

Appeared in La Quinta Life Magazine, August, 2013 issue

## BETTER HEALING FOR GOLF INJURIES

We all know we need rest to help heal an injury. But what if you are an active individual or an athlete, and taking time off from your sport or pastime is impossible or undesirable? If the pain is tolerable, many choose to just put up with it. Golfers are particularly prone to this attitude. They just love the game.

Dr. Grey Rappe, D.C., understands this way of thinking. A world-class athlete in college, he remains active today playing golf and continuing a 25-year pursuit of becoming a martial arts master. Dr. Rappe received chiropractic care while preparing for and competing in the 1988 Olympic trials in pole vaulting. Impressed with his results, he began studying to be a chiropractor himself. Athletes and active adults, golfers in particular, make up a large part of his practice, and he credits some very innovative equipment for his high rate of success.

Rappe Chiropractic, Inc. in La Quinta offers the most advanced tools available to treat pain and injuries to the spine, joints or muscles, common problems for golfers. "We specialize in non-surgical, drug free treatments, using state of the art equipment that no other clinic in the valley has," Rappe said. "My high-power laser and spinal decompression treatments are very unique." Dr. Rappe received advanced training in spinal decompression via an extensive post-graduate course from Dr. Jay Kennedy, D.C.. He combines that therapy with his brand new, 30 watt, high power laser, to help keep golfers playing throughout their course of treatment. "Golfers are like paid athletes," he said. "They won't stop playing the game, even to help the healing process. That's okay, we can work around that."

Years of treating local athletes, from Pro golfers and Pro tennis players to high school football and track athletes has taught Dr. Rappe that the most important component of any successful therapy is a customized course of action for each patient. "We tailor each treatment plan to the specific needs of that patient," said Dr. Rappe. "Personal care and state of the art equipment are what sets us apart."

Rappe Chiropractic offers a variety of Ultimate Health and Wellness services, including a brand new Massage program. For a FREE Consultation call (760) 777-4177