



**Media**

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**Chiropractic Care Advances Performance in Golf Game**

**CARMICHAEL, Calif. – April 17, 2012 –** Today's amateur and professional golfers are turning to chiropractic care to help withstand the rigors and physical demands of the sport, as well as to improve performance. According to Dale Richardson, DC and a leading sports physician who has worked for the past 14 years full-time and exclusively on several prominent golf tours worldwide, and the Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, doctors of chiropractic (DCs) play a significant role in helping golfers stay at the top of their game.

"For well over 20 years, professional golfers have relied on chiropractic care to help reach their full potential," says Dr. Richardson, who has worked with legendary players, including Nick Faldo and Pádraig Harrington. "With proper care, athletes are able to enhance overall range of motion, stability, balance and endurance, and thereby remove any physical limitation, leaving the challenges of golf primarily psychological."

As more professional golfers gain the attention of widespread media for their exceptional athleticism, the overall sport continues to climb in popularity. Attracting those of nearly all ages, this challenging pastime requires proper health attention at any skill level. For professionals, having access to comprehensive care provides the attention needed to properly address general health and associated concerns.

"Professional golfers, by the nature of the game, develop asymmetrical conditions and therefore can benefit from chiropractic treatment. Such care can specifically help to restore balance and lay the foundation for high-level athletic performance," he adds.

Beginning his work at a time when sports medicine teams were nonexistent, Dr. Richardson later became inspired to establish ProGolf Health, a personalized, concierge, holistic healthcare company that meets the needs and aspirations of elite professional golfers. Regularly, golfers will purposely seek the assistance of healthcare providers to help enhance their swing and physical performance.

"Professional athletes who are serious about competing at their best rely on all-inclusive multidisciplinary

care to ensure there are no interferences or dysfunctions within the body,” shares Dr. Richardson.  
“Chiropractic care is a core component in this approach and can help athletes perform at their best.”

### **About Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).

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