

Just what does PGS Profile mean?

In a nutshell, as related to golf, it is a measure of how well the biomechanics and posture of the spine are in tune with one another in order to provide the highest quality spinal biomechanics to create a power golf swing.



Dr. Timothy Bodzioch
Atlantic Chiropractic

Consider this... a well balanced power golf swing has your spine as its core axis and involves every muscle, tendon, bone and joint in your body. If any one of these is limited in its normal function and interaction with the others, your golf swing will be compromised and incapable of achieving maximum power and accuracy. If, on the other hand, they are in harmony with one another, your body will have a high PGS Profile, which enables you to enjoy the benefits of Power Golf and a lower score.

Your spine is the primary factor in your PGS Profile, complemented by several structures affecting upright human posture. In your spine, for example, there are bones at the core (vertebrae), and numerous ligaments that bind the bones together. Muscles determine the alignment of the spine and the relationship with gravity. To be upright and not slouched forward or bent to one side, you must have equal tone of postural muscles from left to right, and from front to back.



It's Time To Upgrade

Throughout your years of playing golf, you've most likely upgraded your golf clubs, upgraded your golf bag, upgraded your golf shoes, and played the newest golf ball on the market. NOW it's time to upgrade your most important piece of equipment, your spine, which is the foundation of your swing.

Call Dr. Timothy Bodzioch at Atlantic Chiropractic today and take the best step you've ever taken to lower your handicap by swinging with power and accuracy, consistently.



Natural Inner Health®

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POWER GOLF

Posture • Structure • Function

"You make a new man out of me every time I see you.... I'm hitting the ball so good, thanks to you..."
- Chi Chi Rodriguez

How's your golf game? Looking to break 100, 90, 80... even 70?



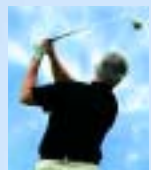
Your \$600+ driver and even costlier irons aren't the answer. The only indispensable club is your spine, the foundation and core axis of your swing. If the biomechanics and posture of your spine are not tuned and healthy, you cannot make your optimum power swing. When they are in tune, you'll have a high Power Golf-Swing Profile (PGS Profile).



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It's important to note that a high PGS Profile allows you to not only make a power swing, but also helps keep your swing in the proper groove for consistency and accuracy.

Like most people, you may feel that you're in great shape for every-day work, chores, exercise and hobbies, but you may be out of balance to make a power golf swing. You may not experience pain or lack of mobility but if the biomechanics and posture of your spine are not in tune, your PGS Profile score will be below par and you will not be able to make the optimum power golf swing needed to lower your score, regardless of your priceless collection of clubs



Your "power" game will suffer if you have a low PGS Profile score

Imagine lining up your drive on a par 4 hole, visualizing its flight, and walking up to it to make the next shot to the green for a birdie putt. Now imagine a backswing that just can't get all the way back and a follow through that doesn't really follow through. Now, instead of an easy shot to the green, you're in the rough and not even 200 yards from the tee box!

Most likely, the biomechanics and posture of your spine just aren't tuned to allow a smooth and balanced power swing. A high PGS Profile makes it possible for you to make a smooth, powerful and accurate golf swing from take-away to follow through.

How do "pros" get to where they are?

Practice, of course. Years of practice. But they also work with teaching pros to hone their golf skills, with personal trainers for physical strength, and with chiropractors who can regulate their biomechanics and posture, with spinal adjustments, to keep them Power-Golf Tuned with a high PGS Profile.

But the pros utilize the best, most advanced golf clubs

True enough, but the newest clubs have little affect on their score. If you look at the winning scores in all the major golf tournaments over the past 50+ years, you will see they have improved by only two or three strokes, and very often, they are the same from one year to the next. So the advances in golf-club technology and design have little to do with lowering the score.

Isn't exercise and working with a trainer enough?

No! Muscle tone is regulated by continuous complex neurological circuits and feedback. The relevant point is that muscles themselves do not determine their own tone; rather, the quality of certain local and

Chi Chi Rodriguez has employed the services of Dr. Timothy Bodzioch, Atlantic Chiropractic, to maintain his PGS Profile

Chi Chi Rodriguez's golf career spans four decades. In that time he won 8 PGA Tour victories and 22 victories on the Senior Tour. His career earnings exceed \$7 million.

Now consider all this in light of the fact that Chi Chi stands only 5' 7" tall and his weight has been between 112-130 pounds, not the physique you would associate with the average power-hitting pro. In spite of this, it has been said that pound for pound Chi Chi is the longest hitter in the history of golf. At times, he has driven the golf ball over 350 yards and has consistently been at over 250 yards throughout his career.



Excerpts from an interview with Chi Chi Rodriguez and Dr. Timothy Bodzioch.

"You've taken care of so many pros and always took care of me. Whenever I see you, I always feel better...You make a new man out of me, every time I see you...I'm hitting the ball so good, thanks to you...I've been to many chiropractors throughout the United States. I've never had anybody work with me like you do. You're the best."

cortical nerve circuits determine tone. Many postural muscles do not have conscious motor control, meaning someone cannot influence these muscles with exercises, i.e., you cannot tone them with exercise. These postural muscles are controlled by the cerebellum and the health and stimulation of the cerebellum determine the tone of these intersegmental muscles, which, in turn, will determine how straight the spine will be from front to back. Of critical importance is to have equal output of the left and right hemispheres of the cerebellum to have equal tone of the left and right unconscious postural muscles. This is where a chiropractor can help.

How can a Chiropractor help?

When most people consider posture, they think of looking at someone from the side. Are we slouched forward or straight up, like a military posture? The muscles involved, also under neurological control like every other muscle, can be divided into anterior and posterior compartments. These muscles are under both conscious (you can exercise and influence them) and unconscious control of the brain and cerebellum.

You can see that exercise alone cannot correct posture, or keep posture healthy and well. The neurological circuits must be addressed and this can be achieved with spinal adjustments by a chiropractor "fire" or stimulate nerve endings to help correct and balance the nerve circuits (known as proprioceptors) via the cerebellum. The cerebellum, in turn, controls the tone of postural muscles. In this way, spinal adjustments may help address postural problems front to back and from the side, which exercise alone cannot achieve.

How does your PGS Profile rank?

You may not feel any pain when you swing, but most likely your PGS Profile is not up to par. As a matter of fact, the average good golfer with a handicap under 10 has a PGS Profile of about 6, on a scale of 1 to 10. That means he or she has the opportunity to improve their handicap by improving their PGS Profile score.



The only way to find out is to visit Atlantic Chiropractic for an examination specifically designed by Dr. Timothy Bodzioch D.C., whose experience working with professional golfers has enabled him to develop the criteria for determining a person's PGS Profile.

Your visit to Atlantic Chiropractic will take 1/2 to 1 hour, during which Dr. Bodzioch will take specific spinal x-rays and perform a personal spinal examination to evaluate your own postural line. These are key factors in determining your PGS Profile.

Once you agree with Dr. Bodzioch's assessment and after working to improve your PGS Profile, Dr. Bodzioch will prescribe specific exercises that will help keep your Profile in peak condition.

