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# Golf Assessment

**Neck & back pain playing golf?**  
**Sore joints after golf?**  
**Need to take anti-inflammatories  
to complete your round?**  
**Hit the ball further**  
**Improve your ball striking**



**The SA Golf Injury Clinic** is open to golfers of all ages and abilities requiring physiotherapy assessment & treatment. Our Physiotherapists have expertise in the assessment & management of golf related injuries.

## What is the Golf Assessment?

The Golf Assessment is a screening which involves a Physiotherapist analysing various aspects of the golfer's physical make up to determine the player's strengths and weaknesses. The areas of weakness highlighted may be the cause of current symptoms or could have the potential to cause injury. Therefore the benefits are to both prevent injuries and enhance your performance.

## What does it involve?

Musculoskeletal screening involves the evaluation of your alignment and Golf Posture, flexibility of muscles/joints relevant to the golf swing, trunk and pelvic stability, golf swing technique and fitness testing to determine areas for improvement in your game.

At the completion of the assessment a summary of the major findings are provided to the golfer and then a program is designed to rectify problems in the form of treatment, home exercises & advice.

## How do I book a Golf Assessment?

To book your session or find out more ask your Physiotherapist or reception staff.

*Ben Corso the clinic director also offers computerised **3D Golf Swing Analysis**.*

For more information about 3D Golf Swing Analysis, other services/products and staff visit our website:

[www.northadelaidphysio.com](http://www.northadelaidphysio.com) / Phone: **8361 6933**