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Impact of post-manipulation corrective core exercises on the spinal deformation and lumbar strength in golfers

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Average Changes in the Spinal Condition of Two Golfers After a 4-Wk Program

	Pre-Test	1 wk	2 wk	3 wk	4 wk
Pelvic Tilt (mm)	5.5	4	2.5	2	1
Pelvic Torsion (degree)	5.45	4.0	3.0	2.35	1.4
Trunk Length (mm)	531	535.5	547.5	547.5	553.5
Lordotic Angle (degree)	17	23.5	29	32.5	35.5

This research article highlights the effectiveness of core stability training after manipulation for golfers. The results were measured as changes in pelvic tilt, pelvic torsion, trunk length, and lordotic angle. These measurements are key indicators of lumbar stabilization.

Many popular sports such as baseball, golf, and tennis tend to promote a distorted body posture through unilateral training. Over-training the musculoskeletal system without proper core stability can lead to an increased risk of injury. Manipulation has been shown to facilitate healing by stimulating the central nervous system and decreasing intra-discal pressure. Establishing proper segmental bio-mechanics through manipulation will likely improve the outcome of corrective core exercises.

"…the causes of injuries experienced during golf include weakened muscles, lack of flexibility, excessive exercise, insufficient warmup, and an incorrect swing form."

"Athletes develop an asymmetrical body posture due to long-term training of particular movements. This deformation makes maintenance of the normal curve of the spine difficult, and causes reduced range of motion and weakened abdominal muscles, as well as back pain."

"In golfers, core muscles are critical, as they are closely related to spinal deformation. Core strengthening and spinal correction play a pivotal role in the correction of spinal deformation."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

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