



Swing into Golf Season - Safely!

Greetings!

Well, the warm weather is finally here and so is Golf Season! That means swinging, twisting, and bending in all kinds of different ways. Learn how to warm up, stretch, perform better, and prevent injury to make your golf season last!



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FEATURE ARTICLE



Get in the Game Without the Pain Program - Golf
The Ontario Chiropractic Association

Developed by the OCA, the 'Get in the Game Without the Pain' program, focuses on proper warm ups, stretching, and various practices to help active golfers prevent injury and improve their game. Here are a few helpful resources:

[Simple Stretches & Chiropractic Care](#)

[Key Tips for Golfers](#)

FEATURE WORKOUT



Exercise for Golfers

Lunge with Weighted Twist - ACE Fitness

A combination exercise focused on working your obliques with rotational movements that mimics golfing and increases core stability.

[Exercise Demonstration](#)



Informative Video to Start the Golf Season



FEATURE PRODUCT

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Dr. Stephanie Adey

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