

Golf Performance Enhancement Program

What are the goals of the Golf Performance Enhancement Program?

1. Promote optimal balance, strength and flexibility throughout the golf swing.
2. Educate the golfer on proper stretching, strengthening and pre-golf warm up routine.
3. Facilitate longevity and enjoyment of the sport.

The overriding goal of the Golf Performance Enhancement Program is to foster education and independence in the self-care skills needed to maximize success and performance throughout the golfer's life.

What are the steps in the Golf Performance Enhancement Program?

1. Examination of the muscles and joints involved throughout the golf swing.
2. Video camera analysis of the golf swing
3. Instruction in specific strengthening and stretching exercises to correct any imbalances identified in your golf swing.

What is the cost of the Golf Performance Enhancement Program?

The initial session will include steps 1-3 with the focus on identifying and correcting muscle imbalances and swing faults. The session is \$ 75 and will take place at Northern Rehab. Each subsequent session is \$ 60 and can be held at Northern Rehab or at a golf course of your choice to re-evaluate progressions in the golf swing, strength, flexibility and provide program progression.

You can learn more about the Golf Performance Enhancement Program by speaking to your physical therapist, calling us at (815) 756-8524, or visiting our website at www.northernrehabpt.com!



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