



Sports Medicine

Spring Golf Fitness Program



Dan Sutton, HDCC Golf Pro



Jeff Durivage, P.T.

How: The use of a three camera filming system- down-the-line, face-on and overhead to assess swing mechanics

How: Musculoskeletal screen-identifying the players limitations, by Jeff Durivage PT (Titleist Performance Institute Certified)

How: Exercise instruction to address physical limitations and improve strength, power and ball striking.

Then continue golf specific training program 2x/week at Sunforest Outpatient Rehab and Therapy

How: One on One swing analysis with Golf Teaching Professional Dan Sutton, Heather Downs CC

When: Saturday, March 17th. 11am-3pm, registration 10:30-11

Location: Mercy Sunforest Outpatient Rehab and Therapy
3930 Sunforest, Suite 100, Toledo, OH 43623

Limit: 12 golfers

What you will receive:

- Swing analysis from Dan Sutton, HDCC Golf Professional
- Corrective exercise program from Jeff Durivage, physical therapist
- Access to Sunforest Outpatient Rehab to complete golf specific training

Cost: \$200.00 for 8 week program



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