

Golf Performance Program

Physically Maximize Your Golf Swing!



“I think most of us believe we can adapt automatically to the game and make adjustments to keep golfing at the level we want,” Ron Hayes, Golf Performance Program Participant on his golf BEFORE the program. “Over time, our bodies try to adapt to injuries, tightness and muscle weakness by over-adjusting in other areas of the body. Our bodies are made for symmetry and when something changes, something else tries to compensate for the change. This affects our game and not in a positive direction.”

“...I got 3 birdies last night in my golf league for 9 holes. I shot the lowest score I have seen for about 5 years” Ron Hayes, after the completion of the program

NOTE: You DO NOT have to be a member of Summa Wellness Institute to participate.

Goal: Improve the strength and mobility of your body to allow it to become more efficient while playing golf; Improve your ability to perform a consistent swing; Decrease injuries associated with golf.

Benefits:

- Improve the strength and mobility of your body to allow it to become more efficient while playing golf
- Improve your ability to perform a consistent swing
- Decrease injuries
- Video golf swing analysis and full musculoskeletal exam to identify areas of tightness, weakness and imbalance that affects your golf swing at the start and the conclusion
- Individualized program to address those needs
- Empower the participant to work on the exercises provided
- All participants receive 10 exercises sessions; exercise ball, golf gym and exercise sheets

Golf Performance Program includes:

- 1:1 computerized golf swing analysis from posture and “physical status” perspective
- Strength, balance and flexibility assessment specific to the game of golf
- Individually designed program, specific to your needs
- 10 group exercise sessions
 - Golf specific strengthening exercises
 - Golf specific mobility and flexibility exercises
 - Balance exercises
 - 1:5 ratio maximum instructor to client
- Ability to hit buckets of golf balls during non-appointment times with golf punch card

Who: Ages 12 – adult

For More Information: Contact Terri Angelo at (330) 379-5200

Summa Wellness Institute
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Pre-Registration Required:

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For additional information regarding

Sports Health Programs:

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