

# GOLF

## NEWS & NOTES

### Helping Golfers Stay On Course

(NAPS)—When it comes to staying in the game, amateur golfers might want to take a page from Tiger Woods' playbook. Not only does the four-time Masters champion have his own personal trainer—*no surprise there*—but it turns out he also sees a chiropractor regularly.

In fact, we're now learning that lots of PGA members, including David Duval and Pádraig Harrington, rely on chiropractors for postural advice and the care of strains, sprains and other injuries common to their sport.



**Pro and amateur golfers can benefit from chiropractic care.**

"It helps me deal with symptoms when they begin so they don't turn into bigger injuries," says Harrington.

What makes such care so effective for pro and amateur golfers alike, according to the Foundation for Chiropractic Progress, is that it can improve balance, joint mobility and flexibility, in addition to providing relief from the tendonitis that many golfers develop.

Dr. Dale Richardson, who has worked alongside Tour members for more than 21 years, considers chiropractic care key to many of his patients' success. "They have fewer injuries, perform better and achieve greater results," he says.

For more information, visit [www.yes2chiropractic.org](http://www.yes2chiropractic.org).

### Did You Know?

Golf pros from Tiger Woods to Pádraig Harrington regularly see a chiropractor. According to the Foundation for Chiropractic Progress, the doctors can help with the sprains, strains and other common injuries just about all golfers face. Visit [www.yes2chiropractic.org](http://www.yes2chiropractic.org).