

# Golf Fitness and Assessment Program



Atlantic Rehabilitation is now offering a customized training program to improve swing mechanics and golf performance by improving club-head speed, decreasing golf trajectory errors, and reducing golf scores. This is a structured golf-fitness program that includes multiple forms of flexibility, balances, plyometrics, resistance and power exercises to improve golfing performance.

## The program includes:

- Titleist® Performance Institute (TPI) assessment screening test
- Dynamic warm ups
- Strength and conditioning
- Core strengthening
- Flexibility
- Correct muscle imbalances
- Increase joint range of motion
- Decreases joint stress
- Improve performance

Using a specialized vest that quickly captures lab quality data allows the physical therapist to understand how a player moves in 3-D space to create their swing. The physical therapist can work with the player to implement the corrective changes needed to help them develop and reach their potential using patented biofeedback coaching and training tools.

## Pricing is as follows:

- TPI Assessment and exercise instruction: \$120 (\*Additional \$60 with K-Vest Assessment)  
Follow-up training session: \$75  
Re-assessment: \$100
- TPI Assessment, exercise instruction, and follow-up training session packages.  
4 Follow-up training sessions: \$390  
8 Follow-up training sessions: \$640  
12 Follow-up training sessions: \$860  
(\*Additional \$60 with K-Vest Assessment added to each package)

**For more information about our Golf Fitness and Assessment Program at 111 Madison Avenue, Suite 110, Morristown, NJ, please call 973-683-2360.**



**Atlantic  
Health System**