



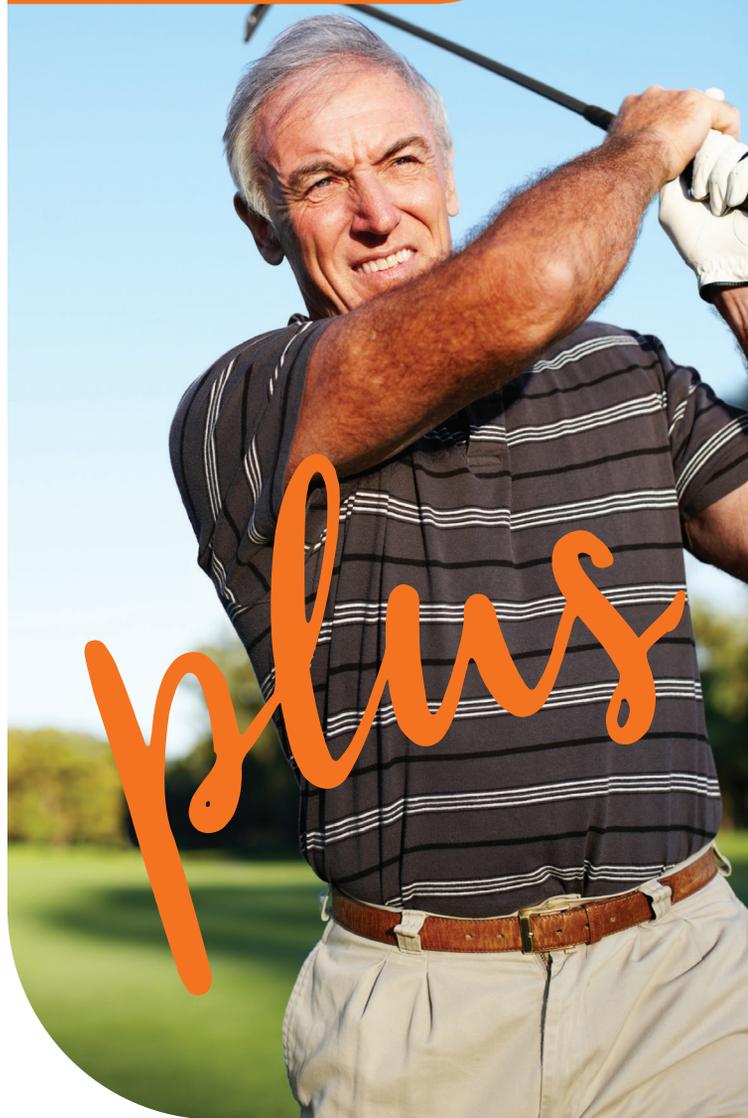
The Ramsay Health Plus clinic is conveniently located across the road from Donvale Rehabilitation Hospital

Shop 54 Tunstall Square
 Doncaster East VIC 3109
 P: (03) 9916 2402 F: (03) 9916 2403
 E: rhp.drh@ramsayhealth.com.au
ramsayhealthplus.com.au



MRO02943 RHP Tunstall Golf Fitness App DL

Golf Fitness



ramsayhealthplus.com.au

Why

We want to help you hit the ball further, straighter and enjoy this great game to the fullest.

How

Implementing a golf specific exercise program. Through thorough assessment and exercise we will not only improve your golf but also improve strength, balance, flexibility making you more powerful and less injury prone for life, on and off the golf course.

Who

Anyone who wants to rehab from an injury or simply improve their golf and feel physically better.

Aim

We will target physical improvements to suit your existing swing. We have all hit the perfect shot, it is reliably repeating the swing that provided it that is the key. This is where we can help you.

What is Involved

You will book in for an initial assessment with our Titleist Performance Institute certified physiotherapist. This will take up to 1.5 hours and include a comprehensive screening process, video analysis of your swing, an individualised home exercise program and a detailed report of what we have found.

What next

We have 4 options for you following the assessment:

- 1) Transition into a group exercise class. You will have an individualised program and be guided by our golf fitness physiotherapist.
- 2) One on one sessions.
- 3) Work on what your assessment revealed and come in at a later date for reassessment / further input.
- 4) If the above options do not suit we can tailor a program to suit your needs.

No referral is required

Depending on your insurance the session may be claimable through your extras cover.

To make an enquiry or booking please call 9916 2402.

