

## **Quartell Chiropractic in Palm Beach Gardens Conducts a Golf Swing Study**

*If you're a golfer, and you wish to increase your drive distance, improve ball trajectory or maximize your club head speed, Quartell Chiropractic, located in Palm Beach Gardens, in the 33418 zip code is looking for you!*

**May 3, 2010 - [PRLog](#)** -- We are looking for golfers who are interested in "chipping in" for a local research study. There is no charge to participate and all study volunteers will receive benefits including: professional assessment of their swing, body biomechanics, and balance proprioception.

To see if you qualify and to sign up for the study, please call 561-625-5556 or e-mail Quartell Chiropractic's Golf Swing Study at [info@golfswingstudy.com](mailto:info@golfswingstudy.com).

Do you know what the differences are between an amateur and a professional golfer?

- ? Professional golfers practice constantly with a consistent swing, leading to overuse injuries.
- ? Amateur golfers do not play as frequently, and often demonstrate multiple inconsistencies in their swing, leading to injury resulting from poor mechanics.

The golf shoulder is at less risk than in sports such as tennis or baseball, as the golf swing is not considered an overhead sport that requires elevation of greater than 90 degrees. However, many golfers swing with an elevation of the shoulder up to 120-130 degrees above shoulder height. Over time, shoulder pain is common. "The golf swing is a complex movement not requiring maximum muscle activity, but a delicate synchronous muscle balance. Injury to any of the muscles could easily throw off this balance, promoting complete disruption of the normal swing."

Golfers aren't the only athletes who suffer from sports injuries.

Dr.'s David Quartell and Elisa H. Klingler of Quartell Chiropractic have seen and treated many athletes from all different sports, both professionals and amateurs. From golfers to baseball players to football players to basketball players and more!

They have treated athletes of all ages as well. When a child begins to learn a sport, it is recommended to bring him/her to a chiropractor so they can learn how to play a sport safely and at the same time, the child can learn proper strengthening and stretching skills to apply to his/her choice of sport in order to prevent any possible sports injury in the future.

Quartell Chiropractic is located in the 33418 zip code of Palm Beach Gardens, but serves the Northern Palm Beach communities as well.

If you would like further information pertaining to the above Golf Swing Study, or would like to sign up, please feel free to give our office a call at 561-625-5556.

If you have a child who is beginning a sport for the first time, or if your child is suffering from a sports-related injury that happened over the school year, and is still suffering from it, then please call us to schedule an appointment with either Dr. David Quartell or Dr. Elisa H. Klingler.

**PLAY IT SAFE THIS SUMMER.**

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We've been delivering quality chiropractic care to Palm Beach Gardens and the surrounding area since 1999. Our office policy is to treat every patient as a unique individual and provide a dedicated wholistic approach for the best results possible.

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Source	Quartell Chiropractic
City/Town	Palm Beach Gardens
State/Province	Florida
Zip	33418
Country	United States
Industry	<a href="#">Fitness, Sports</a>
Tags	<a href="#">Health, Fitness, Sports, Golf</a>
Link	<a href="https://prlog.org/10658483">https://prlog.org/10658483</a>



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