


3-5-1968

## Look Out "fore" your Golf

Richard S. Koch

Follow this and additional works at: <http://digitalcommons.pcom.edu/koch>

 Part of the [Alternative and Complementary Medicine Commons](#), and the [Osteopathic Medicine and Osteopathy Commons](#)

---

### Recommended Citation

Koch, Richard S., "Look Out "fore" your Golf" (1968). <http://digitalcommons.pcom.edu/koch/21>

This Neck and Back Disorders, Therapy and Management Spinal Treatment/Back Pain is brought to you for free and open access by the Special Collections at DigitalCommons@PCOM. It has been accepted for inclusion in Koch Collection, Papers of Richard S Koch, DO by an authorized administrator of DigitalCommons@PCOM. For more information, please contact [library@pcom.edu](mailto:library@pcom.edu).

*Health alert*

DR. RICHARD S. KOCH

OSTEOPATHIC  
PHYSICIAN AND SURGEON

OLYMPIA, WASHINGTON  
March 5, 1968

*Sent 3-5-68*

### 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

Other sports provide very great health benefits. <sup>beneficial</sup>  
 The ~~retention~~ action that occurs within <sup>the</sup> joints <sup>of</sup> the spine when <sup>the</sup> ~~player swings~~ golfs swings, <sup>involves & moves</sup> <sup>within</sup> the entire <sup>body</sup> <sup>of</sup> the spine when <sup>the</sup> ~~player swings~~ golfs swings.

212 EAST OHIO STREET, CHICAGO, ILLINOIS 60611 • AREA CODE 312, WH 4-2713



American Osteopathic Association

OFFICE OF THE EDITOR, GEORGE W. NORTHUP, D. O.

February 22, 1968

freely helps reduce congestion & stagnation of the entire <sup>circulation</sup> <sup>of</sup> the entire <sup>body</sup> <sup>of</sup> the spine when <sup>the</sup> ~~player swings~~ golfs swings. <sup>therefore</sup> <sup>systems</sup> <sup>in</sup> <sup>turn</sup> <sup>make</sup> <sup>the</sup> <sup>circulation</sup> <sup>which</sup> <sup>rotates</sup> <sup>for</sup> <sup>thousands</sup> <sup>of</sup> <sup>years</sup> <sup>has</sup> <sup>provided</sup> <sup>to</sup> <sup>man</sup> <sup>for</sup> <sup>prevention</sup> <sup>&</sup> <sup>healing</sup> <sup>of</sup> <sup>the</sup> <sup>disorders</sup> <sup>of</sup> <sup>the</sup> <sup>spine</sup> <sup>and</sup> <sup>of</sup> <sup>normalization</sup> <sup>of</sup> <sup>the</sup> <sup>vertebral</sup> <sup>alignment</sup> <sup>&</sup> <sup>motion</sup> <sup>of</sup> <sup>the</sup> <sup>spine</sup> <sup>is</sup> <sup>accomplished</sup> <sup>before</sup> <sup>beginning</sup> <sup>of</sup> <sup>indulging</sup> <sup>in</sup> <sup>a</sup> <sup>game</sup> <sup>of</sup> <sup>golf</sup>

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 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

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

*...involving in a "tiger off" heat episode. ...not only improved health care against health problems & sprains, ...to the cross which might ...improved ...will balance also ...improves ...& therefore necessary in hitting right or hitting the ball as hoped.*

