

Introducing...

FIT fore the FAIRWAY



Our Newest Specialized Program

Fit fore the Fairway is the newest specialized program at Grand Arbor that utilizes the latest research in golf fitness, health and swing biomechanics from the Titleist Performance Institute (TPI) in order to keep your body and your golf game at its best. This program offers one-on-one TPI Golf Assessments, giving you the opportunity to experience the same physical assessment and fitness training as the pros regardless of your golf skill level.

- Helps individuals understand how a body's limitations can influence the golf swing and how to address those limitations through the proper channels.
- Identifies any physical restrictions that may be limiting a player's swing or game, and simple techniques to improve these limitations.
- Teaches you the most common swing characteristics that can lead to mechanical inefficiencies in your golf swing, and put you at greater risk for injury.

About Your Titleist Performance Certified Physical Therapist



Grant Haugen holds an undergraduate degree in psychology and biology from the College of Saint Scholastica in Duluth, MN. He went on to pursue his Doctor of Physical Therapy degree from the same institution. In addition he also became certified through Titleist Performance Institute (TPI).

Grant is from Alexandria, MN, and attended Jefferson Senior High School. During his graduate school work he interned at many locations, including Knute Nelson. He is excited to be joining our team and to utilize his doctoral course work and TPI knowledge with the community. His special interest is aimed towards dynamic sports and orthopedic physical therapy care for golfers and athletes of all ages.

Grant understands a golfer's first concern is to stay in the game and that an injury, regardless of cause, can derail even the best golfer. Most amateur golfers do not realize their body simply is not capable of swinging a golf club like a professional golfer does. His credentials allow him to educate the golfer as to what their body is currently capable of doing by screening for anatomical limitations and providing corrective exercises to reduce or eliminate restrictions. Grant's philosophy statement is borrowed from Vince Lombardi; "practice doesn't make perfect, perfect practice makes perfect."



Our Specialized Programming

Two one-on-one sessions with
Titleist Performance Certified Physical Therapist
for \$195.00.

FIT fore
the
FAIRWAY



What you will receive:

- **TPI Golf Screen:** Using the Titleist Performance Institute golf screen in combination with a general orthopedic screen, we assess your flexibility, core stability, balance and strength limitations affecting your swing.
- **Swing Evaluation Correlation:** Using golf video analysis technology, we pinpoint correlations between physical limitations and your golf swing to assist in developing a personalized fitness plan.
- **Individualized Golf Specific Program:** We give you a personalized home training program designed to address physical limitations that impact your swing and golf game. We teach proper exercise technique and walk you through each step of the exercise plan.
- **Dynamic golf pre-game warm up** provided .

*Additional 45 minutes sessions available following completion of initial program for \$75 each.

Fit fore the Fairway participants are saying...

"The video of my swing helped me become aware of how to correct that s-curve. This has been extremely helpful as I'm able to hit the ball further when I include that in my swing."

"We baby boomers don't want to have to stop moving. This program is great for individuals wanting to stay in the game of golf and improve overall wellness."

"Fit Fore The Fairway really helped me have a better understanding of how my posture and set-up stance affects my golf swing. I have been able to implement this knowledge and awareness on the golf course as well."

"I can see the value in the exercises that were provided to me during my golf screen. They have really helped me identify my weak spots in regards to the game of golf."

Let us help you stay Fit fore the Fairway!
Call us today to begin your specialized programming
320-759-4613

Outpatient Therapy at Grand Arbor
4403 Pioneer Road SE
Alexandria, MN 56308

