



# NEWS RELEASE

**For Immediate Release**

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## **The Association of New Jersey Chiropractors tees up top tips to keep golfers swinging pain free throughout the season**

Branchburg, N.J., — With thousands of golfers playing on New Jersey's more than 250 golf courses, the members of the Association of New Jersey Chiropractors are busy treating golfers -- both to remedy their ailing golf swings and to help them deal with the aches and pains that can result from playing the sport.

"We see it every year, the injuries that occur after the first few months of the golf season as players with aching legs and sore muscles change their swings to try and compensate," says Dr. Tom Basile, ANJC chiropractor located in Parsippany who has been invited to speak before PGA committees on the benefits chiropractic can offer serious golfers.

"The members of the ANJC treat hundreds of golfers each year ranging from club pros to club members to weekend golfers. We've found the following to be the best advice to keep golfers in the game and in good health," says Sigmund Miller, DC, executive director of the ANJC.

The Association of New Jersey Chiropractors recommends that golfers:

- **Prepare Your Body** – Golfers should have a customized exercise routine to address specific weaknesses and/or restrictions related both to playing the game and perfecting their golf swing. For example, if a golfer has had elbow problems in the past, he or she should develop an exercise routine that aims to strengthen the elbow.
- **Warm-up** – A majority of golfers go straight from their car to the first tee and do nothing more than a few practice swings to warm-up. Golfers should take a brisk 5 to 10 minute walk after arriving at the course to increase blood circulation and warm the muscles, then hit 20 to 25 balls, using the full range of clubs, and finish with some light stretching.
- **Use the Right Equipment** – Most golf pros are able to custom fit each golfer with clubs that are optimal for the individual's swing. Playing with clubs that are too long, too heavy or too light will affect swing mechanics and increase risk of injury.

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- **Prevent Injuries Upfront** – More than 75% of all golf injuries are caused by poor swing mechanics, usually as a result of muscle weakness due to improper nerve function. An effective strategy for preventing injuries due to poor swing mechanics is to consider having a check-up with a chiropractor prior to the start of the golf session and then regularly throughout the season.
- **Do Not Play Through Pain** – Pain is your body’s warning system alerting you that there is a problem. This is especially true if the pain lasts for more than a day or two or is recurring. “I thought it would go away,” is one of the most common phrases heard by ANJC chiropractors.
- **Consider “Dropping Out”** – Injuries to the wrist, elbow and shoulder are frequently caused by trying to hit near trees, rocks, roots, etc. If you can’t establish a stable stance and take your normal swing with a normal follow through, taking a drop may be the most prudent play.
- **Swing Backwards** – One of the big problems with golf is that every movement in the sport is focused in one direction. Over time this can lead to imbalances in the musculature. To help restore balance to the body, it’s a good idea to take a few practice swings backwards both when warming up and before every third hole.

### **About the Association of New Jersey Chiropractors**

The ANJC is one of the largest associations of chiropractors in the nation, with more than 1,200 members throughout the state. The mission of the ANJC is to educate its members in the latest technology and advancements in the profession, and to educate the public about the benefits of chiropractic care. The ANJC strives to protect and promote its members, patients and the chiropractic profession by uniting essential resources throughout the state. For more information, please visit [www.anjc.info](http://www.anjc.info) or call (908) 722 – 5678.

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# Media Resource List

The below ANJC members are available for interview or comment on the benefits chiropractics can have on the golf game. Please contact Michael Cianfrone at (856) 488 – 5500 or [Mcianfrone@stargroup1.com](mailto:Mcianfrone@stargroup1.com) to setup an interview. If you do not see a chiropractor in your region listed, please contact Michael and he will put you in touch with an ANJC chiropractor in your area.

## **Association of New Jersey Chiropractors Members Available for interview:**

Sigmund Miller, DC – Executive Director of the ANJC

Dr. Tom Basile – Parsippany  
Dr. Anthony Calzaretto – Cherry Hill  
Dr. Dennis Cronk - Shrewsbury  
Dr. Dan Cruoglio – Brick  
Dr. Don DeFabio – Berkley Heights  
Dr. Leonard Ershow – Princeton  
Dr. David Fischer – Basking Ridge  
Dr. Kenneth Freedman – East Brunswick  
Dr. Michael Magwood - Clifton  
Dr. James Mattison, Jr. – Phillipsburg  
Dr. Nick Mavrostomos – Bedminster  
Dr. Thomas McGillick – Forked River  
Dr. Larry Sabel - Lumberton

## **Did You Know?**

Tiger Woods believes chiropractic treatment is a major contributor to his success on the PGA tour. Woods says, “Being a chiropractic patient has really helped me immensely...lifting weights and seeing a chiropractor on a regular basis has made me a better golfer. I’ve been going to Chiropractors for as long as I can remember. It’s as important to my training as practicing my swing.” Other prominent athletes who regularly visit Chiropractors include basketball legend Michael Jordan, Hall of Fame quarterback Joe Montana and seven time Tour De France winner Lance Armstrong.

Source: American Chiropractic Association – [www.amerchiro.org](http://www.amerchiro.org)