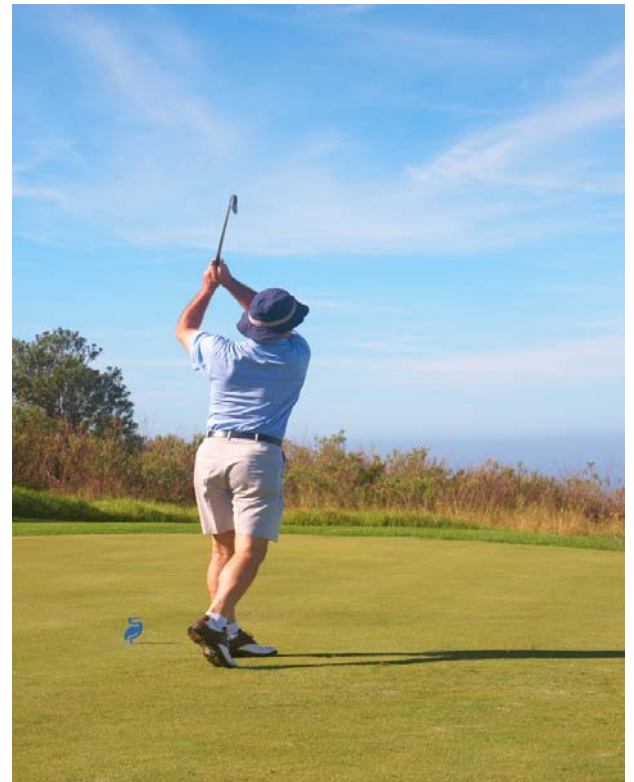


Golfers

Would you like to perform better on the course and reduce injury?

- Do you experience back pain during or shortly after playing golf?
- Are you tired by the 15th hole?
- Do you want to continue playing golf safely into your 60s or 70s?
- Are you interested in improving the essential components needed in your golf swing? Balance, Posture, Strength, Flexibility and Endurance
- Are you interested in Increasing Your Accuracy?
Increasing Your Driving Distance?
Lowering Your Score?
Preventing Injury?
Reducing Pain?



If the answer to any of these questions is “yes”, then we can help. The way we look at it...if you are going to exercise, why not improve your golf game at the same time?

Our Golf Program

Golf Performance Screenings

The program begins with a comprehensive musculoskeletal evaluation and video swing analysis performed on your first visit by a Licensed Physical Therapist who is trained in the evaluation and treatment of musculoskeletal and movement dysfunctions. At your evaluation we will assess your balance, strength, flexibility, and posture as it relates to the golf swing. Quantitative measurements will be provided and discussed to demonstrate where your deficits exist and how they can affect your golf performance. The evaluation will also include a video swing analysis to demonstrate how the physical limitations found in the musculoskeletal assessment are affecting your golf swing. Education in golf injury prevention and information on our golf performance programs will be discussed. If you are suffering from a golf related or non-related injury we can discuss the possibility on how rehabilitation may help you.



About the Golf Performance Program

Recurring swing flaws or pain from golfing may be due to an injury, a correctable physical restriction or limitation such as lack of flexibility, muscle weakness, and/or balance difficulty. Our program is based on the results of your golf screening evaluation. During your program your Physical Therapist will work with you on joint mobility, flexibility, strength and



conditioning deficits that are affecting your swing dynamics and ultimately your game performance. We work with an area Golf Pro that will evaluate your golf swing. While working with your Physical Therapist you will get individualized education and training addressing, balance, body mechanics, posture, fitness and injury prevention. This will reduce your number of strokes, increase your accuracy, increase your driving distance, lower your score, and prevent injury and pain. You will be amazed at the improvement this program will make to your golf swing.

Program Goals:

To give you the tools and knowledge to maximize proper motion, strength, and posture allowing the pay off to a better swing. You will see improvement in your ball strike, greater distance, reduced stress of the muscles and joints while reducing the risk of injury.

[Click here](#) for more information about our specific golf rehab programs and pricing.

Golfers, would you like to perform better on the course and reduce injury? Professional Rehabilitation Services is now offering golf performance screenings & individual/group programs. [Click here for details.](#)

Our Physical Therapists and Golf Pro

Our physical therapists are experts in the anatomy, physiology, and biomechanics of the human body and how these principles relate to the golf swing. They will identify common mobility and strength limitations and educate you in appropriate functional stretches and exercises that you can perform to get the most out of your golf swing.



Our golf Pro is available to evaluate your golf swing and offer private golf lessons.

For information on [Have you lost your drive](#) and [Rehab your Golf Swing](#) please click on these articles for more information.

Are you experiencing pain or have you suffered an injury as a result of golf?



Rehabilitation for Golf Related Injuries

80 % of all golfers will experience some type of injury while playing the game, many of which can be prevented. Posture, body mechanics, flexibility and conditioning play a large role in golf swing dynamics. Limitations in any of these areas can cause altered swing mechanics which places excessive stress on joints and soft tissues causing injury and pain which limits the ability to play the game.

Some of the more common injuries experienced by golfers are neck and back pain, shoulder pain, elbow pain, hip and knee pain. Back pain is the most common complaint of golfers.

Whether you are a pro golfer, amateur, or a weekend warrior awareness of posture, proper flexibility, strength and conditioning are all equally important. Golfers spend thousands of dollars every year on new clubs but show minimal investment in the most important piece of equipment they have, their bodies.

Our Physical Therapists are licensed healthcare professionals trained in the evaluation and treatment of musculoskeletal and movement dysfunctions. Many golfers are now seeking the skills of Physical Therapists for their injuries to get their joint mobility, flexibility, strength and conditioning deficits back after injury.

If you are experiencing pain or have suffered an injury as a result of golf, our pain and injury experts can work with you to provide the necessary rehabilitation to help you make a safe and timely return to the course. In many cases where such physical therapy is needed your health insurance plan may cover the expenses.

FREE CONSULTATION

Call us today for a free [15 minute consultation](#) on our Golf Performance Program or how we can rehabilitate your injury to get you back in the game you love.



Download one of our Referrals for your care

Download our referral and let your physician know we are your choice for physical therapy to get you “back in the game” after an injury or for pain.

- [General Practitioner/ Neurologist Physical Therapy Referral](#)
- [Orthopedic Physical Therapy Referral](#)
- [Pain Management Physical Therapy Referral](#)