

Golf 3D Assessment

Hit the ball further

Improve your ball striking

Reduce your risk of Golf Injuries



North Adelaide Manipulative Physiotherapy & The SA Golf Injury Clinic are now offering 3D Swing Analysis and Biofeedback Training using the latest technology for competitive and social golfers.

We use a 3D system to measure exactly the way your body moves during your golf swing. We then isolate the technical (mechanics) and physical (stability, flexibility, etc.) issues in your swing and provide a blueprint for improvement.

What is involved?

45 min to 1 hour session with a Physiotherapist and golf professional wearing a vest and sensors to measure your body movements.
Hit approximately 10 shots, then receive a ½ hour training period to correct your movement faults whilst wearing the vest.
Discuss and receive advice regarding the implications for improving your game and preventing injury.

What do you receive?

1. A detailed report highlighting your strengths & weaknesses.
2. ½ hour Biofeedback training while hitting balls.
3. Exercise advice designed to correct individual faults.
4. Virtual reality, computer generated 3D model of your golf swing, viewable on your computer.

Who runs the sessions?

Golf Physiotherapist Ben Corso in conjunction with your PGA professional.

Where?

SA Golf Injury Clinic- Grange Golf Club, or by arrangement at your local golf club with your pro.

To book your 3D Swing Analysis or find out more about our Golf Pilates and Assessments contact us:

www.sagolfinjury.com / Phone: **8361 6933**