

Golf Body Rapid Rehab, LLC.

Information Sheet

TPI Initial Screen and Plan Development: \$150

The most efficient swing is not the same for every golfer, because efficiency is unique to their body. Therefore, to achieve an efficient swing, a golfer must first be screened. This screen involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health, and client history. Once the screen is finished, the results are used to create a plan unique for that golfer. The screening and one on one session time with the golfer will be approximately 1 hour which will be followed by the TPI expert creation of individualized plan.

Follow-Up Sessions: \$90

After the initial screen the golfer will have a plan to work on independently. However, this plan must be adjusted and molded over time to reach the max benefit from the TPI program. Follow ups will require access to a home or gym area where TPI professional is allowed access. These sessions will be 45 minutes in length.

Follow ups will include:

- Exercise progressions for strength, power, mobility, and control
- Cuing and form education
- Hands-on treatment (stretching/mobilization)
- Physical Therapy treatment (when pain is present)
- Re-examination of screened deficits

Package Deals:

Packages will include TPI Initial Screen and Plan Development and follow up sessions

5 Sessions \$450

10 Sessions \$875

Times:

Monday: None

Tuesday: 4-8pm

Wednesday: 8-12pm

Thursday: None

Friday: None

Saturday: 9-1pm

Sunday: 9-1pm