

GOLF FITNESS

OUR SWING PHILOSOPHY

There are an infinite number of ways to swing a club, but there is only one efficient way for golfers to swing a club and it's based on what you can do physically!

IMPROVE YOUR FITNESS AND SWING

- We'll perform a Golf Fitness screening that addresses swing faults and biomechanical disadvantages. Upon completion, we'll assign each golfer a personalized web-based exercise/workout program.
- Sports Medicine coverage at our office or your event.
- We offer Pre and Post Golf Specific treatments.
- Individual and Group Golf Specific Exercise Classes.
- Chiropractor and Golf Injury Specialist specializing in the care and prevention of golf related injuries.

TITLEIST *PERFORMANCE* INSTITUTE CERTIFIED



Dr. Jeff Poplarski

TPI Certified Medical, Fitness, Junior and Golf Coach

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Receive a
FREE

**5-point Golf Fitness
Assessment with this
Card.**



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Sports Chiropractor and Sports Performance Specialist

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