

# PROGRAM OVERVIEW

# GOLF KNOWLEDGE

# GOLF MEDICINE PROGRAM

## Objectives

Here at Twin Cities Orthopedics (TCO), our main goal is having you reach your best! For a golfer, that means getting back to the course as quickly as possible. Think of yourself as an athlete, not just a golfer. We will work closely with you to achieve your specific goals.



In TCO's Golf Medicine Program, we have advanced training in all the specific demands involved within the sport. The therapists are certified through the Titleist Performance Institute (TPI) with extensive knowledge and experience with golf specific fitness and player development. Furthermore, education and screening are necessary to avoid future injuries.



## Tier 3: Getting Golf Knowledge

TCO Golf Medicine seminars, presentations, lessons, personal training, fitness, and nutrition suited to meet your needs. Topics may include but are not limited to: treating golf injuries, golf injury prevention, conditioning, biomechanical assessment, performance, and junior programs. Depending on your goals, a collaboration of MD's, DPT's, Golf Pros, or Golf Fitness professionals will be incorporated as necessary.



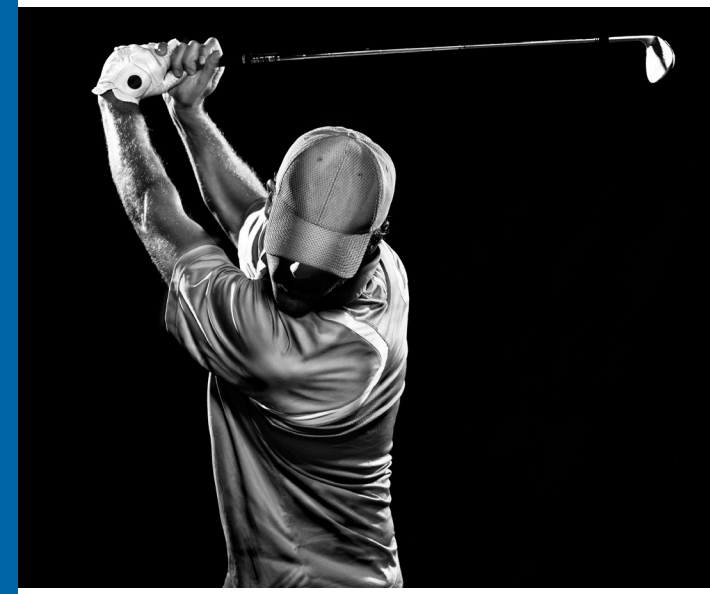
## FOR MORE INFORMATION

Visit:  
[TCOmn.com/services/sports-performance](https://TCOmn.com/services/sports-performance)

Email:  
[SpecialtyPrograms@TCOmn.com](mailto:SpecialtyPrograms@TCOmn.com)

## Eden Prairie Physical Therapy and Sports Performance

TCO Eden Prairie  
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Eden Prairie, MN 55344  
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# SPECIALIZED GOLF REHAB & PERFORMANCE PROGRAM

[TCOmn.com](https://TCOmn.com)



# GOLF REHAB

# GOLF PERFORMANCE

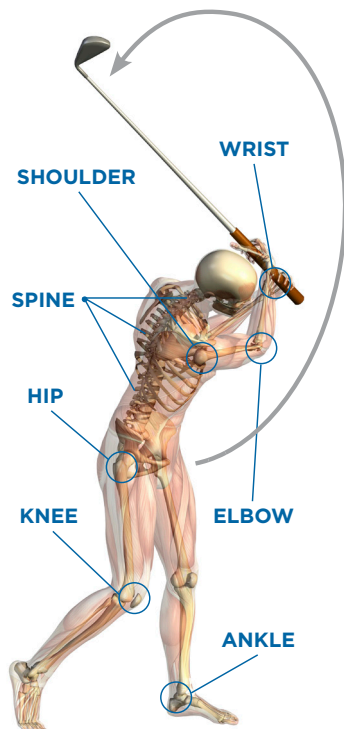
# PACKAGES

## Tier 1: Rehab from injury or surgery

- Progress per rehabilitation protocol specific to each individual to return to golf quickly and safely
- TPI certified PT will address functional level and restrictions while incorporating strength and endurance activity to prepare for physical demands of golf
- Safely progress through the healing process and obey the healing time your body demands from an injury or surgery

Check with your insurance carrier about physical therapy coverage for Tier 1.

### Body Integration



## Tier 2: TCO Golf Medicine Strength & Conditioning Program

This cash based program is an investment in your athletic endeavor. Together, we will integrate functional movements specifically related to your golf goals and fitness level.

### Gain 10+ Yards in 6 Weeks Complete Package

- 6 teaching sessions with Golf Professional
- 2 Assessments (Pre and Post) with TPI Certified PT
- 12 weeks of TPI Corrective Exercises with online workout
- 4 sessions of Golf Fitness with Strength and Conditioning Specialist
- Includes Golf Metrics both Pre and Post Assessments
- Driver Fitting for consistent ball striking
- Performance Scores to identify physical limitations or asymmetries
- Improve power, strength, and endurance
- Includes Functional Movement Training (FMT) Band and Alignment Rods

### Viverant Nutrition Solutions

- Eating right to win with proper fueling by developing your optimal nutrition plan and learning healthy habits with a registered dietitian.



### 2nd Swing

- Award winning fitting process is proven to ensure you get the proper clubs to fit your game, [www.2ndswing.com](http://www.2ndswing.com) or calling (612) 331-9303.



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## Getting Golf Strong

- Packages come in Bogey (2 sessions) Par (4 sessions) Birdie (8 sessions) or Eagle (12 sessions)
- TPI screen customized home exercise program through [www.myTPI.com](http://www.myTPI.com)
- Understand your Body-Swing Connection to stay injury free
- Big 12 swing Assessment through Dartfish video analysis with media book (a slow motion video of your swing)

## Getting Golf Fit

- Get in Golf shape for your individual goals
- Personal Training based on current fitness level
- Open to all ages and fitness levels

## Golf Lessons with PGA Certified Golf Professional

- Determine your ideal swing based on physical capabilities
- Improve consistency, distance, and take strokes off your game
- Learn mental and physical skills
- Proper equipment fitting
- Have fun while mastering your game
- Golf lessons provided by:  
Brad Pluth, PGA  
Gary Greenquist, PGA  
Luke Benoit, PGA, PhD Candidate



See page back center panel for Tier 3 details