

INNOVATION IN HEALTH AND WELLNESS TECHNOLOGY

Chris James is a professional golfer on the "Tight Lies" tour. As a young professional golfer, Chris relies on his body to earn his living. It has to perform at an optimal level for him to advance his career.

Chris had a long history of low back problems that restricted his ability to perform at his best while on tour. The stiffness was even more debilitating to his career. He could always play with some level of pain, however, when his back was stiff, it restricted motion. The golf swing is a function of the large muscle groups in the trunk and legs. With those restricted, his "Game" was seriously compromised. Also, Chris's pain would manifest when he was performing activities of daily living, such as, bending over the sink in the morning to brush his teeth. He was becoming frustrated.

PREVIOUS THERAPIES:

To help alleviate his recurring back pain and stiffness, Chris tried stretching and strengthening exercises for the lumbar spine musculature in addition to massage and chiropractic manipulation. Unfortunately, they only provided temporary relief. Chris needed a long-term solution.

TREATMENT AND RESULTS:

An orthopedic exam revealed a dynamics problem. Chris's back pain was not the result of his golf swing. What the exam revealed was a hypomobile right SI joint with hypermobility in the lumbar spine. Normally, a hypomobile joint is the result of scar tissue from a previous injury, and the hypermobility is the body's natural biomechanical compensation.

Chris was given an Avazzia Med-Best™ unit and was asked to use the unit 3 times per day and continue the exercises for 3 weeks. After 2 weeks, he reported that he no longer felt the "stiffness" in his low back and had no episodes of pain or tenderness.

Case reported by Thomas Lenehan, D.C., Cornerstone Wellness, Plano, TX.



CHRIS JAMES'S COMMENTS

"Professional golf requires frequent travel, spending many nights in strange hotel beds and taking long plane and car rides. This, combined with the stress my golf swing created on my body, inevitably led to pain. The frustrating aspect was the unpredictably – the fact that it could happen any time and more inconveniently any where! I needed something that could provide relief and therapy when I was on the road, and my schedule wouldn't allow me to see a doctor. The Avazzia Med-Best™ gave me the flexibility for treatment that I had to have in order to stay competitive."

Chris James, Professional Golfer

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