

Get in the Game Without the Pain

Get the right fit

Ensure your clubs are the right height, material and grip.

Take lessons

The right swing can improve your game and spare you pain.

Warm up and warm down

Stretch before and after you play.

Push, don't carry, your golf bag

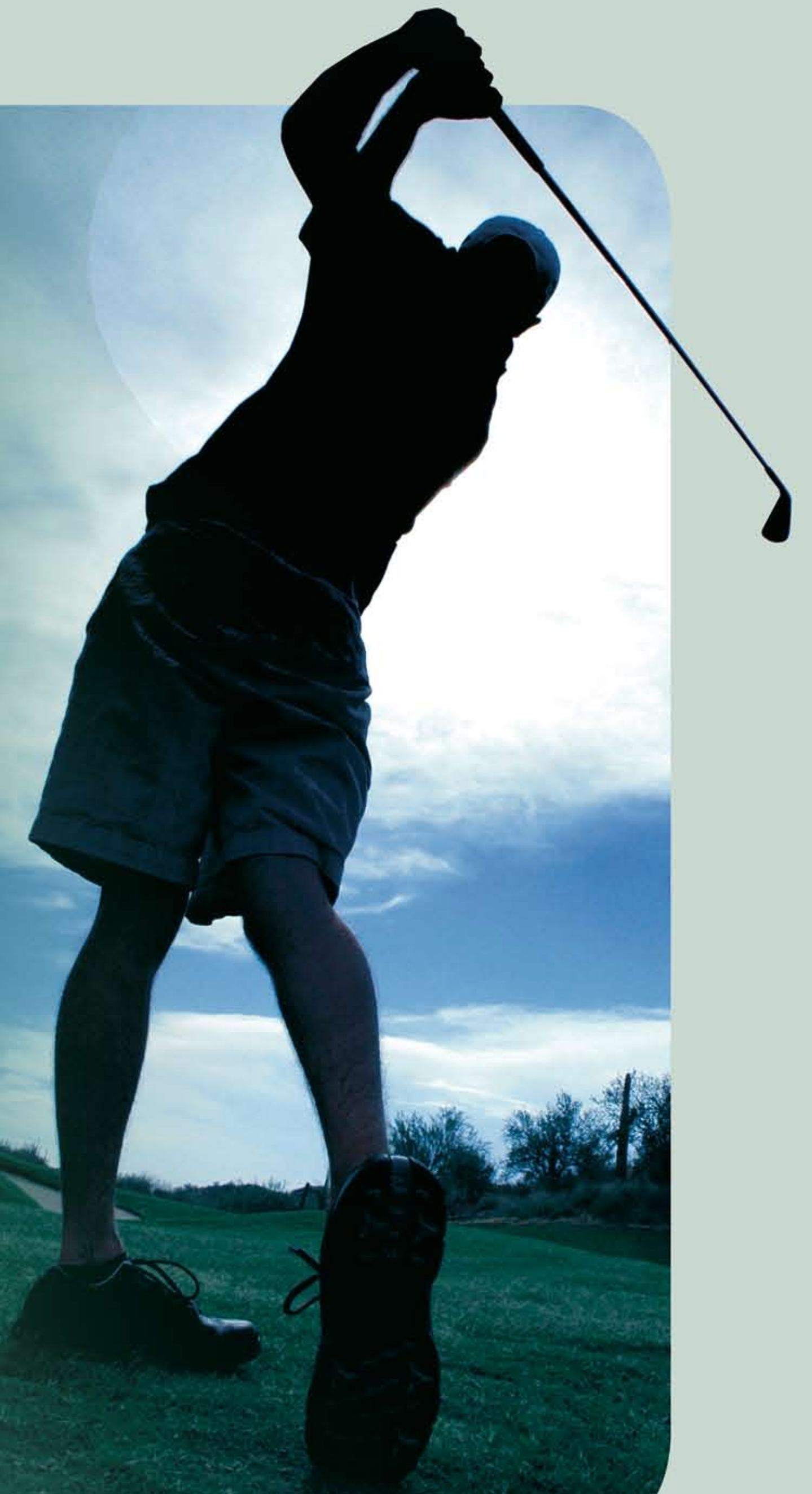
Pushing or pulling your bag can help you take a load off.

Choose the right shoes

Good support and the proper fit can prevent pain.

Drink lots of water

Dehydration can cause fatigue and increase your risk of injury.



Ontario Chiropractic Association Treatment That Stands Up.

