






GOLF FITNESS PROGRAM

Golf is a physically demanding sport that requires strength, balance and flexibility in order to produce a successful swing. The **Arrowhead Physical Therapy Golf Fitness Program** includes a functional assessment followed by personalized exercise sessions that thoroughly evaluate swing mechanics on a biomechanical level and identify body faults which may cause pain, decreased endurance or power, or an undesirable swing.

The Golf Fitness Program includes an initial evaluation with a full video swing analysis and musculoskeletal assessment followed by eight additional progressive exercise sessions. The program is designed to help participants play the game of golf at their highest level without causing injury. The sessions are personalized for each participant and are beneficial for golfers at all experience levels.

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

An infographic with a dark background and a blurred image of a golfer in the background. It features three columns of statistics, each with a red hexagonal icon at the top. The first column has a trophy icon, the second has a globe icon, and the third has a trophy icon. The text is in white and bold, with smaller text below each statistic.

 12 of the last 16 Major Championships Were won by players advised by a TPI Certified Expert	 22 of the Top 35 Players in the World Official World Golf Rankings Are advised by a TPI Certified Expert	 58 of the last 87 PGA TOUR events Were won by players advised by a TPI Certified Expert
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