

HEALTH REPORT

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ACUPUNCTURE KEEPS GOLFERS SWINGING

Golf may look like an easy game that doesn't require a lot of strenuous physical activity compared to some other sports. However, there is a lot of repetitive twisting and turning to the activity that requires a good deal of coiling, swinging and hitting. And, when something goes wrong with the body, it can leave the player in severe pain and looking for relief. For some athletes, a trip to an acupuncturist can put them back in the swing of things.

Professional golfer Fred Couples is one person who has used Acupuncture to keep him competing on the professional tour. This is a player who has a very free-swinging golf action but has been plagued with a series of back injuries during his career that started in 1981. Several years ago, he had such a severe bout of pain that he didn't think he'd be able to play in a tournament he'd just flown over 13 hours to compete in. This was in Seoul, Korea. That's when he decided to try Acupuncture.

"Honestly, I didn't think I was going to be able to play today," said Couples after the first Acupuncture session. "The work done on my back made me feel great. I had needles stuck all over me, around my mouth, on the feet and in the back." The session lasted 4 hours. He played successfully and had another session after his first 18 holes of the event. He was able to play all 72 holes over 4 days of the tournament and finished in 5th place. When he returned to the United States, he paid a visit to Dr. Halina Snowball, a medical acupuncturist, in Greenwich, Conn. There he had another successful treatment and finished 4th in the Buick Classic. Now, at age 48, Couples still competes on the Professional Golf Association Tour.

Another golfer who has experienced successful Acupuncture treatment is Tom Henderson, the head golf professional at the Round Hill Club in Greenwich. He is a teaching professional who spends many hours a day with his students explaining and demonstrating the strokes of the game and hitting lots of golf balls. When he developed pains in his right shoulder, he, too, turned to Dr. Snowball for help. "She has treated me with a comprehensive Acupuncture approach," said Henderson. "She uses needles not only in my shoulder, but also in my back, neck and feet. I find it so relaxing that I usually fall asleep." His treatment included once a week Acupuncture for 3 weeks that was supplemented with some additional physical therapy. He felt that his shoulder was 98 percent improved at that point and that he was on his way to a full healing.

It is estimated that over 30 million Americans suffer from some sort of chronic pain due to back and neck problems, headaches, arthritis and other medical conditions. People spend an estimated \$20 billion annually on all sorts of products and remedies in their search for relief. Acupuncture is a relatively low cost method of treatment that is gaining popularity in the United States. It's a natural healing process that improves body function.

People who depend on their body for their livelihood would certainly be wise to consider Acupuncture as a means to keep them working, earning and free of pain.