

What do you do to improve your golf game?

Now that golf season has arrived we want to bring to your attention our services to improve your golf game!

Chiropractic Care

Dr. David Kassay is a PGA tour chiropractor that sees 25 to 40 golfers per day during a tournament. He states that about 80% of players will receive chiropractic through the course of a tournament. "Most are in the neck, the upper and lower back, shoulders, elbows and wrists; areas involved in the golf swing. These guys are hitting a lot of golf balls through the day, not just in the tournament but in practice, too. All that repetition is demanding on the body. If they're not in good shape, they'll be hurting"

Chiropractic adjustments to the spine, shoulders, elbows, wrists, knees and ankles will improve motion and reduce the incidence of injury through your golf season.

Custom-made golf Orthotics (ParFlex Plus) by Foot Levelers, Inc.

Research studies have demonstrated the following results after a six-week period:*

- 29-36% average increase in pelvic rotation, with similar changes in stride length.
- Increased club head speed by 3-5mph (9-15 yards of increased distance).
- Improved balance and reduced fatigue leading to more consistent ball strike.
- Survey results produced a unanimous "yes" from professionals, and a 96% positive response overall.

Specific Golf Conditioning Programs

Golfers are always looking for ways to improve their game. Custom designed conditioning programs will improve your strength, balance, endurance, and flexibility. These programs are specific to individual needs.

Call, or refer a golfer, to set up a **free consultation** to find out how you can get the "performance edge" in your game!

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* Practical Research Studies from Foot Levelers, Inc.