

## GOLF FITNESS STAFF

Our golf fitness staff has over 30 years combined clinical experience as physical therapists, and are certified by the Titleist Performance Institute (TPI).

Certification by TPI involves on site training and testing as well as continuing education related to golf, exercise and orthopedic care.

To learn more about the Titleist Performance Institute, please visit:

[www.mytpi.com](http://www.mytpi.com)

You can also visit

[www.newwestpt.com](http://www.newwestpt.com)

For more information about New West Orthopaedic and Sports Rehabilitation.

**CALL FOR YOUR  
APPOINTMENT TODAY**

**308-237-7388**

**EMAIL:  
GOLF@NEWWESTPT.COM**

## Quotes from our clients:

“Exercises provided by TPI can be a great addition for improving your golf swing. The exercises specifically provided to me have improved my own flexibility and power.”

- Chad Lydiatt, PGA Professional

“They introduced me to a workout that has allowed me to condition my muscles for golf. These exercises have improved my strength and flexibility. Spending twenty minutes in the evening using this program has increased my range of motion.”

- Steve Berndt, Kearney

“I had an injury to my rib cage and working with the New West staff and doing my exercises have reduced my pain and I have gained my distance back. This helped me return to competing at a high level on the course.”

- Allison Ven John, collegiate golfer



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## GOLF FITNESS PROGRAM





## PROGRAM OPTIONS AND PRICING INFORMATION:

New West Orthopaedic and Sports Rehabilitation has teamed up with the Titleist Performance Institute to develop a golf fitness program for golfers in central Nebraska.

### *Learn how to:*

- Improve strength/flexibility
- Protect yourself from injury
- Get in better shape overall
- Improve your golf game
- Enjoy the game more!

Our trained therapists evaluate your physical abilities and/or limitations that can affect your golf swing, and then recommend exercises to help.

*\* We do not provide golf instruction. Physical Therapists specialize in movement, so we can assess your movement patterns and advise you on exercises to assist in achieving the necessary motion or stability for an efficient golf swing. We recommend you also see a certified golf instructor to maximize the benefit of the exercise program.*

### **EAGLE PACKAGE: \$150**

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION  
VIDEO SWING ANALYSIS  
2 FOLLOW UP SESSIONS

### **BIRDIE PACKAGE: \$100**

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION  
VIDEO SWING ANALYSIS  
1 FOLLOW UP SESSION

### **PAR PACKAGE: \$50**

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION

Improve your golf game while also improving overall fitness and protecting yourself from injury.

Your physical assessment results will help us customize the home exercises we prescribe.

Your individualized program will include handouts with written and visual instructions/diagrams for your reference. You will also receive access to exercises with video instruction on the TPI website.

All exercises may be performed at home and most can be done without additional equipment.

### WHAT TO BRING

- Comfortable clothes  
(shorts and sweats)
- USGA handicap (if kept)
- General Information of medical history
- 5, 6 or 7 iron to swing