

There is no piece of equipment more important than your body. Without proper physical conditioning your game is missing a key piece of equipment!

Greg Rose, DC, MGFI

"We are playing for a lot of money out here and most guys realize how important it is to take care of your body and stay in shape. That's the equipment you really take care of -your body!"

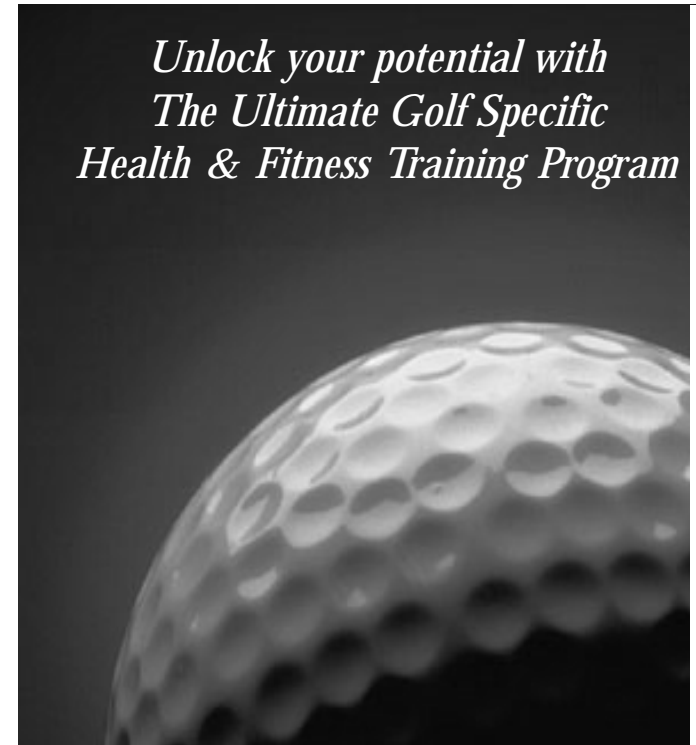
Tiger Woods
Golf Magazine
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Better Mechanics...
Make for a better game.

Profitt Chiropractic
4360 13th Street, Suite 2
Ashland, Kentucky 41102



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606.326.0100



Your First Visit

The initial evaluation begins with a comprehensive exam by Dr. Brad Profitt, an advanced golf fitness instructor. Dr. Profitt has taken a special interest in golf performance enhancement and injury prevention.



The entire exam is designed to establish some base line information pertaining to your golf strengths and weaknesses. Many key physical elements of your golf swing will be evaluated, including:

- Address Posture
- Muscle Power & Strength
- Overall Flexibility
- Proper Weight Shift
- Foot Biomechanics
- Balance & Coordination
- Level of Endurance

By evaluating these seven essential elements we are able to help determine any possible swing flaws or injuries that might occur due to your physical restrictions.

Next in line is a full evaluation of your current golf swing. Using a high speed video camera and interactive computerized swing analysis software we are able to visualize any current physical restrictions in your body that are preventing you from mastering the perfect golf swing. By combining the results of both evaluations we will have a complete picture of your golf strengths and weaknesses. Eliminating your weaknesses and enhancing your strengths is the key to improving performance.



Whats Next?

Once the results from your first visit are taken into consideration, Dr. Profitt will design and recommend a complete golf specific performance enhancement program to meet your individual needs and goals. Whether you want straighter shots, better putting, more distance off the tee or injury treatment and prevention, we can tailor the program to fit your goals and needs.

Services Provided

Comprehensive Golf Specific Physical Evaluation:

- Posture Analysis
- Balance Evaluation
- Flexibility Testing
- Strength Analysis
- Trunk & Shoulder Stability Exam
- Spinal Range of Motion Testing
- Orthopedic & Neurological Evaluation
- Weight Shift & Foot Dynamic Evaluation

Video Analysis:

- Record base line golf swing motion.
- Recognize physical restrictions and weakness that limit proper swing biomechanics.

Customized Golf Specific Exercises:

- Stretches
- Strengthening Exercises
- Flexibility Programs
- Aerobic Conditioning
- Swiss Ball & Biofoam Roller Exercises

Treatment & Prevention of Golf Related Injuries:

- Neck Pain & Stiffness
- Shoulder Pain & Weakness
- Elbow Pain
- Wrist & Forearm Pain & Weakness
- Low Back Pain & Tightness
- Hip & Knee Pain
- Hands & Feet Pain