

Better Golf A Helping Hand

by Osteopath Robin Lansman D.O.



Osteopathy &
Sports Injury Clinic

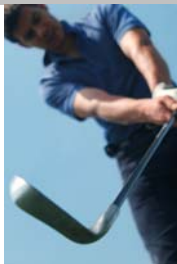
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Are you looking for improvement?

As a golfer, I am sure you are always looking for improvement in the following areas:

- Range
- Accuracy
- Less stiffness
- Less pain

This is where Osteopathy can help.



Body Back-Up helps golfers



It is clear from our clinics that many golfing patients suffer as a result of the game they love to play.

Many are suffering from conditions such as:

- Golfer's Elbow
- Neck Pain & Back Pain

They frequently suffer:

- Twisted knees
- Groin pain & Pain around the Hips

This leaflet has been produced by Body Back-Up, and has been welcomed by Golfing Professionals at over 90% of Golf Clubs in the area.

Golf places a strain on joints

Golf places a strain on the joints and muscles of the Back, Shoulders, Arms and Lower Limbs.

This is due to the stance which golf requires and the twisting action needed for each shot.

Over-use of these parts of the body results in stiffness and pain which can reduce the quality of the game, or even prevent people playing.

Range practice is particularly demanding on the body.



Shots lack power & accuracy?

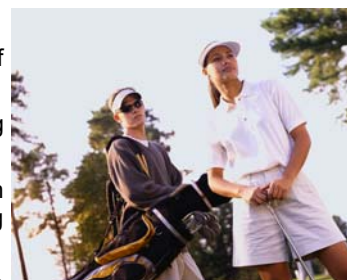
- Many players notice stiffness after their game and are finding that a double round of golf often leads to pain and stiffness a day or two later.
- They also question why some of their shots seem to lack power and accuracy.
- Some put up with pain which can be quite severe, without doing anything about it.
- Osteopathic treatment can be the answer. Our main aim is to keep golfers playing pain and stiffness free.
- This should improve individual's games and allow them to play more often without suffering.

www.bodybackup.co.uk

What's the treatment?

The treatment involves

- a combination of loosening stiff muscles
- freeing stiff joints using manipulation.
- This is combined with advice on improving posture.



Once these points have been addressed we recommend that you take advice from a golfing professional to review your technique.

Maintenance

- If any problems arise in the future, we are able to offer you maintenance treatment, during the season or to prepare you for a particularly heavy schedule of matches.
- Body Back-Up cannot guarantee you a hole in one, or a below par game, but we should be able to help loosen your joints and improve your swing!

Please let us know what improvement you notice in your game.

Total Body Balance Assessment

We can now electronically assess your body balance before and after treatment.

This will indicate your level of stability, as well as which parts of your body are working well in a co-ordinated way; and exactly where you need treatment.

If you are interested in finding out how good your body balance book a session with Robin Lansman - you won't be disappointed!



Special Orthotics for Golfers

Special orthotics designed for golfers help distribute your weight more evenly across the surface of your foot, relieving pressure and making you more comfortable - which could make a difference to your game. Ask for more information.

Robin Lansman is an osteopath practising in London & Berkshire and a lecturer in Sports Injuries & Clinical Rehabilitation at the British School of Osteopathy in London. Your golf injuries would definitely be in safe hands with the Body Back-Up team.

**To find out more about Body Back-Up
visit our website or email us at
practice@bodybackup.co.uk**

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