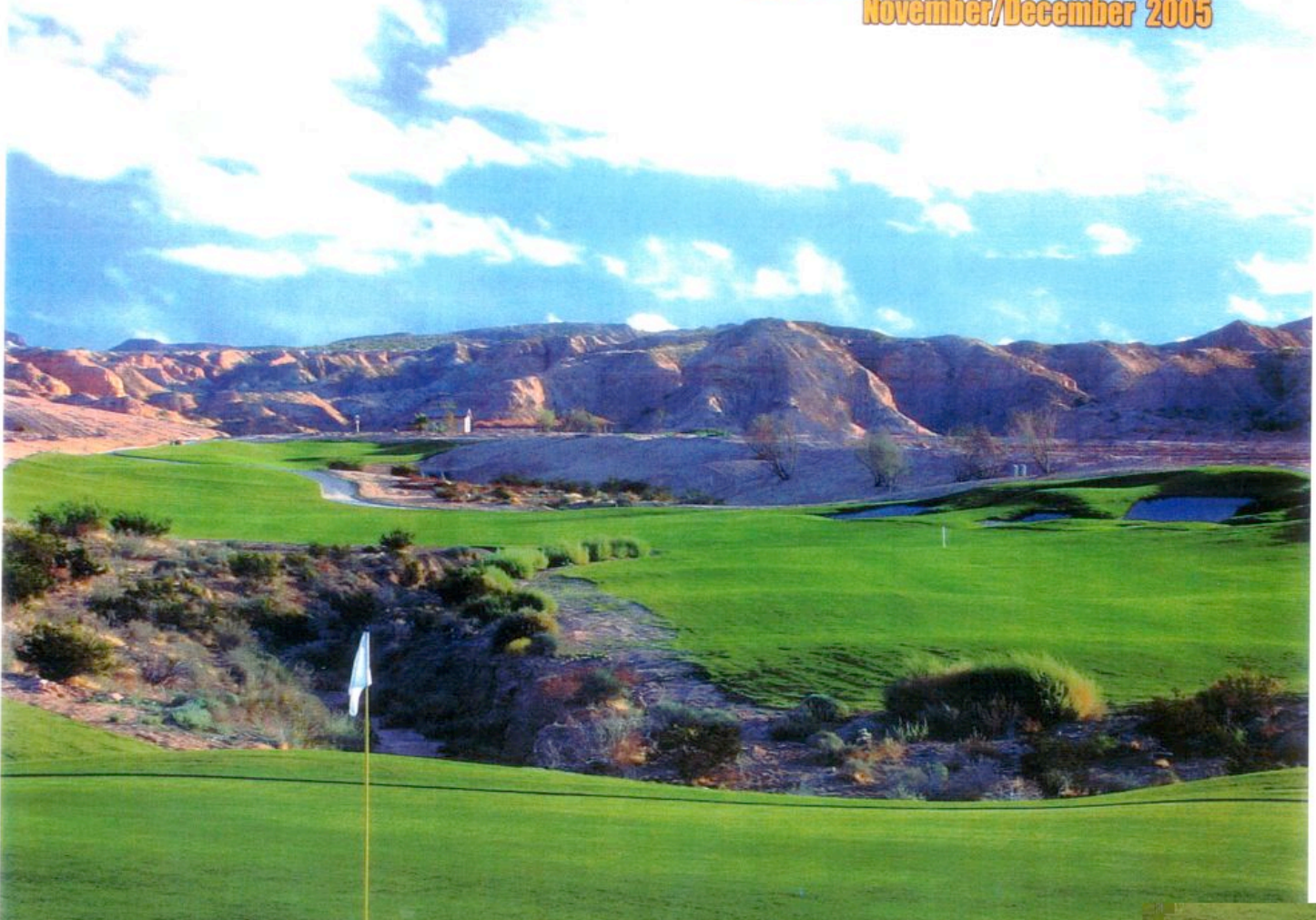


# KANSAS CITY GOLF

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Mesquite, Nevada ▼ Watson Wins Schwab Cup Championship ▼ Holiday Golf Gifts

## THE PHYSICAL GAME

### Grips... Golf... and Gadgets

By Dr. Lynn McIntosh

The onset of autumn brings beautifully mild days for the game of golf. At the same time, the season of regular play begins to come to a close. The "off season" is an important time to preserve healthy habits that




have improved and sustained a higher level of performance on the course throughout the spring and summer. During the winter months, it is extremely important to maintain the levels of exercise, stretching, healthy diet, rest, and professional health care that have been part of the golfer's spring and summer routine. The season of indoor exercise may provide an ideal time to add weight training and treadmill exercise in order to

compensate for the exercise provided in regular play.

Now is the perfect time to pay special attention to the condition and fit of your golf equipment. For example, if you are experiencing symptoms of arthritis, be sure to look for clubs with a larger grip. The larger grip requires less tightness and tension in your hands. Be sure your clubs have been selected specifically for you. The use of "inherited" clubs that do not provide an appropriate fit or flexibility can cause discomfort and injury. More flexible, lighter clubs made of material such as graphite are often a better fit for women golfers. Attempting to use clubs not designed for you creates an unnecessary hurdle to a healthy, satisfying game.

This may be the ideal time to pursue the fitting and purchase of custom-made orthotics, shoe inserts that support the arch, absorb shock and increase coordination. Remember, the point at which your foot makes contact with the ground is the point at which your nervous system receives the initial, critical information it needs to maintain balance, stability, and strength in movement. The use of orthotics may be the easiest, most surprising enhancement to your performance on the course.

This is the perfect time to begin to drop hints with family and friends who are looking for gift ideas for their favorite golfer! Why not suggest a pull cart, a lighter bag, hand weights, sunscreen, hats, or gift certificates? Gift certificates are available, not only for the purchase of products and equipment required for your game, but also for support and health care services which have become part of your ongoing enjoyment of the game. Take advantage of the off season — use it to insure a rigorous return to the course next spring!

*Dr. Lynn McIntosh is a board-certified chiropractor, licensed in both Kansas and Missouri. In addition to being licensed to provide general chiropractic care, Dr. McIntosh is a Certified Chiropractic Sports Physician, working with athletes from multiple disciplines on specific sports-related problems. She can be reached at 816-753-4600. *



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