

Golfers should walk as much as possible

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15 minutes," Kent says. "Use only a few balls, then go and get them and move to another area before hitting again."

Kent says golf carts cause many back problems. The bouncing up and down, getting out of the cart at an awkward angle or before the cart has come to a complete stop, all contribute to back problems, especially if the golfer has a weak back to begin with.

"He adds the golfer should try to walk as much as possible to keep his back as warm as possible. If the golfer is using a pull cart, he should push the cart rather than pull it."

"Another problem I see quite often is people lifting their clubs out of the car. Most times, you have to lift at an incorrect angle, using just back muscles, and that causes problems," he says.

"Golfers should unload their clubs at the drop-off area. Usually, there is somebody there who can lift the clubs out of the car, again, saving the golfer's back."

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"Older golfers who have the remote golf carts shouldn't try to lift the heavy part with the battery in it out of the car."

"My commitment to treatment and exercise has provided some excellent side benefits."

Club selection has become shorter for example, where I used a five iron for a 150-yard shot, I now use a seven iron."

And I'm not as tired after walking around the golf course, to mention a few of the good things happening to me."

Thackery says it's easier for my body to remember my new golf swing because there are no impediments to allow it to work."

She says it's not about treatment, but the value you get from it."

The easiest way to get from A to Z is a straight line, she says, and that's the benefit of having the body work efficiently."

We must begin any treatment with a sense of commitment, rather than stopping after our short-term goals are achieved."

Once we find that sense of commitment, golf becomes a fun sport again."

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Images like this disturbing view of cracked eggshells is part of 'Sister, Family, Home,' an art exhibition opening today at Latcham Gallery, on Main Street, Stouffville. Hamilton-based artists Fiona Kinsella and Paul Lisson work with found objects and a variety of media to present their view on life. The show runs until Aug. 12.

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York Region

Founded in 1978, under the auspices of the Hospital for Sick Children, Bereaved Families of Ontario is a self-help organization started by bereaved persons. Specialists in the area of grief and bereavement from the professional community serve as a resource both in the development of on-going programmes and in the supervision and training of self-help group leaders. This co-operation between lay and professionals has enabled Bereaved Families to better respond to the needs of the bereaved and has helped guarantee that the best support is provided.

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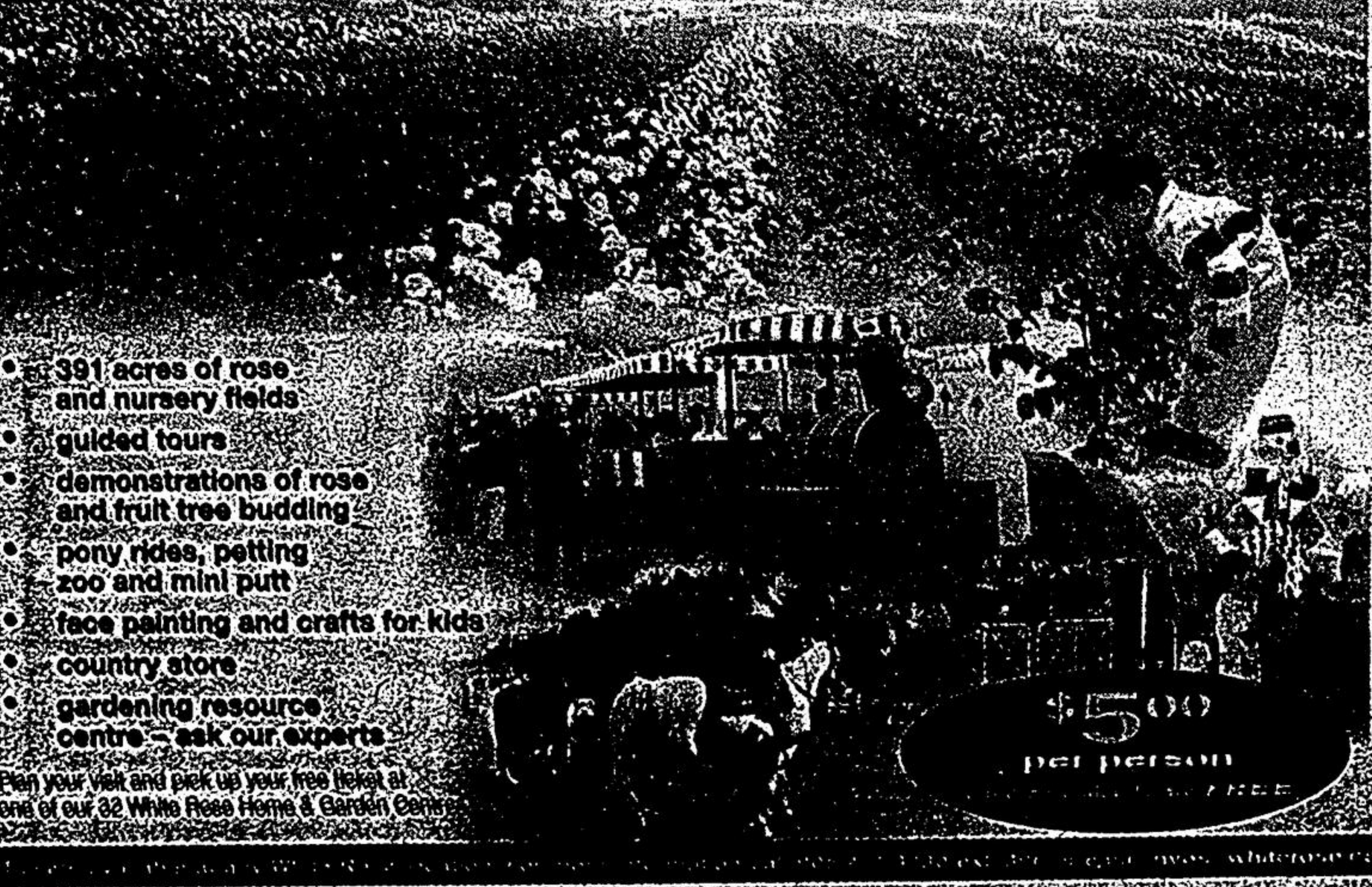


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