



I hadn't planned to write about the Ultimate Golf Doctor in this issue, but then I hadn't planned on being laid up with a neck that wouldn't oblige me with its everyday duties. Yes, it hurts me to tell you this. Literally.

As a former gymnast, I am not used to my body telling me it doesn't want to twist/turn/bend in various directions. When I took up golf a couple of years ago, my biggest problem was limiting the amount of suppleness I used so that I could build some control into my swing. I have yet to finesse this but to my frustration I found my mobility severely restricted a few weeks ago when I woke up with an unbearably sharp pain in the base of my neck.

For a few days prior to this, I had suffered some minor discomfort when I turned my head to the right, but I put it down to a stiff neck after couple of long-haul flights and nights spent in different hotel rooms. However, the extreme jabbing pain I felt in my neck was unprecedented and completely debilitating.

A visit to my GP resulted in a hefty prescription of heavy-duty pain-killers, anti-inflammatory drugs and Diazepam (move over Shane Warne), along with a referral to the physiotherapy department at my local hospital. I spent the week either knocked out or nauseous, and with every attempt to do the breathing exercises on the 'relaxation CD' loaned by the hospital, I just fell asleep. And the pain still hadn't gone away.

It wasn't long before various friends started suggesting I visit a specialist. There was one name that kept cropping up – Dr Antoni Jakubowski, chiropractor to the golfing

In which Karen Kay pays a visit to...

## ...the Ultimate Golf Doctor

elite. He's manipulated the likes of Nick Faldo, Retief Goosen, Thomas Bjorn and Justin Rose into optimum vertebral alignment. Surely he could do the same for me.

"Dr Jak' can fix your back," I was told by a number of acquaintances. His number was passed on by Frank, a single-figure handicapper who was treated successfully by him last year. It seemed I had the perfect, if unwelcome, opportunity to try his talents at first-hand.

So it was that I ventured to Dr Jakubowski's practice: the Gonstead Clinic in London's Hartley Street. Dr C.S. Gonstead was the first doctor in the history of medicine to apply physics to the spine and related joints, and as a consequence of his research studies, he established the Gonstead Method in 1923. This system incorporates precise examination, diagnostic treatment and