



MOVEMENT ORTHOPEDICS

GET BACK TO IT.

JEFFREY J. CARROLL, D.O.
Orthopedic Surgeon

ASHLEY L. BOWDEN
Nurse Practitioner

GOLF MEMBERSHIP AND TRAINING

Movement Golf Performance - A medically based Evaluation and training program for golfers.

	Membership	6 months	12 months
1	<p><u>TOUR PROGRAM:</u></p> <p>The Tour Membership includes one individual training session per week. The membership also includes assessments, use of 3D technology, and speed stick training. *This membership includes all immediate family members* Family members that wish to do extra training or assessments may do so at special members pricing.</p>	\$3,999	\$6,999
2	<p><u>PERFORMANCE PROGRAM:</u></p> <p>The performance Membership includes one on one sessions each month. Membership also includes a full Golf Specific Movement Assessment and developed customized golf movement program every 6 months. The membership also includes assessments, use of 3D technology, and speed stick training.</p>	\$2,999	\$4,999

	Ala Carte Options	Pricing
1	Titleist Performance Institute Assessment	\$199 (Free with email reference)
2	Titleist Performance Institute Assessment + 3D golf swing analysis	\$599 (Free with membership purchase)
3	Private Fitness Training	<ul style="list-style-type: none"> • 1 session = \$225 • 8 sessions = \$1,200 • 12 sessions = \$1,500
4	Physical Therapy (active stretching and range of motion)	\$199

	Ala Carte Options (cont.)	Pricing
5	<p>Speed Stick Program:</p> <ul style="list-style-type: none"> By applying the time-tested and scientifically validated principles of Overspeed Training to golf instruction programs, our team has developed a program that will help all golfers increase distance and consistency. For more information see superspeedgolf.com 	<p>(15 minutes)</p> <ul style="list-style-type: none"> 1 session = \$49 3 sessions = \$120 6 sessions = \$199
6	<p>K Vest 3D Swing Assessment</p> <ul style="list-style-type: none"> Why guess? We can measure posture, rotation, kinematic sequence and more. Our evaluations answer the player's most important questions: What am I doing? What do I need to do to get better? 	\$399
7	<p>K Vest 3D Biofeedback Program</p> <ul style="list-style-type: none"> After the body and 3D swing analysis, you can train using the K vest system to improve your swing. When the body hits the specific points detailed by the training, the screen lights up green, a chime is heard, and a rep is counted. Biofeedback is using an audio cue to create muscle memory and is the basis of what K-VEST does. 	\$199
8	<p>Self-Directed Training Program</p> <ul style="list-style-type: none"> Our certified physical therapist or athletic trainer will design a golf specific exercise program based on a Titleist Performance Institute evaluation. A mobile exercise application is used to guide your exercises at your own pace. 	\$399