

Smartfit for Golfers

A comprehensive evaluation and training programme for golf lovers



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.



Exercise to improve spinal rotation and eye-hand coordination with GYROTONIC® instrument

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



Exercise to improve dynamic core stability with the Primus RS™

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

Identify your physical weakness Program your goal-specific training

Exercise to improve lower quadrant stability in golf swing



養和物理治療中心
HKSH Physiotherapy Centre

www.hksh-hospital.com

“Smartfit for Golfers” Programme



1. Evaluation Service with report targeted to improve golf performance

Session	Content	Goals
#1	Physical evaluation by Physiotherapist (1.5 hours)	Comprehensive physical evaluation and qualitative motion analysis of golf swing
#2	Individualised fitness programme by Physiotherapist (1 hour)	<ul style="list-style-type: none">• 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

2. Single Training Session¹

Session	Content	Goals
1	One-to-one training by Physiotherapist (1 hour)	Training provided by Physiotherapist with selected state-of-the-art equipment for optimization of exercise effectiveness targeted at sports injury prevention or performance enhancement

For the latest charges, please refer to our website <https://physio.hksh.com>.

HKSH Physiotherapy Centre

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Service Hours

Monday to Friday: 9:00 am – 12:30 pm
1:30 pm – 5:00 pm

Saturday: 9:00am – 1:00 pm

Closed on Sundays and Public Holidays

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¹ Training package or session are available to golfers who have completed physical evaluation at our centre.