



**For Sports Medicine & Orthopaedics**

*Because Life Happens In Motion*

## **GOLF FITNESS PROGRAM**

- A program designed to improve movement patterns of certain areas of the body that are utilized in the golf swing. The program will assist golfers in the community in their understanding of the importance of fitness as a part of their overall golf game.
- A comprehensive physical screen combined with video analysis of an individual's golf swing. The screen consists of 11 tests to identify areas of the body that are not functioning maximally to produce the most efficient golf swing. Video analysis is used to identify certain characteristics in a person's golf swing and the physical screen is then reviewed to determine which deficits could be leading to those characteristics. Upon identifying those deficits, an exercise program will be introduced to the golfer to improve those specific areas of the body.
- Currently being offered at the Center for Sports Medicine and Orthopaedics , 4780 Ziegler Rd, Chattanooga, Tn 37421
- Offered by Zach Beene, MSPT. Zach is a physical therapist at the Center for Sports Medicine and Orthopaedics. He is a Titleist Performance Institute Certified Golf Fitness Instructor
- To schedule for an analysis call 423-697-2056
- Cost is \$150 for a 60 minute analysis and exercise instruction