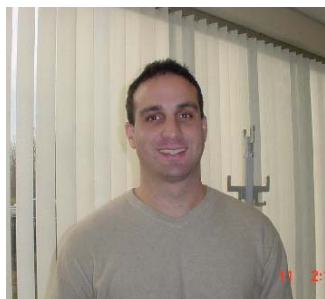


**TOTAL FITNESS  
TRAINING**  
617-240-9303

# How Would *You* Like to Improve Your Golf Game?



Andy Ciarletta has over 10 years experience in Orthopedic Physical Therapy and Sports Medicine. He is also a Certified Strength and Conditioning Specialist which allows him to provide customized sports-specific training programs to athletes in various sports and of various ability levels.



## Learn How To

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

### Golf Evaluation: \$75

--Comprehensive Physical Evaluation to detect joint and muscle imbalances that are affecting your game

--Golf Swing Biomechanical Analysis finds ways you can improve your swing

--Instruction on golf-specific stretching exercises gives you the edge over your competition

### Training Sessions: \$60

Golf Performance training consisting of stretching, strengthening and core stabilization.

CALL TODAY! 617-240-9303

#### *I Can Help*

The golf evaluation will help detect imbalances and weaknesses that may contribute to faulty swing mechanics and lead to injury.

#### *The Golf Clinic is Appropriate for:*

Avid and casual golfers who want to enhance their consistency, accuracy and endurance. Golfers who want to improve their overall fitness and conditioning, or any golfer who has sustained an injury limiting their ability to play.

#### *Performance Enhancement:*

My primary focus is improving your ability to play golf at a level you enjoy. Performance enhancement involves retraining the movement components and muscles you need most. Special emphasis is placed on exercise programs to be followed throughout the year, both during the season and in the off-season.

#### *Rehabilitation*

Proper rehabilitation of your injury can help you return to golf quickly and safely. Physical fitness plays an important role in both injury prevention and optimizing golf performance. This relationship assumes even greater significance as golfers age. With this in mind, I will design an individualized rehabilitation and exercise program to help restore flexibility, strength, and endurance.