

GOLF FITNESS INSTRUCTORS

Mary Volkmann, PT, ATC



- Body Balance for Golf, Level I Instructor
- Licensed Athletic Trainer
- Four years experience collegiate level athletics with male and female golf teams

Greg Renfro, PTA, CSCS



- Body Balance for Golf, Level I Instructor
- Degree in Exercise Physiology, University of Wisconsin-La Crosse
- Certified Strength and Conditioning Specialist
- Former Strength and Conditioning Specialist, United States Olympic Training Center, Colorado Springs, CO
- Published over 400 articles on injury prevention, optimal performance and nutrition in local and national journals

Your body is your most important piece of golf equipment.

For more information or a referral to the GolFitness Program, please call us toll free at

1-888-843-1367



MINISTRY REHABILITATION SERVICES
Northern Region

Where caring makes the connection.SM

SAINT MARY'S HOSPITAL
1044 Kabel Avenue, Rhineland, WI 54501 (715) 369-6604

SACRED HEART HOSPITAL
216 North 7th Street, Tomahawk, WI 54487 (715) 453-7740

CRANDON OFFICE
207 West Pioneer, Crandon, WI 54520 (715) 478-3350

EAGLE RIVER MEMORIAL HOSPITAL
201 Hospital Road, Eagle River, WI 54521 (715) 479-0224

HOWARD YOUNG MEDICAL CENTER
240 Maple Street, Woodruff, WI 54568 (715) 356-8870

MERCER OFFICE
2987 Highway 51 South, Unit C, Mercer, WI 54547
(715) 476-7885

www.ministryhealth.org • email: rehab@shsmh.org

Swing into health



MINISTRY REHABILITATION SERVICES

GolFitness Program

Treat Yourself

Like a Pro

Ever wonder how Arnold Palmer can hit a **golf ball** in his seventies? The reason is that he has athletic **trainers** and strength and conditioning **specialists** helping him stay in excellent shape. From Tiger Woods to Fred Couples, professional golfers seek training and **advice** to promote **optimal performance** and **prevent injury**.

But you don't have to be a pro to have access to **our** specialists. Ministry Rehabilitation Services–Northern Region sports therapists provide GolFitness, a customized **golf-specific** program that is available to golfers of all ages and skill.

QUESTIONS?

call

1-888-843-1367

FOUR POINT EVALUATION



- Video analysis of your golf swing
- General physical evaluation of musculoskeletal components that may contribute to swing dysfunction or injury
- Address muscle imbalances and swing flaws
- Stretching, re-education and conditioning that will allow you to perform at an optimal level with reduced risk of injury



“If you watch a game, it’s fun. If you play it, it’s recreation. If you work at it, it’s golf.” – Bob Hope

What makes GolFitness different?

- Individualized training and goal setting help you achieve your most optimal and pain free golf swing. Meet with one of our sports medicine therapists for an extensive golf interview, evaluation and goal setting session.
- Often the same imbalances that reduce your swing effectiveness cause pain in your activities throughout the day. So while you improve your swing effectiveness you also improve your everyday health by eliminating other nagging pains.
- Our goal is to give you a crystal clear picture of exactly what you must do to reach your pre-set golf goals.

HOW IS THIS DIFFERENT FROM SEEING A GOLF PRO?

- GolFitness does not dabble in the specifics of golf strategies: use of different clubs, chipping or putting. GolFitness deals with the physical structure of a golfer.
- We want to provide you with a body that is capable of reaching the positions that will give you an optimal golf swing as prescribed by your golf pro.