



**FOR IMMEDIATE RELEASE**

***Chiropractic Care Helps Golfers Tee-up for Optimal Performance***

*Pro-golfer Padraig Harrington lauds chiropractic care*

CARMICHAEL, Calif. - May 14, 2009 - Professional and amateur golfers turn to chiropractic care as one of the best strategies for maintaining health on and off the course and achieving the best possible performance, according to The Foundation for Chiropractic Progress ([www.yes2chiropractic.org](http://www.yes2chiropractic.org)), a not-for-profit organization dedicated to increasing public awareness of chiropractic. Household names including Tiger Woods, David Duval, and Padraig Harrington are just a few of the professional golfers who rely upon chiropractors.

"One thing I know through experience is that I need to keep seeing my chiropractor, even when I have a few weeks off from golf," says Padraig Harrington, whose major championships include two British Opens and the PGA Championship. "Getting ongoing chiropractic care helps me to stay injury-free. It also helps me to deal with symptoms when they begin, so that they don't turn into bigger injuries down the road."

Dale Richardson, D.C., who has worked alongside professional golfers for over 21 years, helping them to reach their full potential with chiropractic care, treats Harrington. Dr. Richardson has worked on the PGA, European and Australian Tours, and was the first chiropractor to be invited to become a member of the European Ryder Cup sports medicine team, where he has participated on four occasions including the Belfry, Oakland Hills, K Club and Valhalla GC. He has also been a member of the International President's Cup sports medicine team.

"The most common injuries are strains and sprains in the lower back and neck, and tendonitis affecting the wrists and forearms due to the repetitive action and overuse syndromes typical of golf," says Dr. Richardson. "These injuries can be prevented by taking precautionary measures, such as conditioning and proactive healthcare, both of which are key to optimizing performance for anyone who plays golf." He explains that some of the most common injuries in both professional and amateur golfers are preventable, adding, "It is important to not only treat these injuries when they happen, but to also maintain optimal health through pro-active care such as chiropractic, soft tissue therapies and physical therapy."

Dr. Richardson points out that a multi-disciplinary approach is key for many professional golfers, including care and treatment from physical therapists, sports medical doctors, podiatrists, psychologists, acupuncturists, massage therapists and of course chiropractors.

"These health professionals ensure the overall well-being of golfers so that they can play at the top of their game," he concludes. "Golfers who access treatment by a chiropractor with multidisciplinary experience will experience fewer injuries, perform better, and achieve greater

results. Restoring and improving skeletal and joint mobility with associated skeletal and joint stability is a focus of chiropractic treatment."

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### **About F4CP**

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation's goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at [www.foundation4cp.com](http://www.foundation4cp.com) or call 866-901-f4cp.