



golf improvement programme

Get your golf really
firing with this great
individualised
programme



Get your perfect swing

All golfers dream of the perfect swing, however we often lack the necessary strength and flexibility to achieve this.

Physical factors such as mal-alignment and postural weakness can create obstacles to achieving your golfing potential. Typically your body will compensate for these problems making it increasingly difficult to improve your swing. The good news is that Active Physio can assess golfers of all levels by conducting a musculoskeletal screening assessment allowing us to design an individually specific exercise programme to help you achieve your goals.

Why the need?

Inefficient or incorrect golf technique can lead to overload and damage to your muscles, soft tissues and joints. Over time, this can lead to chronic or even degenerative changes in the tissues. This can significantly reduce your enjoyment of the game.

What does the Golf Improvement Programme include?

The Golf Improvement Programme is a 12 week programme, including:

- ✓ A comprehensive musculoskeletal assessment.
- ✓ Golf Diagnostic: an analysis of existing injury risk factors.
- ✓ A biomechanical analysis of posture and golf stance.
- ✓ Golf Physiotherapy: manual and exercise therapy.
- ✓ Follow-up sessions to keep you motivated and on track, and to track your progress through the exercise programme.
- ✓ A reference manual containing all the information you need to reach your goals.

What is the outcome?

- ✓ Lower your handicap.
- ✓ Increase your driving distance.
- ✓ Improve your golf fitness.