



Cape Cod Rehab Golf Fitness Program

(Certified with the Titleist Performance Institute)

Who we are:

Our golf program is comprised of medical and fitness professionals. Briana Lackenby, who has her Doctorate in Physical Therapy, and Sarah Batz, an Athletic Trainer, are both certified by the Titleist Performance Institute (TPI) and works closely with the Jane Frost Golf School. The TPI is acknowledged world-wide as one of the top facilities for professionals and amateurs to improve their golf game.

Our Mission:

Our passion aims at preventing injury, extending your longevity of play, and improving your overall fitness. Our dexterity with our physical therapists, fitness staff, and the expertise of the Titleist Performance Institute creates the perfect setting for golfers to improve their performance.

Who is this program for?:

Our highly specialized program will benefit golfers of all abilities, function, and levels by addressing mobility, stability, or strength issues specific to the golf swing.

Our program:

- TPI Golf Assessment
- Specific exercise prescription (via personal training option or independent workout program)
- Exercise instruction with pictures
- Detailed golf fitness report
- Re-evaluations



735 Attucks Lane • Hyannis MA 02601 • 508-778-5000
800 Route 28/103C Summerfield Park • Mashpee MA 02649 • 508-477-6128
www.capecodrehab.com