

Golf Conditioning

At Spinal Rehab and Wellness Center we have greatly treasured our relationship with you and the experience of embarking on the road to wellness and feeling your absolute best!

Now that spring time is approaching, golfers everywhere are returning to the turf. After months of winter hibernation, our bodies need core strengthening and functional conditioning.

At Spinal Rehab we have put together an advanced golf conditioning program that will help you get ready for the golf season and melt away any lingering pain. This may include low back pain, shoulder pain, knee pain, golfer's elbow and pinched nerve. Let us personally evaluate and tailor the best golf conditioning program for you.

What a Golf Conditioning program entails:

- Functional capacity evaluation
- Stretching overactive muscles that can hinder golf performance
- Strengthen core muscles to improve golf biomechanics
- Build endurance in muscles to prevent pain

As always, Dr. Mira Dhutia incorporates patient education as well as advanced active conditioning with care. We know you have the talent. Let us jump start your golf season and get you to optimal capacity!

Call Spinal Rehab and Wellness Center at 630-236-8600 to schedule a golf conditioning evaluation. Be at the top of your game this season!



\$25.00 Initial Evaluation

\$25.00 Initial Golf Consultation/Evaluation

SPINAL REHAB AND WELLNESS CENTER
Located in Meadow Lakes Plaza

Expiration Date: 04-30-07

Orthotic GaitScan™

Custom made orthotics is one of our many services we provide at Spinal Rehab and Wellness Center.

TOG GaitScan™ System is a revolutionary diagnostic tool for assessing patient's biomechanics. GaitScan™ has 4096 sensors that scan your feet. This measurement provides us with a sophisticated explanation of foot mechanics and assists us with designing the best orthotics for your shoes.

TOG GaitScan™ is the most technologically advanced gait analysis system, designed to address the forefront of orthotic therapy and patient education.



Who should get assessed for orthotics?

- Feet Pain
- Heel Spurs
- Golfers, Runners
- Knee Pain-injury or arthritis
- Hip pain
- Chronic Low Back Pain or reoccurring back pain
- Numbness and tingling in feet
- Great tool for getting a baseline of our feet and body biomechanics

Are Orthotics covered by my insurance?

Yes, orthotics are covered by most insurance companies. Give us a call to verify your benefits.