

# FIT 4 *golf*



## What is 'Fit 4 Golf'?

- A new way to improve your golf fitness and ensure the longevity of your game.
- A tool to ensure you can play and practice longer without your swing breaking down.
- A proactive approach to the management of preventable conditions.
- **'Fit 4 Golf'** is a 4 step golf specific physical assessment and rehabilitation program, **tailored to your needs** by an experienced physiotherapist.

**Step 1:** Assessment of tight and/or weak muscle areas or stiff joints that are affecting your golf swing.

**Step 2:** Treatment of affected areas by utilising Soft Tissue Release and other physiotherapy modalities.

**Step 3:** Self-Management of your targeted areas through a home based exercise program.

**Step 4:** Monitoring and upgrading of strengthening exercises and stretches to get you "Fit 4 Golf".

Call us on **07 5443 6634** for more information

## Did you know?

- The lower your handicap the higher your injury rate. Better golfers are injured more frequently because they play more often.
- Male golfers have more back injuries, while female golfers have more elbow/wrist/hand injuries.
- On average, each chronic injury causes golfers to lose 5 weeks of playing time.
- Mature players are not only more likely to be injured while playing golf, they are also more likely to have so-called incidental injuries - aches and pains from ailments that are not caused by golf but that nonetheless compromise golf performance and enjoyment.

## How will you benefit?

- Early detection on the cause of your aches and pains.
- Learn specific stretches and strengthening exercises to protect high risk injury areas.
- Tailored treatment offered to correct muscle or joint imbalances before they cause a problem.
- Increased flexibility can improve your swing and your handicap!
- Improved enjoyment on the golf course.
- Positive carry over effect for improved physical participation in other daily life activities.
- Remember: without sufficient muscle and joint flexibility, it will be hard to improve your golf, even with professional lessons!

