



Golf Performance Program Packages

The **Golf Performance Program** at Gaylord Physical Therapy was created to help recreational and competitive golfers discover proven methods to improve their game. Our physical therapists are **Titleist Performance Institute (TPI)** certified and use the 16-point TPI physical assessment to evaluate your golf swing, body posture and movement. If you are having pain during or as a result of playing golf, our skilled therapists can assess the cause and **develop a plan** to get you **back in the game**.

Choose the package that works for you and your goals

Package A: \$125

- 16-step physical screen
- 2D-video swing analysis
- Home exercise program targeting strength, flexibility and movements specific to golf

Package B: \$175

- 16-step physical screen
- 2D-video swing analysis
- Home exercise program targeting strength, flexibility and movements specific to golf
- PREP Program: Gym usage for 2 months
- 1 month unlimited access to pop-up net

Additional add-on options:

- Re-assessment Visit: \$125 for re-screen, second analysis and home exercise plan
- Nutrition consult - Cost depends on services provided



Open 7 a.m. - 7 p.m. Monday - Thursday
7 a.m. - 5 p.m. Friday

Cheshire | Cromwell | North Haven

www.gaylord.org/golfprogram