

APEXPHYSIO

orthopedic & sport injury clinic



APEX Physio - have TPI certified medical and fitness professionals with experience working with PGA Major Champions, Web.com and LPGA tour players. We can offer a golf-fitness program to enhance weaknesses in the body and improve the body-swing connection. This includes a full 1 hour TPI assessment, a 6-week on-line fitness program with 3 training sessions and a 1-hour TPI re-assessment in our on-site state of the art gym. This TPI golf-fitness package is available exclusively for **Port Royal Members** for \$299 (with a valid and current health insurance policy).

APEX Physio - offer a 10% discount off all co-payments to **Port Royal Members** for physiotherapy services available Monday to Friday - (with a valid and current health insurance policy - this excludes massage therapy services).

We are pleased to offer **Port Royal Members** our **#FascialStretch Friday** at a discounted fee of \$79 for 30 minutes. The Fascial stretching is a specialist therapy that will assist in breaking-up office desk postures and prepare golfers for the weekend.

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