

"BIRDIE" (Individualized) Program

- 8 one-on-one 1 hour sessions
- A thorough initial assessment of mobility, strength, and balance
- Identification of mobility limitations and strength and balance deficits as they relate to the golf swing
- The creation and implementation of a customized stretching/strengthening program focusing on limitations identified during the initial assessment
- Education in strategies for golf injury prevention
- A session at a local driving range with a complimentary bucket of balls
- A thorough final assessment to measure improvements

Rehabilitation for Golf Related Injuries

If you are interested in one of the Golf Enhancement Programs (or even if you are not), but you are experiencing pain or have suffered an injury as a result of golf, our staff 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 therapy is needed your health insurance plan may cover the expenses.

Program Costs

"PAR" (Small Group) Program

\$100 includes all 4 sessions

Please contact Dustin Eslinger, M.A., R/ATC or Blake Butler, M.A., PT at St. Francis Physical Therapy to learn program dates and times.

'BIRDIE" (Individualized) Program

\$300 includes all 8 sessions

Please contact Dustin Eslinger, M.A., R/ATC or Blake Butler, M.A., PT at St. Francis Physical Therapy to schedule each session at a time that is convenient for you.

St. Francis Physical Therapy Golf Enhancement Program



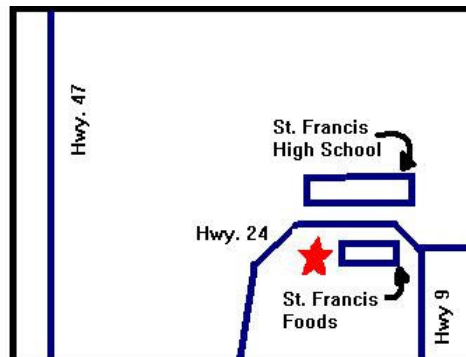
- Increase Flexibility
- Increase Strength
- Increase Balance

LOWER YOUR SCORE!!!



ST. FRANCIS PHYSICAL THERAPY

3220 Bridge Street #111
St. Francis, MN 55070
(763) 753-8804



Location of St. Francis Physical Therapy



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Recurring swing flaws or pain from golfing may be due to a correctable physical restriction or limitation such as lack of flexibility, muscle weakness, and/or balance difficulty.

Program Goal:



To give you the tools and knowledge to maximize your body's flexibility and strength in order to produce a more efficient and powerful golf swing while reducing the risk of injury

Professional Staff:

Blake Butler, M.A., PT
Dustin Eslinger, M.A., R/ATC



Blake and Dustin are knowledgeable 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.





"PAR" (Small Group) Program

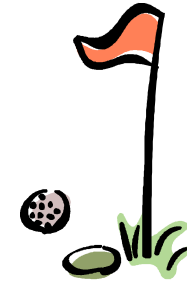
This program consists of four 1-hour small group sessions.

Session I - "Flexibility"



-  Biomechanics of the proper golf swing
-  Common mobility limitations that impede proper movement and how to correct them

Session II - "Core Strength and Balance"



-  The importance of "core" strength and strategies to improve it
-  How the ability to maintain balance affects your golf swing and how to improve it



Session III - "Extremity Strength"

-  Advanced "core" strengthening and balance
-  The importance of strength in the body's extremities and exercises that increase it

Session IV - Advanced Techniques/ Tying It All Together

-  Sport specific exercises involving the use of your golf clubs
-  Recommendations for progression in flexibility, strength, and balance