

Golffitness – Maximise your body's performance for golf

- Improve your golf swing
- For all levels of golfers
- Individual assessment
- Identification of musculoskeletal weaknesses
- Effective personal programme of stretches and strengthening exercises
- Follow up assessments, revision and progression of programme
- Highly qualified and experienced physiotherapists



- Injury prevention information
- Injury treatment and management
- Liaison with golf coaches and personal trainers
- Information kit including a golf bag stretch card
- Health Fund Rebate may apply



12 Cordelia Street, P.O Box 3844,
South Brisbane, Q. 4101
T 07 3010 7450 F 07 3217 2058
E info@golffitness.com.au
www.golffitness.com.au



Golffitness is located within the South City Physiotherapy Centre
undercover parking available



golffitness
PHYSIOTHERAPY CLINIC

Tune your body for better golf

www.golffitness.com.au

Get the most from your game

Good equipment, technique and practice are not enough to get the best out of your golf.

You need your body to be functioning optimally.

Golffitness physiotherapists are qualified to screen your body for muscle imbalance and poor biomechanics. These may reduce your body's performance during the golf swing.

They work with you to ensure you are doing your personalised programme correctly so you can get maximum improvement for minimum effort.

Reduce your down time from injuries

Golffitness physiotherapists are experienced and qualified in assessing and treating musculoskeletal injuries that may be interfering with your golf.

Where necessary, an exercise programme will be developed to minimize the impact of chronic injuries.

Time away from the game is reduced when injuries are managed by Golffitness.

Prolong your golfing life

A Golffitness programme will increase your enjoyment and prolong your golfing life.



Biomechanical Assessment and Exercise Programme

For the golfer who wants to find out how efficiently their body is performing and how they can improve it.

Package includes:

Musculoskeletal Screening Assessment

This accurately assesses how well your muscles and joints are working in relation to your golf swing.

It identifies any physical or postural limitations you may have.

Results are used to devise a **Personal Exercise Programme** to target those weaknesses that may lead to swing deviations.



Golffitness Injury Management

For the golfer with an existing injury which interferes with their golfing performance and enjoyment.

Assessment and Treatment

Your injury will be accurately assessed and treated by an experienced and qualified **Golffitness Physiotherapist**.

A rehabilitation programme will be designed specifically for you.

Information on injury prevention and management will be made available.

Tune your body for better golf

Follow up sessions

Two follow up sessions within two months will help you stay focused to achieve maximum results.

The Physiotherapist will revise and progress your specific stretching and postural programme.

We can liaise with your golf coach – so your new strength and flexibility can help to reach those technical goals.

Injury Management can be offered in conjunction with Golffitness biomechanical assessment or separately.



Gift Vouchers are available on request.