

FLORIDA PHYSIO

Florida Physio Player Handbook

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Welcome to Florida Physio. We provide physical therapy and golf performance services to players looking to get out of pain and/or improve their flexibility, strength, speed, and longevity for golf.

I'd like to first THANK YOU for trusting us. We are players ourselves...golfers first! We are also Doctors of Physical Therapy and Strength Coaches who specialize in golf and are certified through the Titleist Performance Institute.

There are four ways to get better at golf. Certainly, players spend most of their time working on 2 of the 4 which are: 1) Technique (practice, lessons) and 2) Equipment (clubs, ball, shoes, gadgets).

Oft-neglected, but essential to the well rounded golfer are: 3) Mental/Course Management, and 4) The Physical Aspect.

At Florida Physio, we focus on #4 The Physical Aspect. As you'll see in this handbook there is a physical health road map to a better body and better golf.

We start by completing a Golf Physical Assessment which includes a flexibility, strength, speed, and swing assessment. This information gives us the starting point to your road map journey. Most people begin working on flexibility/mobility for golf. Others might be candidates to rehabilitate an injury. Although rare, some of our clients are ready on day 1 for strength and speed training.

Follow-up sessions are done in-person or online through our mobile app "Florida Physio" available in the Apple App Store and Google Play. We like to get everyone started with in-person sessions to learn exercises properly. Oftentimes, people phase from in-person sessions into a hybrid plan where they do the work on their own and check in with a follow-up visit on a biweekly or monthly basis.

In summary, you will be assessed as mentioned above, then work on one of the following for each area of your body: rehab (if needed), mobility/flexibility, stability/strength, speed/power

We are confident that if you put in the work and trust the process of getting incrementally better in each of these areas week to week, you will start to see the results in how you feel during and after a round. We hope to see your scores start to drop as you travel along the map to a better body for better golf.

Sincerely,



Owner/Founder

In Golf Performance — there are four ways to get better. Your Technique, Your Equipment, Your Body, and Your Mind. Whether it's rehab or performance, we focus on the body aspect.

From a Physical Health Standpoint there are 5 principles:

1. PRODUCE FORCE

- You improve this by getting stronger — lifting weights
- Keep it simple
- Pick variations of the Squat, Lunge, Deadlift, Step up, Chest Press, Rows, Overhead Press, Pulldowns/Pullups
- 8 to 12 rep range add weight when easy for 2-4 sets
- Machines are fine—push yourself so that you can't get to rep 13 or 14

2. GYM SPECIFIC SPEED

- Do this by moving lighter weights quickly
- Jumps, Med Ball Slams and Throws, or take normal lifts and lessen the weight move the item faster
- 6-8 rep range. 2-4 sets Move the bar fast. Take Longer rest breaks

3. GOLF SPECIFIC SPEED

- Do with and without golf ball
- Max Intent Driver swings early in your practice session while you are fresh — think SCRAMBLE SWING.
- Don't worry about direction...you are just trying to stimulate your nervous system to move faster.
- Speed sticks work great 2-3 a week. 15-20 swings max in certain protocols.
- There is some merit to have a Focus on contact at higher speeds...but again, swing with max intent.
- Separate swing mechanics training from speed. Speed training — doesn't have to look pretty
- Balance time to be able to work on swing and skill work

4. ROTATION MOBILITY

- Everyday spend time on thoracic spine, hip, shoulder and neck mobility
- Focus on general movement into full range of motion
- Breathe into the end of the range.
- Add load through full range of motion

5. RECOVERY

- Eat well: Focus on lean meats, fruits and veggies, nuts and other unprocessed foods
- Get enough protein in — let me know if you have questions about this.
- Sleep well — 7 hours minimum showed a correlation with better scores in college golfers. This is one of the most important aspects of shooting lower scores. Good quantity is important but also the quality of sleep....reaching the deep states is important. You do this by building good morning and night routines.
- Manage stress both physical and mental by spending time with family, leaving work at work, exercising regularly, and playing more golf!!

GOLF PERFORMANCE TRAINING

INDIVIDUALIZED PROGRAMMING BASED ON YOUR NEEDS

The Golf Fitness Map

Pain/
Rehab

Mobility/
Flexibility

Stability/
Strength

Speed/
Power

What to Expect

Research suggests it takes 4-6 weeks of consistent exercise to make objective improvements with any of the categories listed above

Our program uses principles of periodization training by providing graded exercise progressions to ensure you progress

As you progress and meet goals on your journey, you'll move into the next phase of the Golf Fitness Map

