

GOLF MEDICINE PROGRAM



FOR LOCATIONS & TPI CERTIFIED
PHYSICAL THERAPISTS

Scan:



SPECIALIZED GOLF REHAB & PERFORMANCE PROGRAM

TCOmn.com

FOR MORE INFORMATION & PRICING

Email:
SpecialtyPrograms@TCOmn.com



PACKAGES



Titleist Performance Institute (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. TCO's Golf Medicine Program is integrated with TPI and inspires golfers of all levels to be their best.

#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

Our training program is led by the TCO Physical Therapy Team who are TPI Certified and/or Certified Strength and Conditioning Specialists.

The customized home exercise program is tailored to your "functional" body movement through MyTPI.com.

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

#3 Golf Fit Packages

Our one-on-one training is 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

- Clinical golf functional TPI assessment
- 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

**Added cost, not included in Golf Performance Package*

- Nutrition consultation with a registered dietitian. Get started on the right track for your nutrition and wellness goals.
Ask us about insurance coverage

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

