



ARROWHEAD PHYSICAL THERAPY
GOLF FITNESS PROGRAM

The cooler weather has arrived and we are looking forward to the upcoming golf season. In order to ensure a successful and injury-free season, it is important that you have taken the necessary steps to prepare physically for the sport.

Arrowhead Physical Therapy offers a Golf Fitness Program designed to help participants play at their highest level without causing injury. The program consists of an evaluation as well as training sessions to optimize strength, balance and flexibility in order to produce a successful swing.

Please contact our office at (623) 486-2331 for additional information or to schedule your initial golf evaluation with our Titleist Performance Institute (TPI) Certified Golf Expert.

Lastly, please click on the below link for valuable tips from PGA.com to assist you in getting prepared for the upcoming season.

<http://www.pga.com/news/golf-buzz/tips-get-ready-your-golf-season>