

Perth Integrated Health Clinic

GOLF PROGRAM



Introduction

Perth Integrated Health Clinic (PIHC) has evolved a new Golf Program to target the needs of golfers and enhance their performance. PIHC and its practitioners have been involved extensively with golf being the appointed biomechanical practitioners for WGWA, involvement with Lakelands GC and Wanneroo GC at the sponsorship levels as well as clinical support at corporate Golf Tournaments. Our practitioners have also historically been involved with golfing academies and at the Heineken Classic at The Vines Resort previously.

It is well established that a golfer's game is influenced, not only by psychology and good technique, but by the biomechanics of the body itself. The research shows that swing faults do not solely happen because of poor shot execution or a lack of practice, they can be the result of restrictions in our muscles and joints. Subsequently, PIHC has researched and developed an individualized Golf Program to assess and treat imbalances in body biomechanics with the aim to improve golfing performance.

The Golf Program will benefit golfers who are keen to enhance their performance by increasing their flexibility, stability, strength and power.

Who would benefit?

The Golf Program would benefit the following:

- ◆ Golf Pros looking for a value added angle for their clientele
- ◆ Amateur players
- ◆ General public
- ◆ Golf Clubs



What is included?

The Golf Program will be conducted by occupational therapists. The program will comprise of the following:

1. Provision of a clinical assessment of body biomechanics, including posture.
2. Assessment of an individual's flexibility, stability, strength and power.
3. Assessment of the positioning of the body in relation to:
 - a. Stance
 - b. Feet placement
 - c. Wrist
 - d. Elbow
 - e. Shoulder
 - f. Lower back
 - i. Flexion
 - ii. Rotation
 - g. Knees
4. Provision of an individualised treatment and stretching program.
5. Reassessment of client progress and golfing performance.
6. Provision of comprehensive advice.

Consultants

Director
Ian Wee
Occupational Therapist
BSc (Honours) OT
Primary business liaison

Consultant
Lucy Liongue
Occupational Therapist
Masters OT, BSc
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Our Commitment

We pledge to provide the highest standard of consultancy service in the provision of the golf program for the development of golf, golfing standards and enjoyment of the game.

Further Information

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