

Everything you need to know each month from Optimal Health

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Why Golfers Love Their Chiropractor



If you spend any time in our office, you'll know that I love golf. Whether it's overhearing me talking to a patient about where they golfed that weekend or seeing me practice putting when I have a break in my schedule, golf comes up a lot. But this newsletter isn't about my love of golf, it's all about why golfers love me, their chiropractor.

So what does your golf game have to do with your spine? Short answer: everything. The game of golf is played by rotating the hands and club around the spine backwards. Following the backswing, the hips, arms and hands must all release throughout the ball and back around the spine. Increased range of motion is your friend on the course. Increased range of motion is your friend on the course. Range of motion in the spine and hips allows for a more fluid and powerful swing. It should be everyone's goal to hit the ball farther with less effort. When the thoracic spine rotates fluidly, you are able to turn your back farther. This allows more shoulder turn. As you turn your back and shoulder away from your target, you need more improved cervical mobility to keep your head over the ball. Both thoracic mobility and cervical mobility are essential to keeping your head still while taking a full back swing. As you deliver the club to the ball increased pelvic mobility allows your body to accelerate through the ball. Pelvic rotation allows weight to shift from back foot to front foot, increasing dynamic swing speed. Increasing lumbar flexibility will also improve putting strokes. Increasing lumbar flexion allows the putter to put their eyes directly over the ball when putting. This position allows for better alignment on putts.

Another reason golfers should see a chiropractor is most golf injuries are back related. The golf swing is repetitive, usually done a few hundred times per round. It is a one side dominant activity which creates postural stress. The golf swing also rotates around the spine. For everything I've listed above, these are all reasons golfers should get adjusted on occasion.

So if you're planning on casually hitting the links this summer or if you are trying to improve your score, chiropractic should be part of your game plan. Golf is a fun activity for all levels, don't let back pain and stiffness limit your enjoyment on the course.

Meet Elizabeth!



 OPTIMAL HEALTH
massage therapy

broomfieldmassagecare.com
303.593.2586

Introducing Elizabeth!



Summertime is Almost Here!

Meet Elizabeth - Our Newest Massage Therapist

We could not be more excited to tell you that Elizabeth has joined our massage team! She'll be adding Saturday mornings to our available massage times (what a great way to kick off your weekend!) and looking to possibly add more times soon. Here's a little bit about her massage style:

Specializations: I love massaging prenatal and postpartum moms, but really I would say that my specialty is adjusting my massages for each client. I tend to have more of a myofascial release style combined with swedish.

Depth: My pressure ranges from light to deep, depending on my clients' preferences.

Style: My goal for each client is to find the right pressure and rhythm of massage for them to relax completely. I focus on making the massage comfortable and effective, ensuring each client feels better after the massage than when they came in. I often work with my client's to create a schedule that includes massage as well as at home exercises and stretches.

Ready to schedule your next massage? Schedule your next session online or give us a call or TEXT at 720.610.2726 <https://www.massagebook.com/biz/OptimalHealthMassageTherapy>

Summer is Approaching - Schedule Before Coming In!

Summer means all of the fun things, but it also means some shifts will have some different hours. So we're just asking to make sure you schedule an appointment or call us to check in and make sure we're there and have an appointment time for you before popping in! We will make sure all of our patients (new and existing!) have plenty of opportunity to get their adjustments in, we would just never want anyone to show up and have us not be there.

Schedule your next chiropractic appointment online: optimal-health-chiropractic.booksy.com or call at 303-466-3988



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