

Advertising Announcement

Performance Enhancement Golf offers biokinetic evaluation and treatments

Many golfers rely on a combination of skill, equipment and practice to improve their game. But what if your swing is hampered by a nagging back injury or some other physical ailment?

Performance Enhancement Golf (PEG), a Markham-based clinic, offers a golf and fitness program aimed at improving your golf swing and preventing injuries. The program, based on biokinetic evaluation methods and treatment techniques, is available to golfers at all skill levels.

Clients undergo a series of 14 physical evaluations to determine strengths, weaknesses and past injuries which may affect their swing. This evaluation examines seven components of the golf swing: posture, balance, mobility, stability, coordination, power and endurance.

"As part of the analysis, client's golf swings are videotaped from a hitting station located behind the Markham Pain Clinic using a frontal and down the line view to determine possible swing faults," says Dr. James Pascual, a Doctor of Chiropractic and co-owner of PEG. "This 2D analysis helps to determine the physical limitations of your golf swing."

Based on the results of the golf swing analysis, clients are presented with an in-depth personalized biokinetic report. The report includes the physical cause of their swing faults, determined by 2D analysis



and physical examinations, plus an analysis of their 3D biolink examination and comparison with professional golfers. A 3D biolink analysis is a state-of-the-art tool used to determine the efficiency of the swing by determining the transfer of energy.

Clients also receive a book of customized stretches and exercises aimed at addressing the physical faults that affect their game; and a one-on-one training session with a certified kinesiologist to teach them these exercises.

If clients require treatment for a physical ailment, they are treated at the Markham Pain Clinic.

"We're not golf professionals," stresses Ross Cunningham, a Registered Massage Therapist and co-founder of PEG. "We look more at

the golfer's body to identify root causes of swing faults. "We leave the golf instruction and techniques up to the CPGA pros."

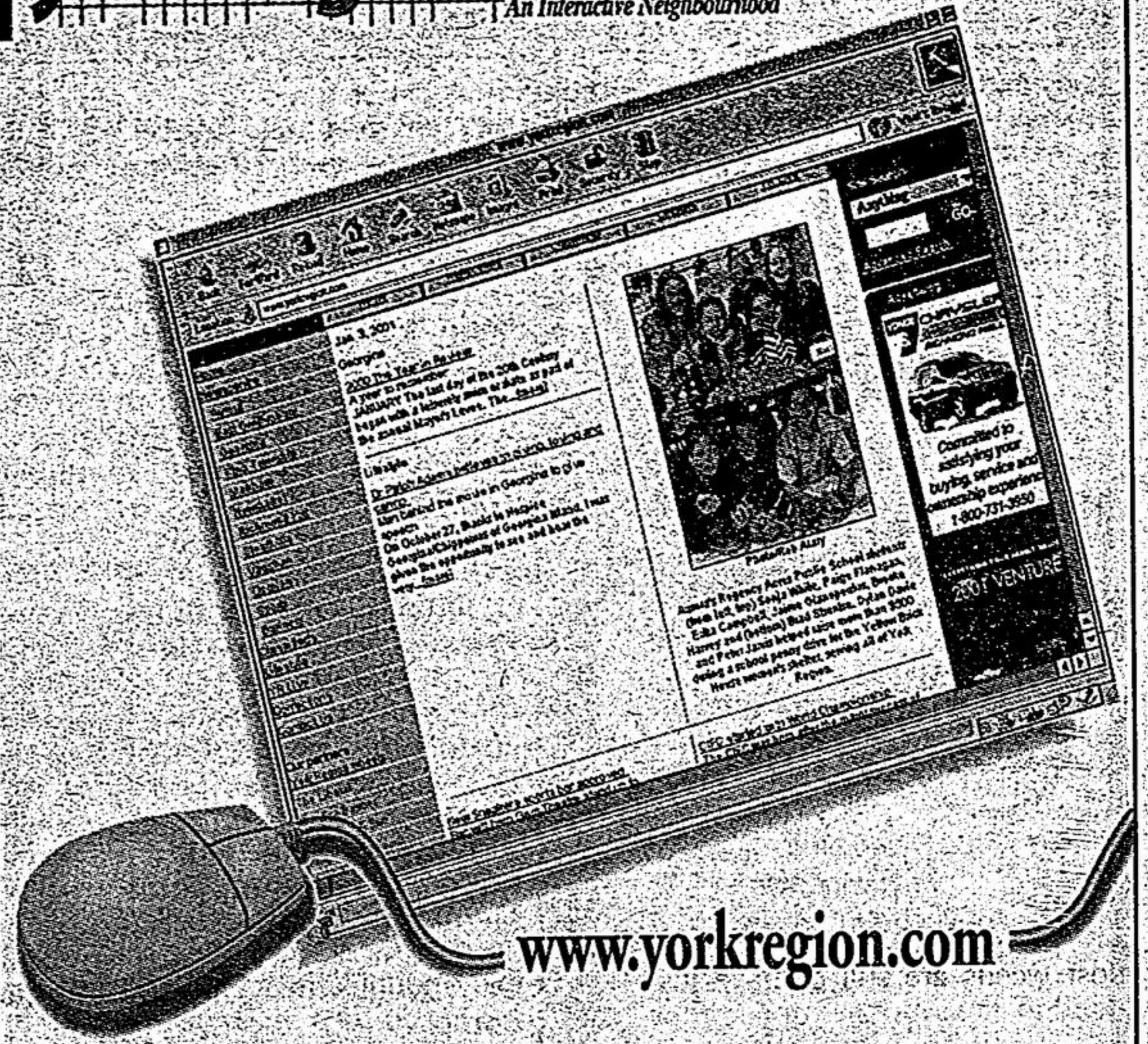
Dr. Fujimagari, a Doctor of Chiropractic and one of the founding partners at PEG adds: "It's important to identify a problem early in the golf season before it becomes more serious. The biokinetic physical assessment, analysis and proper exercise regimes can lead to big improvements in your swing and your body."

