swing performance of golf players: a randomized pilot study.


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Study background: Study took place 2/06-4/06. 43 golfers were studied (34 yoa, avg./all male). All were members of 2 golf clubs in Sao Paulo, Brazil. All had a handicap between 0-15 (10, on avg.). No info on pain/dysfunction status was provided. They were randomly assigned to 1 of 2 tx groups (tx'd 1x/wk for 4 wks, all txs were given by a chiropractor): 1) stretching: static stretches held for 20s (forearm flexors, deltoids, brachioradialis, biceps, forearm extensors, levator scapulae, gastrocnemii, soleii, quadriceps, hamstrings, and gluteal muscles); 2) stretching + chiropractic: stretching as above, followed by C-T-L “spinal manipulative therapy on dysfunctional segments”. Results (driving distance was assessed before/after ea. tx; measured 3x and avg'd): 1) stretching: baseline – 205m, after 1 tx – 210m (2% increase), after 4 txs – 212m (3% increase); 2) chiropractic: baseline – 219m, after 1 tx – 227m (4% increase), after 4 txs – 236m (8% increase). Conclusion: “Chiropractic SMT in association with muscle stretching may be associated with an improvement in full swing performance...”
How satisfied with chiropractic are golfers?

What percent of golfers (who have tried chiropractic care) rate it as a positive experience?

93%

Data taken from:
Practice behaviors, attitudes, musculoskeletal complaints, and previous exposure to chiropractic care in a group of recreational golfers.
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Over 90% of golfers who have tried chiropractic care rate it as a positive experience.


Nearly half of golfers have tried chiropractic care, and 93% of them rate it as a positive experience.
Practice behaviors, attitudes, musculoskeletal complaints, and previous exposure to chiropractic care in a group of recreational golfers.


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Study background: 462 golfers (attendees at an annual golf show in Minneapolis) who approached a booth sponsored by NWHSU were invited to take “a one page survey concerning their golfing experience”.

Results:
1) participation rate – 87% (402/462; 80% male; 91% were between 20-60 yoa; 90% played golf at least 3x/wk during the normal golfing season);
2) discomfort “concurrent with golf activity”: back – 26%, foot – 11%, shoulder – 9%, knee – 8%, other – 7%, neck – 6%, wrist – 4%, arm – 3%;
3) “Interference of golf by pain” – 35%;
4) chiropractic care in the past - 47%;
5) “Positive experience with prior chiropractic care” - 93%;
6) “willing to attend a specific golf fitness program” - 47%.

Conclusion: “The interest expressed for golf fitness programs by most of the respondents suggests that there might be compliance with their participation in programs of this nature.”