Developed by Hong Kong Sanatorium & Hospital (HKSH) and The Hong Kong Polytechnic University, the SmartFit Programme – SmartFit for Golfers is based on scientific evidence from local studies. With state-of-the-art equipment and unparalleled expertise, it will furnish you with effective and professional advice on injury prevention, performance enhancement and pain management associated with golfing.

**Smartfit for Golfers**

A comprehensive evaluation and training programme for golf lovers

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**Improve golf swing by:**
- Golf swing and functional movement analysis using high speed video
- Specific gluteal and torso muscle strengthening for more power and longer drives
- Enhancing distal (ankle) and proximal (trunk, hip) stability and mobility to deliver a more consistent and powerful swing

**Reduce golf related injuries by:**
- Core stabilisation training with matwork exercises and GYROTONIC® targeting on low back pain
- Spinal, hip and shoulder mobilisation exercises to improve the flexibility required in golfing

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**Exercise to**
- Improve spinal rotation and eye-hand coordination with GYROTONIC® instrument
- Improve dynamic core stability with the Primus RS™
- Improve lower quadrant stability in golf swing

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**Identify your physical weakness**
Program your goal-specific training

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**Physiotherapy Centre**

Hong Kong Sanatorium & Hospital

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**Tel : 2835 8685**
**Fax : 2892 7523**
**www.hksh-hospital.com**
1. Evaluation Service with advice targeted to improve golf performance

<table>
<thead>
<tr>
<th>Session</th>
<th>Content</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Physical evaluation by Physiotherapist (1.5 hours)</td>
<td>Comprehensive physical evaluation and qualitative motion analysis of golf swing</td>
</tr>
</tbody>
</table>
| 2       | Individualised fitness programme by Physiotherapist (1 hour)            | • Identification of physical weaknesses of golfer for sports injury prevention or performance enhancement  
                                                                 | • Aim to improve golf performance by specific trunk mobilisation, muscle strengthening and motor control exercises  
                                                                 | • Tailor-made home exercise program for golfer based on physical evaluation findings  
                                                                 | • Demonstration and instruction of home exercise programme by Physiotherapist to ensure proper and safe techniques |

Service charge (HKD)\(^1\) : 4,180

2. Single Training Session\(^2\)

<table>
<thead>
<tr>
<th>Session</th>
<th>Content</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>One-to-one training by Physiotherapist (1 hour)</td>
<td>Training provided by Physiotherapist with selected state-of-the-art equipment for optimization of exercise effectiveness targeted at sports injury prevention or performance enhancement</td>
</tr>
</tbody>
</table>

Service charge (HKD)\(^1\) : 1,110

For enquiries and appointments, please contact us at:
Tel: 2835 8685
Fax: 2892 7523
Email: physio@hksh-hospital.com
Website: http://physio.hksh.com/en/physio-our-services/smartfit

Physiotherapy Centre
5/F, Li Shu Pui Block
Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

Out-patient Service Hours (By appointment only)
Monday to Saturday: 9:00 am - 5:00 pm
(Closed on Sundays and Public Holidays)

\(^1\) All service charges are subject to change without prior notice.

\(^2\) Training package or session are available to golfers who have completed physical evaluation at our centre.