Performance Enhancement Golf is located at 4981 Highway #7 East in Markham, and is a division of the Markham Pain Clinic.

For more information, call (905) 470-2626.

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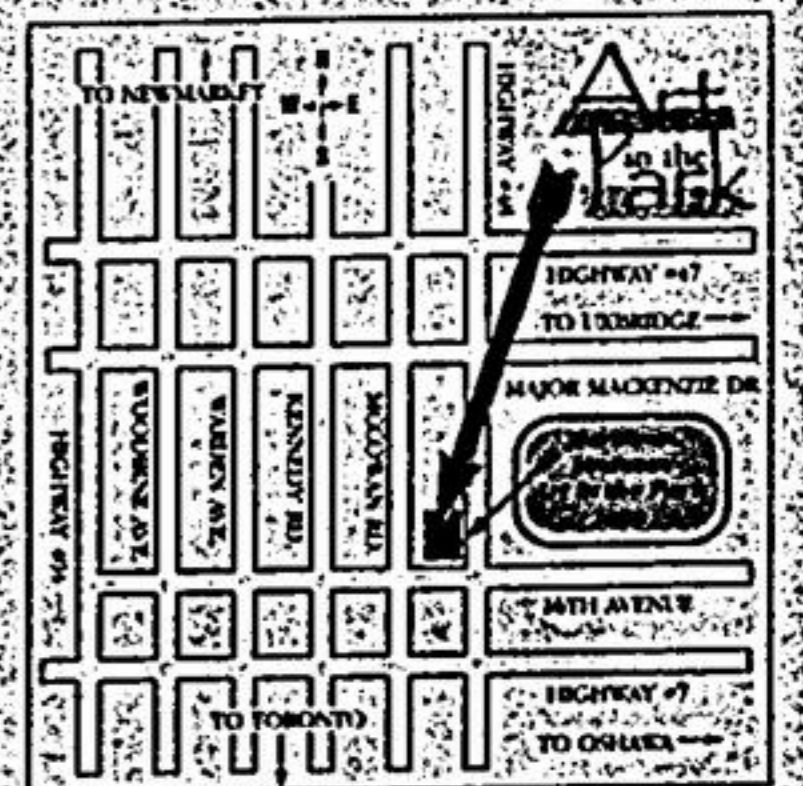


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