

Golf is Better When Your Spine is in Line!

by DR. JAMIE STERN, DC

Are you familiar with the chiropractic system of N.U.C.C.A, the National Upper Cervical Chiropractic Association? If you appreciate that your spinal alignment affects the power in and accuracy of your swing, then you should.

The repetitive one-sided swing is almost unique to golf.

While it is true that in some other sports, such as baseball, the athlete swings on one side, the number of club swings during a typical golf round far outnum-

bers the number of bat swings during a typical baseball game.

As a result, many golfers, professional or not, experience some low back pain and / or leg pain at some point in time. And that does not take into account golfers who have experienced an accident or injury during activities other than golf.

My examination of golfers in my N.U.C.C.A. chiropractic office, Meakim & Stern Spinal Care in San Francisco, has shown common problems of poor posture, muscle imbalances and progressive wear and tear on the joints. Poor posture (spinal misalignment) is always the result of an accident or injury, such as a car accident, fall, or sports injury.

When injury occurs, the tissues holding the spine together are damaged, causing the spine to break down and lock into a distressed position. Upon examination, those with spinal misalignment will have one hip sitting higher than the other, one leg appearing shorter than the other, and twisting of the body framework. In addition, the vertebrae of the spine surround the delicate brainstem and spinal cord.

Nerves exit the spine at each level, going to the head, face, neck, arms, chest, abdomen, low back, legs, feet, etc. Therefore, when a golfer's spine becomes misaligned, the brainstem, spinal cord and/or nerves can be injured, resulting in dysfunction and/or pain.

Imagine golfing with poor posture twice a week for years, placing unequal stresses

on the spine, resulting in muscular imbalances, spinal degeneration, and nervous system dysfunction.

Then consider the negative impact of such conditions on trying to develop power and accuracy in the swing. Is it any mystery where some of a golfer's power and accuracy has gone, even in the absence of any recent injury?



As one of only about 300 chiropractors in the world trained in the N.U.C.C.A. system, I approach the correction of the spinal/ postural misalignment in a unique way. Unlike traditional chiropractic, the N.U.C.C.A. technique is extremely gentle, not involving any twisting or popping of the spine. First, a detailed x-ray analysis of the spatial relationships between the head and neck is completed.

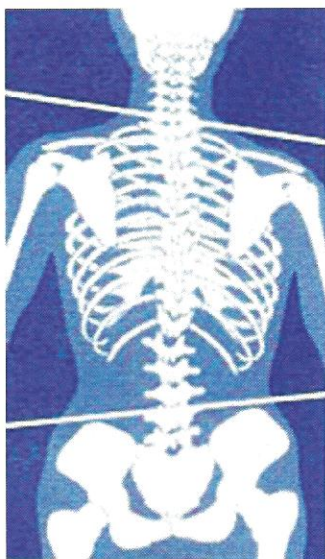
That X-ray analysis results in calculations of the vector needed to re-establish the proper three-dimensional relationship between the rotating plates of the first and second vertebra, looking much like an engineering project.

Few outside the medical professions know that the surfaces of the first two vertebrae (known as the first vertebra or atlas, and the second vertebra or axis) actually rotate about each other in three dimensions.

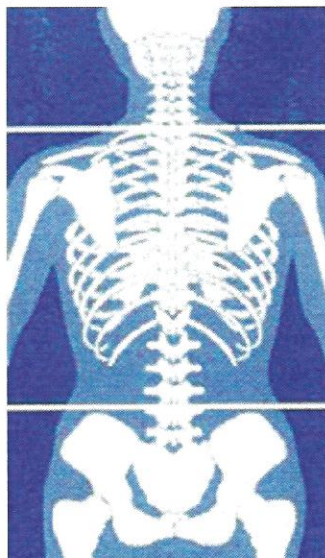
With a gentle touch on the first vertebra, along the proper vector, truly the head is "put on straight" in space. The body reacts to the proper position of the head and neck by in turn going into proper positions. By very precisely correcting the position of upper neck, the entire spine becomes balanced.

A golfer with a properly balanced spine is not only healthier, but has the ability to move with greater ease and accuracy, as the supporting muscles function properly and with optimal strength. Not surprisingly, golfers treated in my clinical practice have reported decreased pain, better balance while swinging and improved putting.

To learn more about the N.U.C.C.A. system, visit www.meakimandstern.com or the official N.U.C.C.A. website, www.nucca.org. ★



posture before adjustment



posture after adjustment

Courtesy of:

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