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'Dream Team' of Health, Golf Experts Join Forces For Jan. 19-20 Sessions at Ditka's Sports Dome

What do you get when you assemble a leading chiropractor, an innovative vibration technology company, top golf instructors and a revolutionary golf-aid business?

To get the answer, visit Ditka's Sports Dome in Bolingbrook on Saturday, January 19 or Sunday, January 20. From noon to 4 p.m. on both days, this "dream team" of experts will help you—at no charge—to improve your physical and golf-swinging health.

"We're excited to help people feel better, swing better and score better," said Dr. Perry Cammisa, principal of Cammisa Chiropractic Wellness Center in Lisle and one of the weekend's key organizers.

Also taking part in the two-day event are representatives of Northbrook-based Power Plate; Rick Nelson of Rabito Golf and the Bolingbrook Golf Club; and Terry Eck, principal of Palatine-based Perfect Connexion, a golf-aid firm. Collectively, they will be providing biomechanical analysis and swing remedy analysis.

Ditka's Sports Dome is at 730 N. Bolingbrook Drive (Route 53), between 75th Street and Boughton Road, and online at www.ditkasportsdome.com.

Among other services that will be provided, Nelson will videotape attendees' golf swings and analyze them on the spot for immediate correction.

"By knowing what's wrong with your posture, and having the ability to help address it, we can prescribe a quicker solution to what's ailing your golf swing," said Cammisa.

Since introducing the Power Plate at his practice in May 2007, Cammisa has been one of a handful of chiropractors in northern Illinois to extend the benefits of Power Plate to his patients.

Cammisa acquired the Power Plate after researching it for months and growing convinced that it could be a major ally in helping patients with a wide range of ailments and through a variety of rehabilitative stages.

“The Power Plate has been, without any question, the most important piece of equipment I have ever purchased for my clinic,” Cammisa said. “It has given me confidence to provide care for problems that I would not have even tackled before as a chiropractor.”

When people step on a Power Plate, they experience 25 to 50 vibrations a second in three directions, increasing g-forces on the body and improving the effectiveness of lunges, squats and other exercises done while standing on it.

Nelson, director of instruction for Rabito Golf at the Bolingbrook Golf Club, recently introduced Eck, of Perfect Connexion, to Cammisa. The two immediately recognized the synergy between their two businesses.

Perfect Connexion is online at www.perfectconnexion.com. Power Plate is at www.powerplate.com. And Rabito Golf is online at www.rabitogolf.com.

Cammisa Chiropractic is located at 2745 Maple Ave. in Lisle and online at www.cammisachiropractic.com, or www.drperry.info. To learn more about the two-day event, contact Cammisa at 630-778-9000.