

Rehabilitation & Fitness Sports Medicine Program

OPTM Saratoga is pleased to announce a service offered to golfers of all skill levels and orthopedic problems. This specialized training program includes the evaluation and treatment of biomechanical problems and postural compensations affecting the golfer during the golf swing.

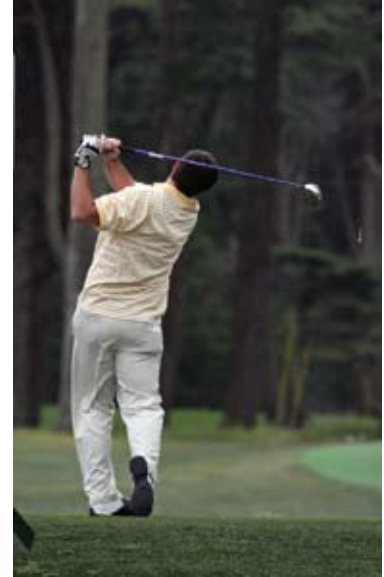
Program benefits which may enhance overall performance on the golf course include:

- Increased flexibility
- Greater range of motion
- Improved strength and balance
- Stabilized swing
- Individualized fitness program

Golfers with pain due to orthopedic problems, or recovering from surgery, are also treated at the clinic with an emphasis on a rapid return to the course. To schedule a consultation with our trained specialist, Phil Edwards, or for additional information, call OPTM Saratoga at 408-973-7700.

Physical Therapist Biography

Phil Edwards, M.P.T., O.C.S., A.T.C., is Back to Golf trained. Phil has practiced as a physical therapist since 1998 and has worked with patients and athletes of all skill levels and ages. He is certified as an athletic trainer and Board Certified as an Orthopedic Specialist. As a recreational golfer, Phil understands all the needs of the golfer and facets of the game.



Achieve increased flexibility and strength to maximize your swing.