

## GOLF FITNESS STAFF

Our golf fitness staff is comprised of physical therapists with over 30 years combined clinical experience, 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 visit:

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

For more information about New West Orthopaedic and Sports Rehabilitation visit:

[www.newwestrehab.net](http://www.newwestrehab.net)

**CALL FOR YOUR  
APPOINTMENT TODAY**

**308-237-7388**

## 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 helped me return to competing at a high level on the course.” - Allison Ven John, high school golfer



2810 West 35th Street; Suite 2  
Kearney, NE 68845

Phone: 308-237-7388



## **GOLF FITNESS PROGRAM**



Titleist Performance Institute



## 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 overall shape
- 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. We recommend you see a golf instructor to maximize the benefit for your golf swing.*
- *Our expertise is in movement patterns and exercise education to help achieve the motions you need to improve performance and reduce injury risk.*

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

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION  
3 SESSIONS

### **BIRDIE PACKAGE: \$110**

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION  
2 SESSIONS

### **PAR PACKAGE: \$60**

PHYSICAL ASSESSMENT  
EXERCISE PRESCRIPTION  
1 SESSION  
\*SESSIONS TO BE COMPLETED IN  
ONE YEAR OR LESS

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