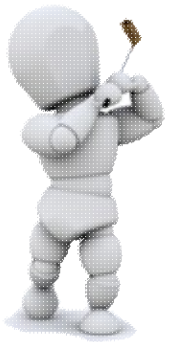
Introduction to Golf



Physical Therapy in Jackson for Golf

Welcome to Physical Therapy of Jackson's resource about golf.

If you have been paying attention to the changes in Brooks Koepka's world class physique, you should realize that the concept of golfer and that of athlete are one and the same. Golf is by no means a spectator sport. In golf, as in any sport, it is entirely possible to suffer an injury that could not only end your season, but also cause serious pain, discomfort, and frustration.

Therefore, it is important for you as a golfer to not only know the correct way to swing and hold a club, but also to understand the fitness and flexibility methods that will keep you on your game and hitting below par.

However, there are times when even Brooks suffers an injury. After all, he is only human; a knee or shoulder injury can happen to him as easy as it can happen to you. When it does, you need to know where to go for information.

This part of our website is designed to be a resource to you, learn how to prevent injuries that will keep you off the couch and on the course.

Explore our Golf pages:

- Stretching Guide for Golf
- Golf - Common Injuries
- Golf - Selecting Equipment

Physical Therapy of Jackson provides services for Physical Therapy in Jackson.