

Par-formance Golf

If pain or physical limitations are hurting your game, we can help.

The golf swing puts unusual stress on your back, your muscles, and almost every joint in your body. Even minor muscle imbalances or restrictions in your range of motion can cause major problems. That's why so many golfers are playing in pain – or aren't able to play enough of the game they love.

That's why we're here. Par-formance Golf is a first-of-its-kind program created specifically for golfers by SPORT – the Sport Performance and Orthopedic Rehab Team at Southcoast.

Developed in consultation with a local teaching pro, this program is designed to help you play to your maximum potential, overcome limitations, and avoid the injuries that are common to the sport.

The SPORT team is renowned for helping athletes from the high school to professional level. Our instructors include physical therapists, certified athletic trainers, and golf conditioning specialists who are members of NESTA (National Endurance Sports Trainers Association).

The program includes:

Initial 1-hour assessment

Covers strength, flexibility, balance, stamina, body mechanics and club-head speed of your swing. Fee: \$100.

Individual or Group Lessons

Optional follow-up program: 2 sessions per week for 4 weeks, on site here or at your golf facility. Additional fees apply.

Golf Lesson

Optional lesson with local teaching pro and program consultant. Fee \$50.

Par-formance Golf

**St. Luke's Hospital
S.P.O.R.T. Clinic**

49 State Rd.
Mashpee building
N. Dartmouth, MA 02747
508-910-3445

Instructed By:

Joseph Scott, MS, ATC*
Stephen Molis, MSPT*
John Burke, ATC
Mike Sommers, ATC PTA
Lori Johannessen, ATC
Sandra Malek, PT ATC

*NESTA Golf Conditioning Specialist

Directions:

(From the East/West)

Take Route 195 to 140 So. Turn right on to Route 6 (State Rd.) Approximately _ mile on the left will be the entrance to Dartmouth Place. (Across from VW Dealer).

We are located in the first building on the left – Mashpee Building Upper Level.

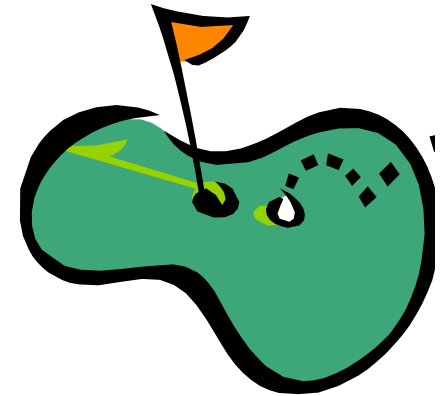


SOUTHCOAST
HOSPITALS GROUP

Charlton ■ St. Luke's ■ Tobey

www.southcoast.org

Par-formance Golf



*Golf-Specific
Performance
Enhancement and
Rehabilitation
Programs*



SOUTHCOAST
HOSPITALS GROUP

Charlton ■ St. Luke's ■ Tobey

www.southcoast.org

What's Hurting Your Game?

During the initial assessment, we'll identify any physical limitations in strength, flexibility, and balance and recommend a conditioning program custom-fitted to your individual needs.

Improve Your Strength

Core strength and power in the lower and upper extremities both play an important role in the golf swing. Strengthening these areas can lead to immediate improvement in your game.

The primary objective is to help you learn the correct methods and specific exercises necessary to improve your performance on the golf course, avoid injuries, and maintain the conditioning gains you've achieved through this program.

One of our first clients came to us solely for conditioning, after a long winter of inactivity. A 48-year-old with a 3 handicap, he recently called us after playing a 36-hole tournament to say that he felt as strong on the 36th hole as he did on the 1st tee. Stamina counts!

Improve Your Flexibility

Once flexibility problems are identified, we'll show you how to develop your movement patterns and extend the range of motion that's essential for maintaining good posture during your golf swing. This correct positioning enables you to reproduce your swing more consistently and decreases the risk of common golf-related injuries.

We'll also explain what's contributing to current injuries and teach you the fundamental conditioning skills that will help you recover from them now – and keep them from happening again.

Improve Your Balance

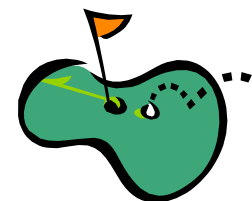
One of the most overlooked areas in your game is your ability to maintain your posture and stability during the golf swing. We will identify the balance deficits that occur as you move from one swing phase to the next.

Through core stability training and increasing your kinetic awareness, you'll improve your balance – and results on the course.

Improve Your Swing

Improving your physical attributes is an important aspect of enhancing your game, but your swing may need professional help as well. Poor swing mechanics can put your wrists, elbows, shoulders, back, hips and/or knees at risk to repetitive or traumatic injuries.

A lesson with teaching pro Jody Carreiro may be the best investment you could make. An athletic trainer herself, Jody was instrumental in the development of the Par-formance Golf program. She can implement changes to your golf swing to improve your ball-striking ability while avoiding injury, as well as provide instruction that will help you take your game to the next level.



**Fee for this optional service: \$50.00, which includes lesson and range balls. Lessons take place at Caddy Shack – State Road, Dartmouth, MA. Phone: (508) 991-7976*