Clinical Pilates for Improving your Golf

Studio 20 CLINICAL PILATES

Every movement that is entwined within the great game of golf is controlled by the core.

Therefore, every movement of Clinical Pilates fits perfectly into the game of golf. Golf, like Pilates, is about focus and 'getting the groove' consistently.

"I believe great physical conditioning gives me an advantage, and extra gear. Just as form is an important element of the golf swing, it is also an important factor in weight training".

Tiger Woods

Golf is about stability and maintaining the central address position well enough to enable a strong, fluid rotation of the torso.

It is about core strength, movement from the centre of the body, that helps generate massive club head speed via the balance of flexibility and strength.

Start improving your golf swing now with a Clinical Pilates exercise program…

For advice on improving your movement ability contact a physiotherapist at Studio 20 Clinical Pilates:

North East Physiotherapy
Moving You Through Life

North East Physiotherapy Benalla
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Ph 03 5762 6866 benalla@nephysio.com.au

Studio 20 Clinical Pilates Wangaratta
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Ph **03 5722 1424** wangaratta@nephysio.com.au

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24 Belmore St, Yarrawonga VIC 3730
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Hit it further, straighter and more consistently

Studio 20 CLINICAL PILATES

Clinical Pilates for Golfers

Moving You Through Life

Are you looking for Peak Performance?

Would you like to play without pain?

In 10 sessions, you will feel the difference

In 20 sessions, you will see the difference

And in 30 sessions, you'll have a whole new body

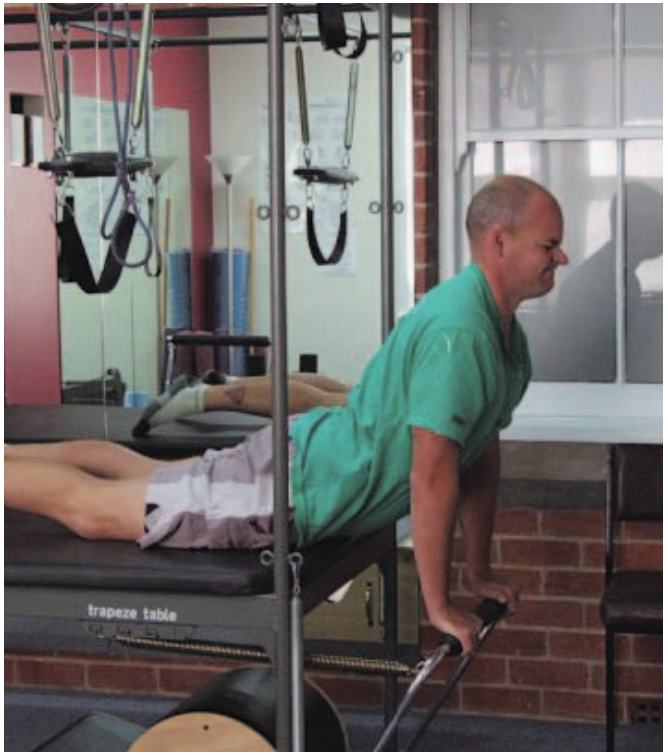
Clinical Pilates for Improving your Golf – Swing and Stability

An Injured Golfer's Perspective

After suffering many years with back injury, I commenced Clinical Pilates at Studio 20 with North East Physiotherapy. Through this exercise approach, I have achieved great core strength and balance and approach all aspects of my life with extreme confidence in my spinal stability, which was something that was very much lacking in my life.

I returned to golf in November 2007 and was thrilled to reduce my handicap three times in the first month! And I had wondered if I would ever play golf again! The staff at North East Physiotherapy, were as thrilled as I was; they are a very supportive and encouraging group of people. I continue to do a Clinical Pilates programme at the Studio 20 St three times a week and will do so for as long as I possibly can in order to maintain my spinal strength. I have just returned from a golfing holiday where I played golf five days in a row with absolutely no problems: unheard of before I commenced Clinical Pilates.

I cannot speak highly enough of the benefits of this therapy. *Jan*



Performance Benefits

A stronger and more **stable core** helps golfers:

- Get more **distance** and **power** because of added hip and torso flexibility
- Have a stronger and **bigger hip turn** for greater power through rotation
- Decrease fatigue and discomfort because of **less strain** on the body

Start improving today…

Peak performance is not about ultimate strength, but about ultimate core stability.

The Physiotherapists of Studio 20 Clinical Pilates can get you swinging with stability, by prescribing a specifically tailored resistance exercise program for your body.

Optimise your efficiency, decrease your pain, and last longer on the course!