



**THE PORTLAND CLINIC - TIGARD**  
 9250 SW HALL BLVD,  
 TIGARD, OR 97223



**THE PORTLAND CLINIC - SOUTH**  
 6640 SW REDWOOD LN,  
 PORTLAND, OR 97224

**INSTRUCTOR**

**James Lee, MSPT**

Certified through Titleist Performance Institute.



**APPOINTMENTS**

To make an appointment please call:

**THE PORTLAND CLINIC**

503-620-7358 x4028

All ages welcome.



# Golf Assessment Program

*A performance and rehabilitation program for golfers*

## Your Appointment

DATE	TIME
LOCATION	

If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.

**Our Mission:** We are a comprehensive medical team committed to making a healthy difference in your life.

*We specialize in you.*





Is injury interfering with your golfing performance and enjoyment? Have you lost distance, accuracy, and consistency with your shots?

The Portland Clinic's Golf Assessment Program addresses physical limitations that may be limiting your golfing potential. Our anatomical analysis uncovers specific deficits in strength, flexibility, and range of motion that can hinder your progress and, or, cause significant injury.

Our program assesses strength, balance, and

evaluates body mechanics and their relationship to injury.

The results of the assessment will be used to design a customized golf specific exercise program. Existing or chronic injuries may also be addressed with education, exercise, and manual therapy to restore proper movement in your golf swing.

Whether you are a recreational golfer or carry a low handicap, this program will help you have a better understanding of your golf swing which can lead to lower scores.

## WHAT TO EXPECT

- 1 Evaluation to assess swing mechanics, physical fitness, and movement quality of your golf swing.
- 2 Work one-on-one with a physical therapist.
- 3 Videotape analysis of your swing.
- 4 Learn golf specific exercises and drills to improve your strength, flexibility, and posture during the golf swing.

## EVALUATION

**1 hour evaluation, with 30 minute follow up appointments if necessary. We evaluate golfers of all ages.**

Please call if you have any questions about the program details, billing options and to schedule an appointment.

## THE PORTLAND CLINIC

503-620-7358 x4028

