

**TPI  
CERTIFIED**

# TherapyCare Golf Rehab and Performance Program

TherapyCare Golf Rehab and Performance Program is led by Titleist Performance Institute (TPI™) Certified physical therapists. This program will analyze a player's functional movement via physical screen and video analysis using the TPI™ Body Swing Connection™ philosophy. Our goal is to determine physical mobility impairments and faulty swing characteristics affecting the efficiency and consistency of an individual's golf swing. We will analyze range of motion, strength, balance and overall health to customize a plan to improve your capabilities.

## Assessment may include

- 16 point TPI™ Physical Assessment
- Video analysis of golf swing
- Custom treatment plan/drills
- Use of exercises and/or manual treatments during follow up visits

## Benefits of program:

- Injury prevention
- Return to sport
- Improved golf swing mechanics

## Who can benefit from the TPI Golf Performance Program

- Golfers, of all skill levels, who want to improve their game and general fitness.
- Post-surgical patients who want to return to golf.
- Patients recovering from injuries who want to return to golf safely.



**Lexie Meyer,  
PT, DPT**

Doctor of Physical  
Therapy  
TPI Certified



**Sarah Veseling,  
PT, DPT**

Doctor of Physical  
Therapy  
TPI Certified

**for more information,  
pricing or to schedule  
an appointment call  
217-814-8383**



**HSBS  
St. John's  
TherapyCare**

3631 South 6th Street, Springfield

*This is not a golf lesson or golf instruction. Golf evaluations are separate from physical therapy assessment and treatment and are not covered by insurance. If you have an injury and need physical therapy, please contact our office to schedule a formal PT evaluation after seeking an MD referral.*