

Golf Physio Program

Gearing up for the
upcoming golf season?

Are you looking at
ways to prevent injury,
or is an injury
preventing you from
hitting the links?

Looking at ways to
improve your game?

Have your body and swing mechanics
analyzed to identify faults/limitations
that may be causing or predisposing
you to:

Faulty swing patterns

(possibly leading to slices, hooks, tops, chunks, etc.)

Aches and pains, such as

- Lower back pain
- Tennis Elbow
- Golfers Elbow
- Shoulder pain



Eramosa Physiotherapy Associates, Elora

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Golf Assessments:

- Postural assessment
- Mobility and strength assessment
- Swing mechanics using video analysis in indoor/outdoor swing bay
- Development of golf-specific corrective and fitness programs



**Meredith Fairbairn, MSc (PT),
BSc Hon (Kin)**

*Registered Physiotherapist, Certified
Strength and Conditioning Specialist, Golf
Fitness Specialist, TPI Certified*

Meredith grew up in the area playing golf competitively and went on to compete at an NCAA Division 1 level at Eastern Michigan University. She has furthered her golf specific training and is certified through the National Academy of Sports Medicine as a Golf Fitness Specialist, and is also Titleist Performance Institute (TPI) Certified.

She combines her passions for golf and physiotherapy to help keep you in the game!



Titleist
PERFORMANCE
INSTITUTE
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Questions?

Feel free to contact us via telephone or email, or drop into the Elora clinic!