

PERSONALIZED GOLF PROGRAMS

If you are interested in learning exercises to help improve your flexibility and strength for the golf swing but don't know where to start, this is the program for you. Utilizing a thorough evaluation developed by the Titleist Performance Institute and used on over 60 PGA professionals, we will identify your individual deficits in strength, flexibility, range of motion, balance, and coordination that hinder your ability to play your best. We will address your specific problems through various exercises and drills that can be done both at home or in the gym.

Pricing

- Initial Evaluation \$150 or \$125 with a fitness package purchase
 - (1) 30-minute session - \$70
 - (5) 30-minute sessions - \$325
 - (10) 30-minute sessions - \$625



For more information on the program or to schedule a session, contact Brian Adkins at 513.745.9877 or brian.adkins@oxfordphysicaltherapy.com

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