

GOLF MEDICINE PROGRAM



SPECIALIZED GOLF REHAB & PERFORMANCE PROGRAM

FOR MORE INFORMATION

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**TWIN CITIES
ORTHOPEDICS**

TCO's Golf Medicine Program is integrated with the Titleist Performance Institute (TPI) and inspires golfers of all levels to be their best. Our golf specialists can help you achieve your specific goals. TCO Golf Medicine packages are available to all ages and fitness levels.

#1 Golf Rehab Package

Insurance Based

TCO's TPI Certified Physical Therapists will assess functional limitations and progress athletes through the rehabilitation process.

This package is deal for individuals that are returning from injury or surgery.

#2 Golf Strong Packages

4 Pricing Options

Training program led by TCO Physical Therapists who are both TPI Certified and Certified Strength & Conditioning Specialists

4 Package Options

Par - 2 sessions	\$160
Birdie - 4 sessions	\$280
Eagle - 8 sessions	\$520
Albatross - 12 session	\$700

Customized home exercise program through MyTPI.com & Big 12 Swing Assessment with Dartfish video analysis



#3 Golf Fit Packages

2 Pricing Options

\$40/session

when you purchase over 20 sessions

\$45/session

when you purchase less than 20 sessions

- One-on-one personal training led by a Certified Strength & Conditioning Specialist
- Get in "golf" shape, tailored to your individual fitness goals

#4 Gain 10+ Yards Package

\$800

The ultimate training investment combining services from clinical, fitness and golf professionals

TCO TPI Physical Therapy Services

- 2 golf metrics assessments (pre and post testing)
- 12 weeks of TPI corrective exercises
- Performance scores to identify limitations and asymmetries
- Functional movement training equipment included with package

TCO Certified Strength and Conditioning Services

- 4 "golf" fitness sessions with a Certified Strength and Conditioning Specialist
- Improve endurance, strength and power

TCO Partner Golf Pro Services

- 6 - 30 min. sessions with a PGA Certified Golf Pro
- Driver fitting

TCO Partner Nutrition Services

- Nutrition consultation with a Registered Dietitian