

## **Titleist Certified Medical Provider, Provides Active Release Technique To Golfers For Performance**

*By Sebastian Gonzales*

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*Dr. Sebastian Gonzales DC CSCS, a Titleist certified medical provider, offered complimentary Active Release Technique at the OCHCC charity golf tournament at Oak Creek Golf Club in Irvine – instant results were seen and the players were impressed*

IRVINE, CA 6/29/09 – “The Chamber Challenge” was held on Monday June 15th at Oak Creek Golf Course. All 18 holes were reserved and each hole began with two groups of four players. Quality and skill of players ran all across the spectrum and so did the drives and putts. Some players were more serious than others, but Dr. Sebastian Gonzales of Orange County Pain Management provided support to everyone on the course that day.

Dr. Gonzales reported that this was the second charity tournament he had been at in the past two weeks. “I love to come out here and treat the players as they come through. Usually in the office, you don’t get to see your players in action. It’s good to see how well they can move just after treatment.” The treatment Dr. Gonzales practices is Active Release Techniques® (ART®).

ART® is a patented soft tissue medical procedure used by professional athletes from the NFL, NHL and NBA. Many Olympic medalists and MMA (Mixed Martial Arts) competitors have also used ART®. All providers of this precise style of muscle work must be taught by the inventor, Dr. Michael Leahy D.C., C.C.S.P., a chiropractor and aeronautical engineer. Only about 1% of chiropractors or physical therapists provide this type of care.

“It surprises me!” replied Dr. Gonzales after being asked why other chiropractors don’t practice this type of care. “I really don’t know because it is used in every major sport! People, specifically athletes, just seem to respond so well to it.”

After spending just five minutes under Dr. Gonzales’s care, one player stated he hit his very next drive an extra 30 yards. His back had been bothering him since the 9th hole and the aid station was set up on hole 15.

Another player with tennis elbow stated that just after a few minutes of treatment, she could swing her club without any pain. This was the first time she could claim that in months. When asked about the popularity of ART®, Dr. Gonzales responded, “Surprisingly many normal everyday people do not know what Active Release is, but all the athletes usually know. I guess that is what happens when you don’t have a billboard on the 55 freeway, but I know people won’t be in the dark forever. The results will speak for themselves.”

### About OCHCC

The Orange County Hispanic Chamber of Commerce is a non-profit organization represents the interests of over 30,000 Orange County based Hispanic-owned businesses. It was established in 1986 in the city of Santa Ana, CA.

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### About Dr. Sebastian Gonzales

Dr. Sebastian Gonzales is a graduate of California State University, Long Beach and received his doctorate

from Southern California University of Health Sciences. He is a Certified Strength and Conditioning Specialist for the NSCA and also a certified medical provider for the Titleist Performance Institute (TPI). He has been an Active Release provider for more than five years and began his passion for working with athletes when he was saved from a back surgery by another ART® when he was in high school. Dr. Gonzales practices in Orange County, California at Orange County Pain Management. He can be reached at (714) 392-6482. For more information and location, visit <http://www.OrangeCountyPainManagement.com>

Category Sports, Fitness, Golf

Tags golf injuries, active release technique, golf performance care, Orange County, oak creek, orange chamber, back pain

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