

# Services

## GOLF CONDITIONING

**NOW OFFERING GOLF CONDITIONING PROGRAM!**

Are you tired of being in Pain?

Do you want to prevent injuries?

Do you want to improve your game?

This program is ideal for all ages and ability levels. **CALL US NOW to find out more information!**

**Evaluation = \$85**

**Follow up Sessions = \$75**

Offered at our Marblehead Location 781-797-0844.

**HOW WOULD YOU LIKE TO  
IMPROVE YOUR GOLF GAME?**

**LEARN HOW TO:**

- \*Take strokes off your game
- \*Drive the ball farther
- \*Recover from chronic neck, back, shoulder or elbow pain

**WHAT'S INCLUDED:**

- \*Comprehensive Physical Evaluation
- \*Golf Swing Biomechanic Analysis
- \*Instruction on Golf Specific Conditioning Exercises

**STEP AHEAD PHYSICAL THERAPY**  
781-797-0844  
[www.stepaheadpt.com](http://www.stepaheadpt.com)