

About the Golf Program

As the popularity of golf has risen, the perception of golf as a passive sport has fallen. The current perception is that a golfer needs to be physically fit and proactive about training to perform at his/her highest level, just as in any other sport.



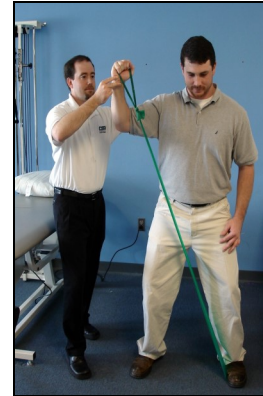
The goal of this program is to design a fitness/wellness program specific to the individual to improve performance and decrease risk of injury. Other benefits include:

- Pain free golf
- Improve flexibility
- Learn proper body mechanics
- Increase the longevity of your game

Program Overview

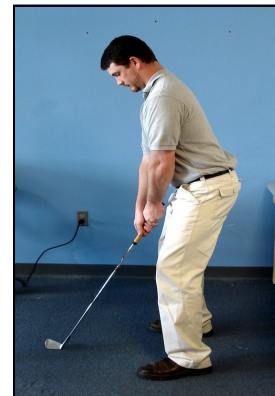
You will receive analysis of the following:

- **Strength:** Increased strength will decrease risk of injury, improve performance, and help maintain proper biomechanics



- **Flexibility:** A golfer must have a certain amount of flexibility to maintain proper mechanics/efficiency and again to minimize risk of injury.

- **Posture/Mechanics (Video):** Poor posture and mechanics can greatly decrease swing efficiency and increase risk of injury. Good posture and mechanics is imperative for a good golf swing.



Statistics

There are two major categories of injuries seen in golfers: overuse (ie: tendonitis) which is more common in a professional or amateurs who play frequently and poor swing mechanics, more common in amateurs or “weekend warrior” golfers.



- Approximately 2 million new golfers each year
- 80% of all professionals will have an injury
- 65% of all amateurs will have an injury
- 75% of all golfers will have back pain



About the Specialist

Chris Fountain is a physical therapist at Birmingham Physical Therapy in Birmingham, AL. He specializes in the evaluation and treatment of spine and golf related injuries. In 2003, he worked part-time as a physical therapist on the PGA Tour.