



Sports Performance Enhancement

Haven't had a chance to see what **SPE** is all about? Starting in February we have three options for you to explore all we have to offer. Why not take the last few weeks of winter to improve how your body moves so you can start the golf season swinging in the right direction.

If you haven't heard anything about us, we are Dr. Kristin Lowe, PT, DPT and Lisa Williams, PTA, TPI Level 1 Certified professional and have partnered with Williams Golf Academy at Southern Dunes Golf Course to enhance golfers' performance. Our combined 30+ years of experience in Physical Therapy has helped us create clinics specific to the needs of a golfer. Using a variety of exercises, stretches and drills, we will focus on enhancing your body's movements and mechanics to optimize your golf swing.

1). Want to see how golf ready your body is or how your body mechanics relate to your golf game? Sign up for a **TPI Golf Screen** that uses 16 assessment items to see how your body moves is contributing to your golf swing characteristics.

2). Our **Pre-Season Golf Clinic** to get your body ready to hit the greens will run for 5 consecutive weeks on Saturdays from Feb 27 to March 27. (Adult and Junior clinics are available). In addition to a 1 hour clinic each Saturday, you will receive an invitation to join our online pre-season training group to have access to daily 15-20 minute workouts to get your body ready for a great golf season.

3). Unable to commit to our Saturday morning clinic? We are now offering a **Monthly Membership** option!

Using an app you will have access to daily customized 15-20 minute golf specific workouts. These workouts are a combination of TPI specific drills and exercises as well as evidence based physical therapy exercises to get your body the strength, mobility, power, balance, and agility needed to improve your golf game. Included in your membership, you will have the ability to schedule a monthly TPI screen during our available screening days.

We love getting referrals and reward the one referring. Ask us about our referral bonus!

For any questions, more information or to reserve your spot, please contact Kristin or Lisa by phone, email or directly reserve a spot through our link.

<https://calendly.com/sportperformanceenhancement>

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