



HONSBERGER GOLF TRAINING PROGRAM WINTER 2015 /16

Program Overview

The keys of an effective training program are:

- Comprehensive Systems Based
- Customized Training Goals
- Validation through testing
- Sustainable change

Our program reflects the integrated nature of the human body. By evaluating both the body, the mind and its interactions, we can determine each athlete's unique needs, evaluate progress and provide sustainable change.

To that end your program will include:

- 4 Biomechanical / Strength testing sessions over the 5 month program by our team of physiotherapists and massage therapists
- Weekly individual biomechanical reviews by physiotherapist Kevin Honsberger – with correction if required

- Customized exercise programs
- Small client-focused exercise training groups of three, twice per week for 90 minutes.
- Unlimited use of Honsberger Physiotherapy's gym facilities Monday- Friday

This program reflects our belief that poorly aligned body parts create bad motor patterns resulting in poor golf performance and potential injury. That is why Honsberger Golf puts a premium on evaluating and correcting biomechanical misalignments. Strengthening on top of bad biomechanics only locks in the dysfunction.

‘So get it right, keep it right and enjoy your golf season’

Why Honsberger Golf?

Honsberger Golf is an extension of Honsberger Physiotherapy and Biomechanics Clinic's 33 years of injury management, athletic evaluation, performance recovery and performance enhancement training.

You will benefit from the proprietary biomechanical evaluation, correction and enhancement programs developed by a Team trusted by professional athletes from all disciplines.

Our Professional Staff of registered physiotherapists, and massage therapists, offers expertise rooted in medical testing and treating courses and accreditation through the Titleist Performance Institute.

Thus, through evidenced-based evaluation, correction and training, we can safely ensure performance improvement and sustainable change.

Training vs. Exercising

To train the body you need to know the body! Kevin Honsberger's 33 years of practice has continued to prove that you need to restore the body, before you train the body. Even more remarkable is the brain's ability to remember a bad motor pattern.

Exercise without restoration is ineffective. Our program will therefore train the brain and the body in concert to maximize your physiological improvement.

‘Restore the body then train the body’

Sound Biomechanics are Essential

Bad Biomechanics build bad patterns, which are performance killers. Our program reflects the integrated nature of the human body. By evaluating the body, the mind and its interactions, we can determine each athlete's unique needs, evaluate progress and provide sustainable change.

Change the Brain

Your golf swing is a series of movement patterns that are stored in your brain. We all know bad habits are hard to eliminate. So why would golfers spend time and money and build bad patterns. Does good golf coaching change brain motor patterns? Is it easier to learn the game of golf with proper motor patterns? We think so. That is why we evaluate your primitive motor reflexes that form the foundation of the golf swing and assess your brain attention function during the golf swing to close the loop on your training program.

‘You need to train your brain to build your game’

Keys to High Performance Enhancement

Validation

To exercise without baseline and re-testing to confirm gains or losses makes your training irrelevant

Sustainability

The goal is to get it and keep it. Our programs are time designed to build and convert gains into playing gains.

Customization / Individual Attention

Not all athletes are built the same or have the same needs. That is why we cater to small training groups and place an emphasis on individual attention.

Golf Specific Training

Golfers need golf related exercises. Train like a golfer to be a golfer is the maxim we subscribe to. This only increases the return on your exercise investment.

Sound Biomechanics

All sports require proper alignment. Poor alignment results in maladaptation.

Movement / Pattern based

Golf is a sequence of movement patterns. The best programs amalgamate good pieces into patterns. The golf coach then uses these patterns to build a sound swing.

Mind / Body Co-ordination

Why do good golfers fold under pressure? Is poor performance just poor attention? We won't let you run the risk of not knowing. We will assess your attentive abilities during the golfing motion and provide training based on our evaluations

YOUR PROFESSIONAL TEAM 2015 /16

Kevin Honsberger BSc.PT

Kevin has blended his 33 years of practice with his experiences as a former intercollegiate athlete, Head Physiotherapist at the Mt Sinai Sports Clinic and as a Director of the Olympic High Performance Center to build a strong biomechanical approach to athletic and performance management. It has been tested across a wide group of sports, a wide age range of clients and a wide range of athletic ability. His client list includes pro golfers, tennis players on the ATP Tour and NHL players. He currently is the consulting physiotherapist for the University of Guelph Intercollegiate Men's and Woman's Golf Team.

Joseph Trambulo Bsc.P.T.

Joseph's passion for golf helps him understand the unique needs of the golfer. He works with amateur and professional golfers to overcome injuries and take their performances to the next level. To understand the complexities of the golf swing, Joseph has taken several continuing education courses. He is certified as a medical and fitness provider by the Titleist Performance Institute. He also employs the biomechanical approach to identify the source of many injury and performance issues. Other techniques that may be used during his sessions can include acupuncture/dry needling, manipulations, mobilizations, soft tissue techniques myofascial release, trigger point release, instrument assisted soft tissue mobilization. All of these skills allows Joseph to help any golfer recover quickly and achieved sustained growth in their performance.

Adam Honsberger RMT

Adam is recent Massage Therapy grad and holds a degree in Kinesiology. He is a former intercollegiate athlete who has worked with athletes of all ages and skill level to develop proper biomechanics, strength and mobility to reach their performance goals. He obtained his mental skill coach certification through Karl

Morris as well as receiving a Certified Personal Trainer designation in 2012.

WHAT IS INCLUDED

Initial Baseline Testing and Program Design..... \$150.00

- November 1st 1.5 hour Assessment
 - Biomechanical Evaluation
 - Alignment
 - Functionality of Joints
 - Strength Evaluation
 - Muscular Endurance
 - Muscular Power
 - Sequencing
 - Stability
 - Mobility Evaluation
 - ROM of all Joints
 - Muscle Length
 - Restrictions Due to Poor Biomechanics

Re-Testing at 6 weeks.....\$50.00

Re-Testing at 12 weeks.....\$50.00

March 31st 1.5 Hour

Assessment.....\$100.00

- Complete Re- Evaluation at the end of the program

Weekly Biomechanical check by Kevin Honsberger with correction if necessary.....\$100

Personal Training..... \$1600.00

- 2- 90 minute Sessions a week @ \$50.00/ Session
- Unlimited gym use outside of personal training sessions

Subtotal..... \$2050.00

Grand Total..... \$2317.00

Additional Services

Massage Therapy.....
\$1100.00

- 1 30 min massage/week @ \$55.00
- 20 weeks.

Physiotherapy.....
...\$325.00

- 1 appointment/ month
- 5 appointments @ \$65 each**

We look forward to working with you to get you in the best shape,
and playing the BEST golf, of your LIFE..!!