



## MAXIMIZE YOUR GOLF PERFORMANCE

H & D Physical Therapy presents a revolutionary Golf Performance Program that combines the physical therapist's ability to observe and evaluate movement with the personal trainer's knowledge of exercise. The result is a personalized exercise and treatment program designed to help you hit the ball farther, improve consistency, and trim strokes from your score!

### SERVICES

- **Golf Screening:** A 30-minute assessment of how your body responds to the golf swing.
- **Full-body Evaluation:** A comprehensive, 60-minute musculoskeletal evaluation to identify which physical factors are robbing power from your swing.
- **Performance Session:** A personalized, 60-minute session which integrates exercise with manual therapy to maximize swing efficiency by restoring flexibility, balance, and power to your swing.

### PROVIDER

#### **Seth Greiner, Physical Therapist and Golf Performance Specialist**

Seth graduated from Boston University in 2005 with a Master of Science Degree in Physical Therapy. Seth received his personal training certification from the National Academy of Sports Medicine (NASM) in 2002 and has worked for Boston Sports Clubs. Since joining the team at H & D Physical Therapy in 2006, Seth has pursued extensive continuing education focusing on golf-specific rehabilitation and performance. He recently completed *Golo Golf Performance: The System* in Orlando, Fla., with William Breland, the only touring golf pro who is also a certified sports physical therapist. Seth strives to maximize movement efficiency in his patients and clients. He utilizes exercise to promote a healthy body and mind in both his clients and himself.

### PRICING

- Screening: \$60
- Full-body Evaluation: \$125
- Performance Session: \$125/session, 5 for \$550, 10 for \$1050
- Please contact our 46<sup>th</sup> Street Wellness Studio to schedule your appointment

12 East 46th Street, 8th Floor  
212.499.0848

**H&D Physical Therapy Wellness Studio Locations:**  
211 East 43rd Street, Suite 402  
212.499.0713

315 West 57th Street, Suite 305  
212.582.7020

17 East 82nd Street  
212.988.2501

**H&D Patient Financial Center:**  
211 East 43rd Street, Suite 1106  
212.499.0876

<http://www.HDphysicaltherapy.com>