

DMC Helps Golfers Perform Better on the Links

By Allison Freeman

Experienced golfers know that the answer to a good golf game is treating their aches and pains at a rehabilitation center that specializes in treating golfers.

"At DMC Athletics & Rehabilitation, all of our physical therapists are specially trained to work exclusively with golfers," said DMC owner David Cunic.

In fact, 40 percent of the athletes who seek treatment at DMC are golfers, said Cunic, a licensed physical therapist. "Whether it is a shoulder, back, hip, knee or ankle pain, we can address it so you can get back out on the links.

"Golf has the most awkward movements," Cunic noted. "The sport is not natural for the body and it requires the use of a lot of small muscles that all have to work together in harmony."

As a result, the sport can commonly result in many types of injuries, he noted. "People do not realize that if they experience a pain or muscle strain and do not feel better within 48 hours, they are not going to get better on their own."

DMC is a direct access facility, where all initial screenings are free. Direct access means patients do not need a physician's prescription. They can just call DMC for an appointment and get immediate results.

DMC was rated the No. 1 Physical Therapy and Fitness Facility in Morris County for five years in a row, from 2006-2010. All five DMC physical therapists have received special training in treating golf-related injuries from Total Performance Golf, a Biomechanical Approach to Golf Performance.

Going to a physical therapist following an injury can help golfers decrease recovery time and get back on the course. "If you look at golfers on the LPGA and PGA on tour at all times, their physical therapists tour with them," Cunic said. "Golfers receive treatment before and after rounds."

PGA golfers are such elite athletes and need regular physical therapy treatments to help them play better, he said. "They are constantly putting their bodies through stress and strain.

"Their physical therapists make sure their bodies are at their optimal levels," Cunic observed. "They have less risk of injury and a quicker recovery time. Physical therapy helps increase their energy and decreases their fatigue. As a result, they play better."

Recreational golfers can learn from experienced pros and make an appointment with a DMC physical therapist to help improve their golf game. "You can't put a price tag on your health," Cunic said. "If you want to be the best and play at your best, why not be treated by the best?" Cunic said.

At DMC, golfers will find golf movement experts and exercise specialists who can help them feel better and play better. Cunic worked as a physical therapist before opening his own centers seven years ago.

DMC Athletics & Rehabilitation has three convenient locations: 15A Saddle Road, Cedar Knolls; 58B South St., Morristown and 16 Aspen Drive, Randolph, NJ 07869. Make an appointment today. Call (973) 984-0200. For information, visit www.DMCREHAB.com.