



# EvolutionPHYSIOTHERAPY

## Titleist Performance Institute (TPI) Golf Fitness Program



**Allen Hicks: BA(Hon)PE, BScPT, FCAMPT, CSCS, TPI**

At Evolution Physiotherapy, all TPI Golf Fitness Programs are completed with Allen Hicks, BA(Hon)PE, BScPT, FCAMPT, CSCS. Allen is a Registered Physiotherapist, a Certified Strength and Conditioning Specialist, and has been a consultant (Team Ottawa Strength and Conditioning Coach) for Golf Ontario for the past 4 years. He has been working with youth and adult athletes (including professional and elite amateur athletes) as both a physiotherapist and strength coach for the past 20 years. He incorporates the latest research in functional movement systems, injury risk analysis, adult, and youth conditioning into the rehabilitation and long-term athletic development programs offered at his professional practice, Evolution Physiotherapy. Allen's goal is to help all athletes develop a strong movement foundation and build an optimal performance pyramid.

The recommended format for the **TPI Golf Fitness Program** includes the following components:

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|--|-------------------|----------|
| 1) <b><u>INITIAL ASSESSMENT</u></b> , including a movement/physical screen | option A (1 hr)   | \$165.00 |
|  | option B (40 min) | \$120.00 |

For new clients, the information gathered during the assessment will include: relevant medical and injury history; past, present, and future physical activity. The Movement/Physical Screen will also be completed during the assessment.

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|---------------------------------|---------------------|----------|
| 2) <b><u>PROGRAM DESIGN</u></b> | option A (advanced) | \$120.00 |
|                                 | option B (basic)    | \$70.00  |

The program design includes an exercise log or calendar, an individualized exercise program (based on your specific requirements), and pictures, descriptions, and/or video clips of all the exercises. Advanced programs will have more components and more individual exercises.

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| 3) <b><u>PROGRAM IMPLEMENTATION</u></b> | option A (1 hr)   | \$165.00 |
|   | option B (40 min) | \$120.00 |

The program implementation is necessary to instruct the client on correct technique for the exercises, as well as to ensure the appropriateness of the exercises included in the program. Any adjustments to the program can be made during the implementation session (eg. if an exercise is too difficult or causes any pain). The longer session (1 hr) is necessary if the program includes more than 10 exercises.

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| 4) <b><u>PROGRAM EVALUATION</u></b> (re-assessment) | option A (40 min) | \$120.00 |
|   | option B (20 min) | \$70.00  |

The program evaluation is important to improve motivation during the program, as well as to evaluate the effectiveness of the program in regards to client goal achievement. Following the evaluation, the program may be renewed or modified.

## COST OF THE PROGRAM

While the cost of the program may seem high, the rates are the same as our other physiotherapy services. The program is designed for self-motivated individuals who will be performing the program independently. If you wish to have a Certified Personal Trainer or Strength Coach implement your program, that is another option available. We are open to working with your Trainer/Coach.

*\* The program cost may be partially or fully covered by extended health benefits if you have physiotherapy coverage.*

## FURTHER PROGRAM OPTIONS

All of the above Exercise Program Information pertains to Independent Home or Gym Programs. The program can be designed to be performed at home (with minimal equipment) or at a gym, based on the equipment you have available. These programs are appropriate for individuals who have been performing an independent exercise program for more than 6 months on their own. These individuals have the motivation to exercise independently and do not require regular supervision regarding their exercise technique.

For those who require further assistance with either motivation and/or exercise technique review, coaching, etc, there are additional options available. These include monitoring fees for the first few weeks of the program to help improve motivation and program compliance. Further sessions can also be booked to assist with motivation and/or exercise technique. As mentioned above, if you wish to work with a Trainer/Coach to implement your program, that is an option as well.

Examples include:

### **Eagle option**

1 hr assessment	\$165.00
Advanced Program design	\$120.00
1 hr Program Implementation session	\$165.00
40 min program evaluation	\$120.00
<b>Total</b>	<b>\$570.00</b>

### **Birdie option**

1 hr assessment	\$165.00
Advanced Program design	\$120.00
1 hr Program Implementation session	\$165.00
<b>Total</b>	<b>\$450.00</b>

### **Par option**

40 min assessment	\$120.00
Basic Program design	\$70.00
40 min Program Implementation session	\$120.00
<b>Total</b>	<b>\$310.00</b>

For further information, contact Allen Hicks, Registered Physiotherapist, Certified Strength and Conditioning Specialist: e-mail: [allen@evolutionphysiotherapy.com](mailto:allen@evolutionphysiotherapy.com); Phone: (613) 271-5800. You can also visit the following website: [www.evolutionphysiotherapy.com](http://www.evolutionphysiotherapy.com).