



MASSACHUSETTS
GENERAL HOSPITAL

SPORTS MEDICINE

MGH Sports Medicine Golf Fitness Program

(partnered with the *Titleist Performance Institute*)



Who we are:

The MGH Sports Medicine Department has a reputation for excellence in the care of professional and recreational athletes. Now the department that has provided the medical care and rehabilitation for the Boston Red Sox and Bruins and the New England Patriots and Revolution is offering a top quality golf fitness program. Our golf rehabilitation/fitness specialists are MGH physical therapists who have been trained and certified by the Titleist Performance Institute in Oceanside, California. The TPI is recognized world-wide as one of the top facilities for professionals and amateurs to improve every aspect of their golf game.



Our Mission:

We are passionate about health, fitness and golf. We strive to provide the outstanding quality of care that people have come to expect from MGH. This combined with the skill of our therapists and trainers and the expertise of the Titleist Performance Institute, creates the perfect setting for golfers to improve performance.

Who this Program is for?

This highly specific and individualized program will benefit golfers of all abilities, ages, and fitness levels. By addressing their unique physical limitations golfers, from amateurs to touring professionals, can maximize performance (power, distance, accuracy, consistency), reduce pain / stiffness, and prevent injuries.

Our services:

Golf Fitness Evaluation

1+ hour total body assessment in which all aspects of posture, strength, balance and flexibility needed to execute a biomechanically efficient golf swing will be assessed. Following the initial evaluation all findings will be reviewed and initial exercises will be taught. All clients will receive an email containing a summary of their findings and a calculated golf fitness handicap which can be used to track improvement. Clients will also receive access to mytpi.com and all of its features listed below.



images from mytpi.com

Posture – Spine, pelvis and foot alignment all impact rotational ability. Faulty posture can limit a golfer's ability to turn and therefore generate power. It also can lead to injury.

Strength – Abdominals, Hip (gluteals, rotators), quads and rotator cuff all are necessary to maintain proper stability and generate power during the golf swing.

Flexibility – Proper hamstring, hip flexor, calf, hip rotation, shoulder (flexion and rotation), neck rotation ROM / flexibility all are necessary to execute.

Balance – Visual, proprioceptive, and vestibular systems combine to give stability and control to the legs and trunk during the golf swing.

Individualized Exercise Program

A unique 6 week progressive exercise program will be created based on the examination findings and assigned via email to each client. Each client will be given a membership to mytpi.com where they can access their program and view exercise descriptions and videos.



images from mytpi.com

Calendar – the initial exercise program is a 6 week program (3x/wk for 18 workouts).

Email reminders – through mytpi.com website clients will receive emails reminding them of upcoming workouts.

Downloadable videos – along with written descriptions and pictures of each exercise, clients also can download videos to their computer and / or Ipod.

2D Video Swing Analysis

Address posture and full swing will be assessed and client will learn what of the 12 major swing faults are present and how they are related to their physical findings.



images from mytpi.com

Physical Limitations can contribute to these major swing faults:

C-posture / S-posture

Loss of Posture / Early Extension

Slide / Sway

Over the Top / Flat Shoulder Plane

Chicken Winging / Casting

Hanging Back / Reverse Spine Angle

All faults cause a loss of swing efficiency and can lead to injury!

One on One Training / Exercise Sessions

Half hour or one hour training sessions for review and practice of individual exercise programs are available at our state-of-the-art clinic. Specialized manual treatment may also be applied (if necessary) to help clients achieve maximum results.

Re-evaluations:

Approximately every 6 weeks clients can be re-evaluated and their progress / program will be updated to match their current level.

Pricing / Packages:

1 hr. physical evaluation, 2D Video Swing analysis, & 6 wk exercise program - \$250

\$200 without the 2D video analysis

Half-hour one on one exercise session - \$50

One-hour one on one exercise session - \$85

Re-evaluation - \$125

Evaluation, 2D Video Analysis, 6 wk ex program, & 6 training sessions (1/2 hr / 1 hr) - \$450/\$650

Group (2 or more) training sessions are available at a discount (please contact us for options)

Corporate outings / rates available upon request

To schedule an evaluation or for more information please contact:

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