

Scottsdale Chiropractic Center Offers Hope for "Golfer's Glitch"

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SCOTTSDALE, AZ--(Marketwire -11/30/11)- Arizona golfers who struggle with the accuracy of a particular shot or move may be suffering from a condition known as "golfer's glitch." This momentary lack of hand-to-eye coordination, commonly seen in many other sports as well as golf, may appear to be a technical or concentration problem, when it actually could stem from a hidden misalignment afflicting the upper spine. A local clinic, Secrest Family **Chiropractic**, PC, has announced that it offers a simple therapy for this mysterious, hard-to-recognize problem.

According to the clinic's [chiropractor](#), Dr. Daniel P Secrest, DC, the term "golfer's glitch" describes a condition in which a certain action or situation, such as swinging a particular club, fails due to a sudden, fleeting loss of hand-to-eye coordination. While onlookers may assume that the golfer "took his eye off the ball," the truth may lie in a momentary misalignment among the cranial bones and upper neck, often affecting related neuro-sensors (nerves). In many cases, the condition may have its origin as the result of a macro/micro trauma to the head, in childhood or as an adult.

Dr. Secrest notes that golfer's glitch does not cause [back pain](#) or noticeable stiffness, making it difficult for the athlete to recognize. While golfers may suffer from **back pain**, [neck pain](#), [TMJ](#) and other aches and pains that signal a clear need for [chiropractic evaluation](#), golfer's glitch is frequently attributed to a momentary lapse in concentration. "It is only after the same problem recurs on a regular basis that the condition becomes evident, and even then the golfer may blame poor technique instead of a need for a therapeutic event," he says.

By observing the [misalignment](#) -- as one proceeds through the action routine -- a skilled **chiropractic** physician is able to quickly make a specific, gentle adjustment to relieve the annoying condition. Usually, the correction is immediate and frequently does not require further treatment. Even difficult cases can usually be improved with just a few adjustments. Dr. Secrest observes patients as they perform the moves that evoke the condition, correcting the minute misalignments or other underlying issues. These issues can then be corrected through specific [chiropractic therapy](#).

This [Scottsdale chiropractor](#) states, "Golfer's Glitch does not confine itself to golf alone. There are many other sports in which the condition appears, such as tennis, hockey, baseball and soccer. What we are dealing with are the subtleties of similar misalignments, response times that occur in milliseconds, causing a miss hit. This can make the difference between winning and losing."

Athletes in the **Scottsdale**, **Tempe** or **Mesa** areas, interested in improving their performance, are directed to the clinic's website, <http://SecrestFamilyChiropractic.com>.