

## Program for Golfers

Our Program is for everyone:

- Golfers who want to play injury free or without pain
- Golfers who have had surgery or an injury and want to return to an optimal level of play safely
- Programs are individualized for all golfers of many skill and fitness levels

Why is our Program for Golfers very important?

Nearly 90% of all golfers suffer from one or more types of injury that effect their swing deriving from the lower back and rotator cuff. An improper golf swing, mechanics, poor posture, poor conditioning and loss or very little flexibility and strength typically cause injuries.

Playing golf can put a high amount of stress and strain on joints and tendons. The ability to go back to a safe and desirable level of play after an injury or surgery requires proper rehabilitation that addresses the specific demands of the golf swing.

- You will receive a thorough posture analysis pertaining to your golf swing by an educated member of our staff pertaining to the proper biomechanics of the golf swing.
- Provide the golfer with individualized golf specific stretching, strengthening and conditioning program based on their specific goals and needs.
- Help you learn and develop the right angle, flexibility and strength needed for a smooth golf swing.
- Provide the golfer with the most effective stretching and conditioning program to prevent an injury and enhance athletic performance.
- Bring you to the best possible level of play to reach all of your goals.

Call us at (719)-448-0300 for more information on improving your golf game.