

Golf Performance Academy

Golf Academy

The Golf Performance Academy of Austin is a golf learning center supported by a staff of Golf Fitness, Health & Medical Professionals. GPA specializes in developing golf health solutions, golf fitness programs and golf medical treatments. Our clients are competitive juniors, dedicated amateurs and professionals. The GPA education works with all elements of golf learning outside of swing instruction. The GPA staff works with your current swing coach to develop a team approach that maximizes your golf development.

Since 1995 GPA has helped Austin Golfers eliminate pain, find dynamic golf positions and achieve the core strength necessary to get the most out of their lessons and game.

Golf Performance Academy Questions or Appointments Click Email Links Below

[Golf Fitness.](#)

[Health & Wellness](#)

[Golf Medical](#)

[Golf Technology](#)

"Is your swing working with your body or is your body working against your swing?" Call us today and find out!

Fitness



GPA has a complete focus on cutting edge golf performance components and unique health options outside the traditional. The GPA golf fitness programs are created and instructed by certified Titleist Performance Institute Professionals. GPA has also developed unique and effective golf specific wellness programs utilizing the proven techniques of Yoga, Massage Therapy and Acupuncture. The GPA medical staff and personal trainers also design custom golf nutrition and health programs to maximize energy, strength and athletic stamina for practice, play and your life.

- TPI Fitness Screens
- TPI Golf Fitness Programs
- Golf Specific Yoga
- Golf Specific Massage Therapy
- Golf Specific Acupuncture
- Custom Golf Nutrition & Health Programs

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Medical

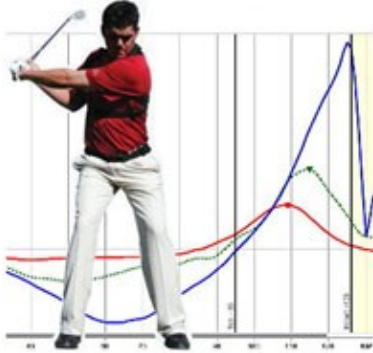


GPA has provided the best golf specific Physical Therapy for pain, injury and Post Operation needs of golfers in central Texas since 1995. The medical services of GPA Austin are highly recommended by many local doctors and PGA professionals for their golfing clients. The GPA Physical Therapist is a Certified Titleist Performance Institute Medical Professional and specializes in golf injuries, pain and rehab. The GPA Medical team also provides the most comprehensive golf specific bio mechanical assessment available in Austin. GPA is Austin's premiere source for all golf medical needs.

- Golf Specific TPI Bio Mechanical Assessment
- A-line Custom Orthopedics
- Post Operative Knee & Hip Replacement Therapy
- Hip and Knee Pain
- Rotator Cuff Repair
- Lower Back and Neck Pain
- Golfer's Elbow Pain
- Hand and Wrist Pain

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Technology



Today the golf learning curve can be streamlined by taking advantage of modern technology. GPA gives you and your instructor access to some of the most state-of-the-art golf learning and training tools available. The GPA indoor simulator can be used for play or practice and can be combined with any of the golf technology systems. At GPA you have access to PGA Tour level 3-D motion capture systems, dynamic balance training and video instruction tools. This is where your golf fitness and health programs translate to your golf swing.

- 3-Dimensional Training with the K-Vest System
- Dynamic Balance System Training
- 2-Dimensional Video Capture
- Indoor Golf Simulator

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