



**Christine Ely, M.P.T**  
Certified Golf Performance Coach

- Physical Therapist since 1992
- Business owner since 1996
- Worked with golfers throughout career
- Extensive experience in manual therapy and biomechanics of the golf swing
- Avid golfer ,too.

## THE MISSING LINK

Christine Ely, M.P.T.  
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Have you ever wondered why sometimes all your stretching efforts are not necessarily followed by more flexibility?



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The reason for continued tightness might be too much tension in your nerves. Nerves run like ropes through your whole body. They are finite in length and don't stretch. Over time and with prolonged poor posture they can become tight in the sheath they are running through in your muscles. So, the muscle is not tight per se but held by the tight nerve (rope).

## I am offering a solution to this problem:

- Assessment of nerve tension status
- Manual nerve gliding techniques
- Tying specific swing flaws to specific tightness in your body
- Detailed, customized home program with specific nerve gliding exercises
- Follow up support via e-mail



## Testimonials

*"Thanks to the healing hands of Christine Ely, MPT, I'm no longer in need of a back brace and I can play golf with immense ease. During a one-hour session she employs a treatment and exercise regimen tailor-made to my needs. When it comes to physical therapy, she's superior. Thanks to Christine, I am pain-free and enjoying the game of golf once again!"*

-Elaine Rotty  
Retired college golf coach

*"The chronic back and leg pain I experienced is gone, thanks to the professional help of Christine Ely. With her guidance and expertise I'm able to strike the ball comfortably and with greater precision, hitting it further than when I competed on the LPGA Tour. Today, as a tenured teaching professional I also refer my students to Christine. She is the missing link when it comes to tension-free golf."*

-Carol Gossett  
PGA & LPGA Teaching Professional  
Former LPGA Tour Player

*"As a physical therapist and golf performance coach Christine has been of immense help to me. She has the innate ability to hone-in on a weak area, removes the tightness and the tension, and develops a specialized exercise plan that increases strength and flexibility. She finds workable solutions that enhance better performance. Simply put, she is excellent!"*

-Lyn Nelson  
CEO of NCGA  
Mid-Am Competitor

*"How did I eliminate my shoulder pain and return to golf? Chris Ely's knowledge of body and swing mechanics coupled with her ability to customize a rehabilitation program is what brought me back to the course. I am pain-free and with better posture, too. She has helped improve the quality of my life, and to her I am forever grateful."*

-Gayle Wainwright  
Businesswoman and avid golfer

*"Nearly four years ago, my shoulder was destroyed in a bicycle accident. After intense surgery my doctors told me I'd never play golf again. Well, not true! I started going to Christine Ely for physical therapy, and now I am back on the course shooting in the 80's. During the healing process Christine never let me give up and thanks to her I'm on the fairway again. I couldn't have done it without Christine's help!"*

-David Bealby  
Businessman and avid golfer

*"Chris Ely is one of the most knowledgeable PT's I have ever worked with during my golf career. Her overall expertise plus her attention to detail is truly extraordinary. She helps me achieve better results and I particularly enjoyed her one-on-one training method, where she puts the focus on each individual client. I highly recommend Chris Ely for any golf related rehab needs. She definitely stands out as the best Sports PT!"*

-Katherine Marren, PGA  
Quail Lodge Resort & Golf Club  
Nor Cal PGA Teacher of the Year