

Entertainment & Living

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A CANADIAN ACTOR LOST AND FOUND

Shaw Fest star Todd Waite
resurfaces in Houston

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ADDRESS THE BALL

... but first, warm up
your golf muscles

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ON ONO

SWING IT

Golf smart before you hit the links

Your first golf swing of the season could also be your last if you start with a cold, hard shot.

Warm up with a few exercises and take it easy at the start, recommends chiropractor Natalia Lishchyna, 38, vice-president of the Ontario Chiropractic Association.

"Usually, when people go out onto the course, they go full out. That's one of the pitfalls," says Lishchyna, herself a golfer.

"But we can't all be Tiger," she adds. Woods himself returns to the public golf eye today in the Masters Tournament in Augusta, Ga. Public golf courses opened Friday in the Toronto area.

Lishchyna says "your back and shoulders are on par to be hurt" after an inactive winter. The OCA's website, www.chiropractic.on.ca, offers a series of pre-game exercises

— *Get in the Game Without the Pain* — under the resources tab.

As well, she suggests:

- Shorten your backswing for your first few games.
- Ensure your clubs are the right size with comfortable grips to prevent wrist injuries.
- Hit the driving range first, "to get your swing back." Stay out for half your usual time.
- Use a push/pull cart, don't carry your clubs.
- Wear the right shoes, not too big or small, to ground your swing.
- Hydrate. "We know there are other drinks out there on the course, but be sure to drink water, too," Lishchyna says. Wear a hat and sunscreen.

Your best position is one of strength: "If you haven't done any core muscle exercises, then you're not going to stand up very well on the course," adds Lishchyna.

