

MOVE BETTER.

FEEL BETTER.

PLAY BETTER.

Golf Performance & Rehab

Dr. Alex Shutter, PT, DPT

Titleist Performance Certified 



Want more distance off the tee? Is pain limiting your swing?

Whether you're chasing peak performance, fighting stiffness, or recovering from injury - golf specific physical therapy can help!

» Improve Mobility

» Prevent Injury

» Increase Speed

» Play Confident

Experience

Member of the USGA Performance & Recovery Team with experience across PGA, LPGA, Korn Ferry, top amateurs, and competitive golfers of all ages.

FREE RESOURCE:

-  Email or text me to access my FREE golf specific mobility programs
-  Exercises address the most common swing movement patterns limiting swing efficiency
-  Includes written instructions, video links, and golf specific application

SCAN HERE

