

GOLF MEDICINE PROGRAM



SPECIALIZED GOLF REHAB & PERFORMANCE PROGRAM

FOR MORE INFORMATION & PRICING

Visit:
TCOmn.com/SportsPerformance
Email:
SpecialtyPrograms@TCOmn.com

TCOmn.com

Offered at Select TCO
Locations Throughout Metro



**TWIN CITIES
ORTHOPEDICS**

TCO's Golf Medicine Program is integrated with the Titleist Performance Institute (TPI) and inspires golfers of all levels to be their best. Our golf specialists can help you achieve your specific goals. TCO Golf Medicine packages are available to all ages and fitness levels.

#1 Golf Rehab Package

TCO's TPI Certified Physical Therapists will assess functional limitations and progress athletes through the rehabilitation process

This package is ideal for individuals who are returning from injury or surgery

#2 Golf Functional Packages

Training program led by the TCO Physical Therapy Team who are TPI Certified and/or Certified Strength and Conditioning Specialists

Customized home exercise program tailored to your "functional" body movement through MyTPI.com

Helps keep your body and golf game functionally strong and mobile, aids in preventing injury and targets specific goals.



#3 Golf Fit Packages

One-on-one training led by a personal trainer and/or Certified Strength and Conditioning Specialist

Get in "golf" shape, tailored to your individual fitness goals

#4 Golf Performance Package

The ultimate team training investment combines services from clinical, fitness, nutrition, and golf professionals

TCO Physical Therapy Team

- 2 clinical-golf-functional and TPI assessments (pre- and post-testing)
- 12 weeks of corrective exercises to create a functional approach to your training

TCO Certified Personal Trainers/Strength & Conditioning Coaches

- 4 "golf" fitness training sessions
- Improve balance, endurance, strength, and power

TCO Nutrition Solutions

- Nutrition consultation with a registered dietitian – Get started on the right track for your nutrition and wellness goals

TCO Partner Golf Pro Services

- (6) 30-minute sessions with a PGA Certified Golf Pro
- Customized golf lessons to improve your swing and play your best golf

To schedule, or for more information, contact your provider or email SpecialtyPrograms@TCOmn.com