

UW Medicine

## **Golf Performance Program**

*At UW Medicine Sports Medicine Center*

*This handout explains the Golf Performance Program at the UW Medicine Sports Medicine Center at Husky Stadium.*

### **What is the Golf Performance Program?**

The goal of our Golf Performance Program is to help you improve your golf game. To do this, our specialized physical therapists (PTs) will find any physical issues that may be causing pain, inefficiency, or inconsistency in your golf swing.

### **What can I expect?**

At your visit, you will meet with a PT who is a Certified Titleist Performance Institute (TPI) specialist. The PT will do a *golf specific movement screen*. This screen will show where changes in your strength and flexibility may enhance your golf game.

The PT will also analyze your technique to improve the *kinematic sequencing* (motions) of your golf swing.

At the end of your first session, you will receive an exercise program tailored specifically for you. The program will have specific exercises, stretches, and mobility and stability drills designed to help you hit the ball farther and more accurately.

After your first session, you can choose how often you want to follow up and progress your program.

### **Who will benefit from this program?**

The program can benefit anyone who golfs, from amateur to elite, from youth to adult. But, it is best if you have already had some experience golfing.



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## **Are there other ways to improve my golf game?**

Some golf stores provide golf fit programs. The UW Medicine Sports Medicine Center program is unique in that you will be assessed by a medical professional with TPI certification. This professional is trained to analyze your kinematic sequencing.

## **Is this program covered by insurance?**

The Golf Performance Program is not covered by health insurance. The first session lasts 90 minutes and costs \$275. Follow-up visits last 1 hour and cost \$175.

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports  
Medicine Center: Call  
206.598.DAWG (3294) and  
press 8.