

Improve Golf Swing Performance with Chiropractic Care!

General information offered to my valued patients-- Dr. Matt Butler DC



Effect of spinal manipulative therapy [*chiropractic adjustments*] with stretching compared with stretching alone on full-swing performance of golf players: a randomized pilot trial.

Effect of spinal manipulative therapy [chiropractic adjustments] with stretching compared with stretching alone on full-swing performance of golf players: a randomized pilot trial Abstract



Objective

There has been a steady growth of *chiropractic treatment* using spinal manipulative therapy (SMT) that aims to increase the performance of athletes in various sports. This study evaluates the effect of SMT by **chiropractors** on the performance of golf players.

Methods

Golfers of 2 golf clubs in São Paulo, Brazil, participated in this study. They were randomized to 1 of 2 groups: Group I received a **stretch program**, and group II received **a stretch program in addition to SMT**. Participants in both groups performed the same standardized stretching program. Spinal manipulative therapy to dysfunctional spinal segments was performed on group II only. All golfers performed 3 full-swing manoeuvres. Ball range was considered as the average distance for the 3 shots. Treatment was performed after the initial measurement, and the same manoeuvres were performed afterward. Each participant repeated these procedures for a 4-week period. Student t test, Mann-Whitney nonparametric test, and 1-way analysis of variance for repeated measures with significance level of 5% were used to analyze the study.

Results

Forty-three golfers completed the protocol. Twenty participants were allocated to group I and 23 to group II. Average age, handicap, and initial swing were comparable. No improvement of full-swing performance was observed during the 4 sessions on group I (stretch only). An improvement was observed at the fourth session of group II ($P = .005$); when comparing the post treatment, group II had statistical significance at all phases ($P = .003$).

Conclusions

Chiropractic SMT [adjustments] in association with muscle stretching may be associated with an improvement of full-swing performance when compared with muscle stretching alone.



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