



Physical Therapy and Performance Training Center

Sports Spine & Industrial

Golf Body Fitness

Is an injury or pain limiting your ability to play? Our team of specially trained physical therapists can help you return to golf stronger and pain-free. The end result: **lower golf scores.**

A well executed golf swing takes **strength, flexibility, postural balance, and coordination.** By improving your body off of the course, you can improve your results on the course. The Pros at SSI's Golf Body Fitness can show you the right way to improve your body and your game.



So whether you are a golfer who wants to shave a few strokes off your handicap or a touring pro competing for titles, the **Golf Body Fitness** program at SSI's Health Club will help you **achieve your goals!**

Assessment

The assessment, performed by a **TPI Certified Physical Therapist**, will analyze strength, flexibility, posture and balance with respect to the golf swing.



Training Program

This program emphasizes the following:

- Strength
- Flexibility
- Postural Balance
- Coordination
- Nutrition
- Swing Analysis
- Endurance

Resulting in **lower golf scores** for any level golfer.

Physical Therapist to the Players and Celebrities of BMW Nationwide Pro-am

9 Holes (Sessions):

- Initial Golf Body Assessment
- 7 Personalized Training Sessions
- Post Golf Body Assessment
- SSI T-shirt

Non-Member: \$450

Renewal, past patient, health-club Member: \$375

Program plus a 3 month health- club membership: \$600

Golf Body Assessment Only: \$125