



“A Division of Back9Fitness®”

SPECIALIZING IN...

PERFORMANCE ENHANCEMENT SERVICES FOR TOURING PROFESSIONALS

Back9Fitness® is proud to introduce a NEW service division called Back9 Tour Services. This program features the highest quality, personalized hands-on services touring professionals NEED to minimize the effects of postural imbalances created while reproducing the golf swing.

Our services are designed to bolster the development your game by removing and minimizing physical barriers. With a personalized touch we can minimize the effects and demands of your job including prolonged PRACTICE, PLAY and TRAVEL.

Service Menu:

- On-Tour Performance Enhancement
 - Featuring golf-specific BODY WORK techniques. Our unique and comprehensive system of services, are designed to put the focus on rehabilitation if a current injury exists, to minimize the effects of chronic issues and to prevent new injuries. *These services are available for players ONLY at tour event sites.*
 - We assure the highest level of service provision by employing ONLY licensed health care professionals each with significant working experience on the professional tour.
 - Our services menu includes:
 - Pre-round warm-up
 - Hands-on body work:
 - Active hands-on stretching
 - Soft tissue/joint mobilization techniques
 - Manual therapy
 - Tool assisted soft tissue approaches



“A Division of Back9Fitness®”

- Injury management:
 - Pre and post-rehabilitative programs
- Overall performance enhancement:
 - One-on-one training and conditioning
 - Program design and development
- Comprehensive physical and biomechanical assessment:
 - Musculoskeletal Evaluation
 - Functional Movement Screening (FMS)
 - Movement Based Exercise Prescription
- Our staff travels with the following equipment:
 - Portable treatment table and accessories
 - ATM2 upright mobilization device
 - ASTYM™/Graston® assisted soft tissue instruments
 - VibraCussor® soft tissue device
 - Complete mobile exercise equipment package
 - Biomechanical assessment and feedback tools:
 - Dynamic Balance System™ by Sports Balance Technology – measures center of gravity movement in the golf swing allowing feedback on swing mechanics and training.
 - iClub™ System by Fortescue Corp. – Includes the iClub™ (Full Swing) and BMS (Body Motion System). Allows players to look at 3-D biomechanical information utilizing a wireless motion sensing platforms.
 - 2-D Video Technology Featuring the SwingView™ Pro Software - Allowing ease of capture and the ability to share video with your golf coach via the internet.
- Player services are available in the following locations:
 - Player hotel rooms
 - TOUR fitness trailer
 - Local fitness centers
 - Other facilities based on availability and access