

## Media Relations Contact

Stephen Mittler  
Foundation for Chiropractic Progress  
201-641-1911 (35)  
smittler@cpronline.com



## For Immediate Release

### Chiropractic Care Keeps Golfers Suffering From Bulging Spinal Discs Swinging on the Back Nine

**CARMICHAEL, California** — June 2, 2010 – As Tiger Woods begins his return from injury, countless golfers across the country are finding themselves suffering with the same ailment that sidelined the world’s top player: a bulging spinal disc. While the pain associated with a bulging disc may be dull – often numbness and tingling -- doctors of chiropractic (DCs) suggest seeking treatment immediately before compensated movement patterns affect the spinal tissue and lead to more severe disc problems, which may involve more pain and longer recovery times.

“It is important to not only treat a bulging disc when it happens, but to also maintain optimal health through proactive care such as chiropractic, soft tissue therapies, as well as stretching and strengthening exercises,” states Dale Richardson, D.C., who has treated professional golfers for over 20 years.

For golfers, a bulging disc may occur in response to the chronic repetitive stress and acute trauma caused by the repeated swing of a club. When injured, the discs, which are cushions between the spinal bones, can push out towards the spinal cord and nerve roots often causing numbness in the arms and legs, stiffness in the neck, or difficulty walking.

According to DCs at the Foundation for Chiropractic Progress ([www.yes2chiropractic.com](http://www.yes2chiropractic.com)), it is essential to rest and relieve pressure using cold packs during the first 24 to 48 hours to reduce swelling and muscle spasms. As leading experts in spinal manipulation and manual therapies, DCs can prescribe and perform physiotherapy modalities, such as ultrasound, decompression traction, electrical stimulation, and low level laser therapy. In many cases, conservative care can be effective and substantially decrease the need for more invasive procedures such as spinal epidural injections and surgery.

“In addition to exercises and rehabilitation techniques for the treatment of a bulging disc, doctors of chiropractic are trained to provide counseling on safe and healthy daily activities, which plays an important role in functional improvement and long lasting positive outcomes,” concludes Richardson.

#### About Dale Richardson

Dale Richardson, D.C., has worked alongside professional golfers for over 21 years, helping them to reach their full potential with chiropractic care. 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.

#### 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 (3427).

###