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Look Out "fore" your Golf

Richard S. Koch

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Look Out "Fore" Your Golf!

Golf can be a friend or foe, a fairway or a trap. So can any physically challenging sport, especially the vertical upright type involving stress of arms, shoulders, and neck muscles.

Various statistics from independent sources in Europe and America seem to indicate that it is stress to these areas that most commonly precede or "trigger off" episodes of heart problems. It was previously traditionally thought to be the very strenuous activities, like running, etc., that "strained" the heart. Shoveling, lawn mowing, golf, heavy packing or carrying, tiring bent-over positions, are cited most commonly as being the more dangerous activities for a heart prone patient.

Research today indicates that it would appear that like the eyes, the heart cannot be "strained" because of a self regulating mechanism within it.

Through research in osteopathic medicine it would further appear that the "triggering off" of a heart problem from stress to the upper back and neck areas occurs when there is already some abnormal mechanics present in these tissues. These muscles, ligaments, vertebrae and related nerves and their circulation, can act to upset the normal heart circulation and its health. Since osteopathic medical schools provide special training in this field, then these are best detected and treated by osteopathic physicians.

Once a spine is nearly "normalized" or improved in its ability to move and function more efficiently by these means, then golf and other sports provide very great health benefits.

The action that occurs within the optimumly functioning spine when the golfer swings, walks and moves freely, helps reduce congestion and stagnation within the entire body and all its vital systems. These systems in turn make the thousands of "medicines" which nature for thousands of years has provided to man for prevention and healing of diseases.

Postural spinal balance and normalization of vertebral alignment and motion should be accomplished before indulging sports. Then, not only improved health occurs but also safeguards against sprains, back and neck aches, and abnormal strains to the areas which might "trigger off" heart episodes.

Improved spinal balance also improves muscular coordination and therefore accuracy in sighting and hitting the ball as hoped.

Indulge yourself - but wisely and with the help of a physician well trained in body mechanics.

"Fore" sight is "fore" warning.

Dr. Richard S. Koch
February 22, 1968

Richard S. Koch, D.O.

Olympia, Washington 98501

Dear Dr. Koch:

We are planning a feature story to run in HEALTH on the sport of golf as being especially beneficial for senior citizens and would like as much as possible to have it embody osteopathic principles as set forth by an authority in the field. As chairman of the Health Care for the Aging task force of the AOA Bureau of Comprehensive Health Planning, you would be an excellent spokesman for the profession.

As you know, HEALTH is aimed at the layman, and, therefore, your contribution to the story would not be a technical explanation; rather, a general health statement. Anything else that you could elaborate on concerning the story also would be appreciated, of course. For instance, if your work with the Bureau has disclosed any golf program for senior citizens across the nation, we would like to include that aspect also.

At any rate, please send us a paragraph or two on "why golf is especially beneficial for the senior citizen." We're planning to run the story in the May issue of HEALTH, which means we will be putting the story together the first week in March. May we expect to hear from you by then?

Please let us know if there are any questions.

Sincerely,

Diane Isola
Staff Writer
Look out! Be 'Fore' for Golf!

Golf can be fun or a pain in the a**. So can any sport physically demanding. Especially the more unforgiving type involving stress of arms, shoulders, and muscles.

Various studies from Cornell, University, and others seem to indicate that those experiencing more tension or "gripes" and experiencing episodes of heart problems are traditionally thought to be at a higher risk than those who are more 'calm'.

Many from moving, golf, being pushed or camped on the go. The brain is one area mentioned. The research indicates that it could be the heart that 'triggers' because of a self-regulating mechanism within it.

So far the medical world

There is research in cardiology claiming that "the triggering off" of a heart problem from stress to the up to look & feel a certain way. This is already some observed mechanics.

These are in the heart, the blood vessels, & muscles. They are treated by cardiologists. These schools of thought are special training in this field.

Once a spine is 'normalized' or interpreted in its ability to move & function this makes it easier for these reasons. Then golf &