

# ***Power, Consistency and Endurance***

## **Golf Fitness Combine**

*Saturday, October 29, 2016*

*Golf Club of Dublin*

**Our Ohio State Sports Medicine experts will use the results of three assessments to create a winter program to improve consistency, increase power and limit golf- associated injuries.**

### **3-D swing analysis**

The K-Vest will illustrate how efficient each golf swing is. It will identify sequencing issues in each swing that may be causing poor ball striking AND lack of distance.

### **Physical Golf Swing**

The Golf Screen consists of multiple physical tests to identify any limitations in mobility, motor control (stability), balance, and coordination that may be negatively impacting the golf swing.

### **Power Screen**

The Power Screen involves physical tests to evaluate each individual's ability to create power specific to the golf swing. Results will show areas needed for improvement.

### **Cost is \$299**

You will receive a report of each test along with a 12 week online program.

For more information or to register, email: [OSUGolfPerformance@osumc.edu](mailto:OSUGolfPerformance@osumc.edu)

*Only nine spots available. Registrations exceeding nine will be placed on a wait-list.*

***More locations and dates to come!***



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER