



Golf Fitness Assessments Available at Cape Cod Rehab

The Titleist Performance Institute has developed a program to identify limitations in mobility, flexibility and strength specific to the golf swing.

Briana Lackenby PT, DPT, OCS of Cape Cod Rehab is Certified as a Titleist Golf Fitness Instructor. Briana can perform the TPI golf fitness screen and design a fitness program specific to your individual body needs and fitness/golf goals.

The Titleist Program is aimed at preventing injuries and extending your longevity of play and improving your overall fitness. Check out the Titleist web site for more information on this exciting program at

www.mytpi.com.

Cost: \$150.00 (1 hour)

- Includes TPI Assessment
- Exercise program design
 - Exercise Instruction
- Education in use of TPI Exercise Portal
 - Pictures of all exercises
 - Golf Fitness Report

You will also receive the Cape Cod Rehab monthly golf newsletter, which includes information on fitness, common swing faults and the "Ask the Expert" section by Jane Frost, one of Golf Magazine's Top 100 Teachers in America.

To sign up for the TPI Golf Fitness Assessment at Cape Cod Rehab please e-mail Briana at blackenby@fitplan.com