

Golf Conditioning Program

Although not generally considered strenuous, golf is an athletic, physically demanding game that requires flexibility, strength, balance, and coordination. Optimal flexibility and strength create a more repeatable and efficient swing while promoting balance and coordination and reducing your risk of injury. Juniors, seniors, men, women, and those with a history of injury have unique strengths and weaknesses that need to be addressed.

Of the hundreds of training devices on the market today, not one is more effective at improving your overall ability to play the game of golf better than your own body. Golfers are athletes and proper conditioning maximizes your ability to play the game. If you participate in a golf conditioning program or are interested in starting, it is important that your program is customized to fit your abilities, experience and goals.

As a golfer and physical therapist specializing in Orthopedic Rehabilitation, Golf Conditioning and Injury Prevention I understand the game and biomechanics involved. During your evaluation I will:

Discuss your experience, goals and any relevant medical history

1. Perform a comprehensive flexibility, strength and movement evaluation
2. Develop an individualized golf specific conditioning program to overcome your weaknesses and improve your strength.

John Hinds is a licensed physical therapist and lifelong golfer who specializes in Orthopedic Rehabilitation, Golf Conditioning, and Injury Prevention. He has more than 18 years experience working with both recreational and elite athletes from most sports and is included among the Titleist Performance Institute's Approved Fitness Professionals. John utilizes his education in biomechanics, kinesiology, exercise physiology and knowledge of the game to design scientifically sound, practical and customized programs that optimize golf specific flexibility, strength, balance and coordination.

John is also available for golf conditioning clinics.

John Hinds, P.T.

www.golfconditioningpt.com

Conditioning, Injury Prevention, Rehabilitation

Titleist **P**erformance **I**nstitute Approved Fitness Professional