

## GOLF FITNESS STAFF

Our golf fitness staff is certified by the Titleist Performance Institute (TPI). Matt Lewis, Dusty Frasier and Gene Svec are physical therapists with over 30 years combined clinical experience.

Certification by TPI involves on site training and testing as well as continuing education related to golf, exercise and orthopedic care.

To learn more about TPI, visit [www.mytpi.com](http://www.mytpi.com)

You can also visit [www.newwestphysicaltherapy.com](http://www.newwestphysicaltherapy.com) to learn more about Matt, Dusty and Gene.

**CALL FOR YOUR  
APPOINTMENT TODAY**  
**308-237-7388**



Improve your golf game while also improving your overall fitness and protecting yourself from injury.

NEW WEST ORTHOPAEDIC & SPORTS  
REHABILITATION

3219 Central Avenue; Suite 104  
Kearney, NE 68847

Phone: 308-237-7388  
Fax: 308-237-7394



## GOLF FITNESS PROGRAM





## PROGRAM OPTIONS:

New West Orthopaedic and Sports Rehabilitation has teamed up with the Titleist Performance Institute to develop a golf fitness program for central Nebraska.

### ***Learn how to:***

- Improve strength/flexibility
- Protect yourself from injury
- Get in better shape overall
- Improve your golf game
- Enjoy the game more

Our trained therapists evaluate your physical abilities and/or limitations that can affect your golf swing, then recommend exercises to help.

*\* We do not provide golf instruction. Physical Therapists specialize in movement, so we can assess your movement patterns and advise you on exercises to assist in achieving the necessary motion for the golf swing. We recommend you also see a certified golf instructor to maximize the benefit of the exercise program.*

### **EAGLE PACKAGE: \$200**

- PHYSICAL ASSESSMENT
- EXERCISE PRESCRIPTION
- VIDEO SWING ANALYSIS
- 2 FOLLOW UP SESSIONS

### **BIRDIE PACKAGE: \$150**

- PHYSICAL ASSESSMENT
- EXERCISE PRESCRIPTION
- VIDEO SWING ANALYSIS
- 1 FOLLOW UP SESSION

### **PAR PACKAGE: \$100**

- PHYSICAL ASSESSMENT
- EXERCISE PRESCRIPTION

Your physical assessment results will help us customize the home exercises we prescribe. Handouts with written and visual instructions/diagrams will be issued for your reference. You will also receive access to exercises on the TPI website.

All exercises may be performed at home and most can be done without additional equipment.

### **WHAT TO BRING**

Comfortable clothes

(shorts and sweats)

USGA handicap (if kept)

General Information of medical history

5, 6 or 7 iron to swing