

Steadman Hawkins Denver Clinic

Golf Performance Training

Utilizing the same physical screening process PGA tour pros use, we will isolate any physical limitations you may have, correlate these findings to your swing technique, and prescribe a custom strength and conditioning program.

- **Physical Screen**

A 12 point assessment is performed in order to identify your body's physical limitations and how these limitations may directly affect the efficiency and precision of your golf swing.

- **Corrective Exercise Plan**

A workout plan is created to immediately address and begin to correct these limitations and imbalances. This plan may include active or passive stretching, joint specific mobility work, limitation specific strength work, or balance training.

- **Performance Training**

This portion of the program is where golf specific strength and power are developed. This is where we begin to address a player's length off the tee with ballistic lifts and advanced med ball training.

• • • 2 sessions of 45 minutes for 150.00 • • •

Our Mission:

"To offer athletes of all ages and abilities a needed service to help prevent injury, decrease rehabilitation time, increase the success of therapy, and strive to reach maximal athletic performance."



Coach:

**Kevin O'Donnell,
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