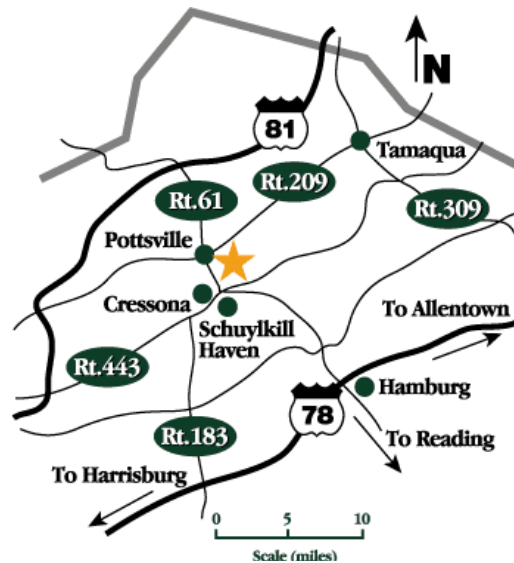


This Program may benefit you, if...

- ❖ You are interested in improving the fundamentals and reducing the inconsistencies of your golf swing
- ❖ You would like to address your overall strength and flexibility, and how they impact your golf swing
- ❖ You experience back pain during or after your golf round, which may be due to poor posture or body mechanics



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Golf Performance- Enhancement Program

Description

The Schuylkill Rehabilitation Center Golf Performance-Enhancement Program is designed for the recreational and professional golfer who wants to improve his/her golf game.

Each individualized program is designed to meet the needs and achieve the goals established by the golfer and the enhancement program therapist.

- ❖ This program is **NOT** designed to teach you how to play the game of golf or guaranteed to improve your golf score.

Goals of the Program

- ❖ Increase the flexibility and strength of the golf swing motion.
- ❖ Increase the golfer's body awareness during the golf swing motion.
- ❖ Increase the distance and accuracy of your golf shots off the tee and in the fairway.
- ❖ Improve coordination and reaction skills.
- ❖ Improve enjoyment of the game by improving the general fitness and conditioning of the golfer.
- ❖ Assist the golfer in developing a "swing memory" of the muscles involved in the golf swing.
- ❖ Assist the golfer in understanding the importance of golf lessons with their teaching professional.

Program Components

- ❖ A biomechanical assessment of the golfer's swing, posture, flexibility, and strength.
- ❖ Individualized soft tissue mobilization techniques specifically designed to improve the flexibility of the golfer.
- ❖ An exercise program to strengthen the "golf muscles" and develop the power, endurance, and reaction time to improve the golf swing motion.
- ❖ A video analysis of the golfer's swing to further assess posture and flexibility as the golfer performs this complex movement (optional).
- ❖ Instruction in an individualized program to maintain the positive benefits the golfer has gained from his/her participation in the enhancement program.
- ❖ Coordinate swing instruction with the golfer's golf professional, if applicable, to implement the swing changes that improve flexibility and strength.