

Can you help my golf swing and how?

As an avid golf nut I am continuously harping on my colleagues to stretch this and adjust that. I believe in order to improve your game you should take lessons, have a regular stretch routine and keep the joints in motion. Golf is about swing plane, balance and bringing the club face in proper contact with the ball consistently. Your pro will help you maximize your swing and game. The Chiropractor will give you the physical tools to be able to reach your goals. Recognizing and correcting Muscle imbalances and joint restrictions from the shoulders to the calf muscles improves on an individuals ability to get through the ball, improves club head speed, promotes better ball flight and increases your stamina for the back time. See your golf pro, see your Chiropractor, see your game improve.