

# Ramsay McMaster

**World's leading Golf Specific Physiotherapist**

**Available for "One on One" Consultancy  
at your home, gym or office**



Ramsay's love for the game of golf originated from the "home of golf" Scotland where he grew up. His passion for the game was easily identified at an early age where he played 81 holes in one day at his home club of Bridge of Allan at the age of 14 years old. This nine hole course had the unique position on being on the side of a Scottish mountain and it was humorously stated that "you needed one leg shorter than the other to play it."

Ramsay plays as an 'A' grade golfer and this year won one of Victoria's largest Pro-am at Portsea Golf Club, in between being a full time golf physical therapist and fitness consultant.

His passion for the sport continued when he immigrated to Australia and established, arguably the first ever Golf Injury Clinic, THE MELBOURNE GOLF INJURY CLINIC. This has serviced over 4500 amateur and golf club golfers of all ages and from all over the world, has provided over 50,000 fitness programs and golf specific treatments.

Ramsay's golf specific screening and profiling has been used by many of the world's top Tour players. He is the golf fitness consultant to some of the world's leading PGA Tour Pros. These include the PGA's of Australia, New Zealand, Britain and Ireland where he has written their golf fitness and injury prevention curriculum. Ramsay also works closely with leading coaches. These include Steve Bann, Jim Mclean and the Head Coaches of England, Scotland, New Zealand and Australia. Recently he has also been working with Pete Cowan whose players include Henrik Stenson, Thomas Bjorn and Lee Westwood.

Ramsay and his staff are responsible for the Medical Services to all players on the Ladies European Tour. In addition to this, he is Consultant Physiotherapist to the American First Tee Program and a member of the Titleist Performance Panel. Ramsay has a clinic in Hong Kong which is available to anyone going to Asia.

Ramsay has lectured to over 1000 physical therapists, trainers, sport science and PGA professionals worldwide and is a world leader in this area of golf. Ramsay has written two books "Get Fit for Golf" Parts 1 and 2 and has also produced 5 software programs: "The Training for Golf; The Body and Golf; The Golf Fitness System Level 1 and 2; and The Club Golfers CDs" which are used worldwide at all levels as golf specific training systems.

Ramsay is the 'golf Training' consultant to GOLF Magazine and has presented many papers at Golf Science and Coaching Summits. He is heavily involved with the National Institutes of Sport Golf Units which have produced US Tour Players Robert Allenby, Stuart Appleby, Geoff Ogilvy, Matt Goggin, Richard Green and NCAA champion James Mclean.

Ramsay is a full time Golf Physical Therapist, a serious golfer and is heavily involved in progressive golf specific fitness rehabilitation and injury prevention at all levels and in most countries who have a serious interest in the sport of golf.

Ramsay has a specific focus on the rehabilitation and fitness of golfers to prolong their longevity and performance on the golf Course.

For bookings and enquiries contact [golfphysio@ozemail.com.au](mailto:golfphysio@ozemail.com.au) or search [www.golfmed.net](http://www.golfmed.net)

# Get Fit For Golf Packages

## Common questions and Answers on Golfers & Golf Specific Fitness

### 1. **Why should I do this golf fitness package when I am already working out in the gym?**

This program is unique in that it customises your golf specific exercises with your body and your swing to maximise function.

Most gym programs are generic and not golf specific. Some of the general exercises are detrimental and may even harm your swing. Eg. bicep curls / sit ups etc.

### 2. **Where does the information come from?**

The information comes from around the world including the Scottish, English, and Australian Golf Associations, European Men's and Ladies Tour, Asian Tour, US Men's and Ladies Tours and our work with the First Tee Program in the USA and The Titleist Performance Institute as well as the Elite Programs in Australia.

### 3. **Am I too old for this?**

No, you are the right age for this program.

Our bodies get weaker and stiffer with reduced balance and posture as we get older. This means reduction in our overall function which reduces our overall ability to perform on the golf course. This aging dysfunction process may result in reduced participation in golf as you get older which can result in you being incapable of playing golf.

Most senior golfers are highly successful and have worked hard throughout their lives to play good golf but are unaware of golf specific training. Many serious golfers will spend thousands of dollars on new clubs and equipment but have spent no time in, investing in the actual machine that is behind the clubs and that is your body.

### 4. **What is the biggest mistake that seniors make in relation to their body and golf?**

Most senior golfers try to get fit through golf and very few for golf. Many senior golfers will play more golf per week than when they were in their thirties and forties however they do not invest in physically preparing their body for the increase in golf that they play. A good anecdote is to imagine driving your car 4 times further every week without giving it a full service or an oil change. The only difference is that you can replace your car not your body!

# Get Fit for Golf Package & Experience

## This includes

### 1. Full postural and muscle imbalance assessment:

To outline postural problems and muscle imbalance that effect good swing mechanics and can lead to injury & the inability to play.

### 2. Video Analysis and takeaway DVD or video:

Take the DVD/ Video to your coach/therapist/trainer when you get home. It will also show you positive changes that the golf specific exercises have on your body. This will really show you how “body breakdowns” affect your swing bio-mechanics.

### 3. A golf fitness gym kit & manual:

All golfers participating will receive a posture bar & spikey ball as a well as a personalised fitness manual with exercises prescribed for your body and your golf swing. The kit contains travel strategies, How to work out correctly in the gym as a golfer, how to combat tension and fatigue on the golf course and travel and competition self help strategies.

### 4. The “Club Golfer CD and Get Fit for Golf CD [worth \$175]:

This will give you a print out of the CDs to follow and give you a strong pathway to explain how you train as a golfer warm up as a golfer and back and neck pain management as you get older.

### 5. A golf specific exercise program:

This will be very specific to your body and your golf swing. All exercises are uniquely specific to golf and printed out to insert into your golf manual.

### 6. Any advice you want to ask:

This includes gym workouts for golfers and injuries that may be inhibiting your golf swing and golf participation.

- Limited spaces, early bookings are necessary to avoid disappointment.
- We accept Visa/Master Card / Bankcard or Bank Draft in advance.
- Additional follow up sessions will be available on the Friday. This can be a shorter session.

## **“2-Hour Recovery & Training” Sessions exclusively with Ramsay McMaster at your office, gym or at home**

These sessions are set up to alleviate the aches and pains of travelling and playing golf and prolonging pain free golf on course

They are also set up to replenish the body for the next day's competition in order that you can maximise your performance and to reduce the incidence of fatigue, tightness and stiffness in your body. These sessions can be split into hourly sessions with friend or companion.

There is a menu of services that you can choose from in this session:

- Golf Specific Physiotherapy
- Golf Specific Deep Massage
- Golf Specific Relaxation massage
- Stretching and Postural Program
- Golf Specific Gym Session
- Back and Neck Care Session

### **We come to you either your at your office, gym or at house.**

- The two hour session can be split between two people.
- We accept Visa/Master Card / Bankcard or Bank Draft in advance.
- Cancellation fee is \$200 but it can be transferred to someone else.