



Barrhaven Chiropractic Health Centre

Can Chiropractic and Active Release Technique (ART®) help to improve my golf swing?

Dr. Franco Vincelli

Golf instructors are trained to work with their athletes to correct faulty mechanics, to produce an efficient swing from address, takeaway, backswing, downswing, acceleration, impact and follow-through. As a health care practitioner standpoint, each golf position demands that the joints of the body are functioning optimally with no restriction in range of motion and that as tissues slide over one another there is no adhesions causing friction and leading to inefficient movement.

Scar tissue and adhesions develop through repetitive motion. All golfers know that in order to become a better player, practice is crucial. The repetitive motion from swinging the club thousands of times can create adhesions and scar tissue within and between tissues. These adhesions lead to decrease range of motion causing limitations in your swing and performance. In addition, as a result of the adhesion and scar tissue development, muscles become short and tight, placing more tension on the joints of the body they are responsible for moving, causing joint irritation and restrictions.

ART® is a soft-tissue treatment used to remove scar tissue and adhesions within muscles, tendons, ligaments and nerves, promoting proper soft-tissue function. ART® combined with chiropractic adjustments to restore proper motion to the spine and joints of the body can help improve your swing, perform more consistently on the course and maybe even drop your handicap. Happy Golfing!

