

St. Francis Physical Therapy

Golf

Enhancement Programs



 **Increase Flexibility**

 **Increase Strength**

 **Increase Balance**



LOWER YOUR SCORE !!!

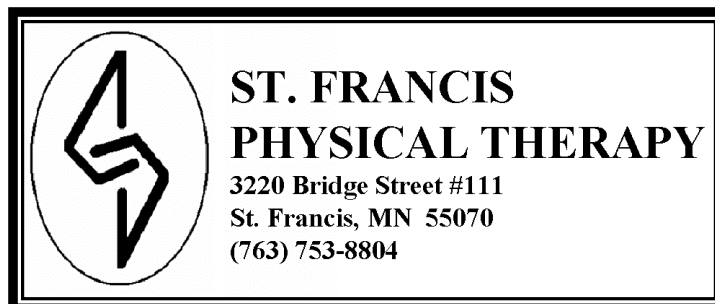
The St. Francis Physical Therapy Golf Enhancement Programs have been created to assist area golfers in improving their golf game. These programs do not attempt to teach the golf swing (that is your golf professional's job), but rather to address a golfer's most important piece of equipment, their own body.

“PAR” PROGRAM

This small group program consists of 4 one-hour sessions. Over the course of the “PAR” program you will learn how your body's flexibility, strength, and ability to balance affect your golf swing. Often times a recurring swing flaw is due to a physical restriction or weakness in a particular area of your body. Through instruction and interaction with our professional staff you will learn skills to improve your body's flexibility, strength, and balance. “PAR” program sessions begin in the spring and are offered throughout the summer. Please contact St. Francis Physical Therapy today to inquire about and to enroll in the “PAR” Program. The cost of this program is \$100 and includes all 4 one-hour sessions.

“BIRDIE” PROGRAM

This special individualized program consists of 8 one-hour sessions. During the initial session a complete assessment of your body's flexibility, strength, and balance is conducted. The findings from the initial assessment are used to develop a customized stretching/strengthening/balance program. This program also includes a discussion on strategies for golf injury prevention and care as well as a session at a local driving range in which we provide a complimentary bucket of balls. During the last session a complete assessment is conducted to identify your improvements in the areas of flexibility, strength, and balance in comparison with the initial assessment. Please contact St. Francis Physical Therapy today to inquire about the “BIRDIE” Program and to schedule your sessions at times that are convenient for you!!! The cost of this program is \$300 and includes all 8 one-hour sessions.



Please contact St. Francis Physical Therapy today to receive more information on and to enroll in the “PAR” or “BIRDIE” Golf Enhancement Programs.