



# GOLF

# FITNESS

**A SMARTER  
APPROACH FOR  
A BETTER GAME.**



*Agility* An Agility Health® Partner  
Physical Therapy & Sports Performance

# GET YOUR GAME BACK ON COURSE.

Golf F.I.T. or Functional Integrated Training is a comprehensive program designed by Scott Miller, PT, MS, SCS, CSCS, CGFI, specifically to each individual as a compliment to their on-going rehab at Agility Physical Therapy & Sports Performance. Our approach focuses on strength and stability while incorporating flexibility and mobility. Along with endurance and neuromuscular control activities, the end result will translate into acute injury management and long term prevention.

## Components of the Program

With your physician's permission, we will perform a comprehensive physical therapy evaluation and develop a treatment plan specific to your personal goals, including:

- Upper body, spine and lower body assessment of functional range of motion, strength, stability, mobility and flexibility
- Assessment of neuromuscular recruitment patterns specific to golf swing mechanics
- Patient education on posture, body mechanics, and joint protection procedures
- Development of an integrated golf-specific program as part of normal physical therapy routine addressing specific musculoskeletal imbalances or deficits
- Digital videotaped swing assessment (if needed)
- Collaborative training program through communication to the patient's golf coach or teaching professional

## Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Certified Strength & Conditioning Specialist
- Certified Golf Fitness Instructor (Titleist Performance Institute)
- Advance training in biomechanical analysis for lower quarter injuries and manual therapy techniques



[agilitysportsmedicine.com](http://agilitysportsmedicine.com)

### Portage Location

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### Kalamazoo Location

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