

TPI Takes ELDOA for Golfers Online with Dan Hellman and Janet Alexander



Fort Lauderdale, Feb 4, 2019 (Issuewire.com) - An online instruction program in ELDOA for Golfers by Dan Hellman and Janet Alexander is now being offered by TPI, the world leader in golf health and wellness.

“For the first time,” says TPI, “the amazing benefits of the ELDOA postural exercises are available to the industry professional or avid golfer in a concise, three-hour video instructional class. Designed for all rotational athletes, the exercises and routines outlined in ELDOA FOR GOLF are the perfect complement to existing strength, mobility or rehabilitation routines.”

The instructional program is available on the [TPI website](http://TPIwebsite) for \$169,000.

ELDOA FOR GOLF targets the body’s fasciae and increases the space between specific joints of the spine, resulting in a wide range of physiological benefits for an athlete in any rotational sport, including:

- A reduction of pressure on spinal discs allowing for normalization of movement
- Relief from neck pain, back pain, and shoulder tension
- Better posture and improved joint mechanics

- Spinal disc rehydration and improved circulation
- Improved balance, stability, mobility, flexibility, proprioception and muscle tone
- Improved injury recovery and recovery time from sports activity and training
- Stress and headache reduction as well as better sleep quality

Dan Hellman and Janet Alexander are two master ELDOA Instructors with deep backgrounds training and rehabilitating some of the best golfers in the world. In this program, they walk the viewer through the exercises and workouts created to maximize performance both on and off the golf course.

“ELDOA is simply the number-one tool in my physical therapist's toolbox,” says Hellman. “It is highly effective for back pain, flexibility, injury prevention in sports, and recovery after physical activity. Anyone can benefit from learning the different ELDOA techniques.”

ELDOA is a French acronym for Longitudinal Osteoarticular Decoaptation Stretching, and it is the only recovery and rehabilitation method that actually opens the joints to counteract joint compression.

“The biggest health risk golfers face is back pain,” says Hellman, “because of the aging of the body and the change in equipment, which allows the golfer to swing the club much faster today than in years past.”

About Dan Hellman: Dan Hellman is a licensed physical therapist and accomplished health and fitness professional. He is the owner of H3 by Dan Hellman (www.h3bydan.com) in Fort Lauderdale, Florida, which offers customized, comprehensive programs in conditioning and rehabilitation, nutrition and stress management. H3 is one of only seven centers in the world authorized to train and certify professionals in the methodologies of French osteopath Guy Voyer, including ELDOA. He was chosen one of America's “50 Best Golf Fitness Professionals” by *Golf Digest* at the end of 2017.

About Janet Alexander: Janet Alexander is a 35-year veteran of the health and fitness industry and co-owner of Pacific Fitness and Health, (<http://pacificfitnesshealth.com>) a private studio in Encinitas, California. Janet's disciplined and scientifically based approach to strength and conditioning has made her a sought after fitness professional who has worked with a wide range of athletes in a variety of sports. She was chosen one of America's “50 Best Golf Fitness Professionals” by *Golf Digest* at the end of 2017.

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