GOLF FITNESS MAP

MOBILITY

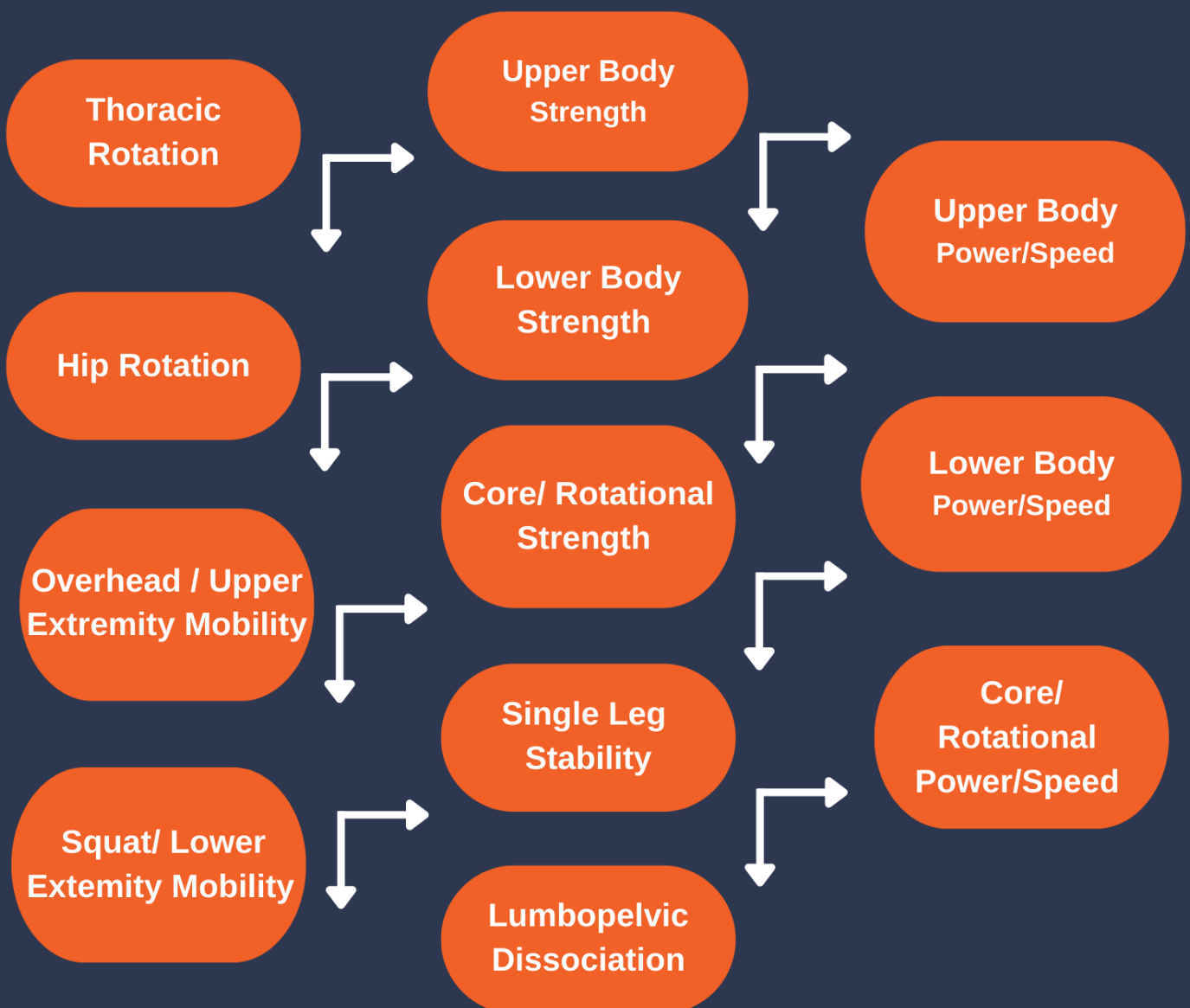
- 3-6 WEEKS
FOR EACH
CATEGORY

STRENGTH

- 3-6 WEEKS
FOR EACH
CATEGORY

POWER/SPEED

- ROTATING THROUGH
THESE CATEGORIES FOR
3-6 WEEKS



PRICING

GOLF PHYSICAL (INITIAL VISIT)

Titleist Performance Institute (TPI) Screen	\$60.00
Video Analysis of Swing with Voiceover	\$60.00
Launch Monitor Data Analyzed	\$30.00
Trainerize App Account: Custom Home Exercise Program with Videos	\$90.00
Concierge Phone, Email, and Text Access to Doctor of Physical Therapy	\$60.00
TOTAL VALUE:	\$300.00
YOUR PRICE:	\$150.00

GOLF PERFORMANCE FOLLOW UP SESSIONS

1 Hour follow-up
1-on-1 session with TPI Certified Doctor of Physical Therapy / Strength Coach
Continued Home Exercise Program Updates and Support for 4 weeks
Phone, Email, and Text Access to Doctor of Physical Therapy for 4 weeks

GOLF PERFORMANCE FOLLOW-UP \$130.00

This is for 1 session and updated exercise program in app

COMMITMENT PACKAGE OF 8 FOLLOW-UP SESSIONS \$960.00

Save \$80.00 with Sessions at \$120.00 each

COMMITMENT PACKAGE OF 18 FOLLOW-UP SESSIONS \$1980.00

Save \$360.00 with Sessions at \$110.00 each

PARTNER TRAINING \$70.00

Limited space and times available. Shared session with 1-2 other players

ONLINE TRAINING \$130.00

8 weeks of training online, updates unlimited during that period.

Zero Risk 30 Day Money Back Guarantee

We want you to meet your goals and take accountability for this. If you are unsatisfied, please contact me at info@floridaphysio.com. I will refund you 100% of your payment price if we cannot resolve any issues. Any pre-paid sessions that are not used will be 100% reimbursed. Many clients are able to use their insurance for our physical therapy services. Florida Physio operates under the direct-pay model except with Medicare Part B. If you do not have medicare, payment for services is accepted upfront. However, you may be reimbursed for PT services if your insurance plan has out-of-network PT coverage.