

**For Immediate Release**

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**ABBOTSFORD PHYSIOTHERAPISTS ON PAR WITH NEW CERTIFICATION**

**ABBOTSFORD, BC** – With the summer months around the corner, avid golfers are taking advantage of the weather and getting out on the course. As the only Titleist Performance Institute (TPI) certified golf fitness instructors in Abbotsford, Greg Guizzo and Mark Ferguson, owners of O.A.S.I.S. Physiotherapy will ensure golfers are assessed, treated and able to play the game they love.

The Titleist Performance Institute (TPI), founded by Dr. Greg Rose and David Phillips in Oceanside, CA, offers three levels of education that is designed to identify and overcome any physical restrictions that are limiting a golfers' potential. Both Ferguson and Guizzo have been practicing physiotherapy for close to 20 years and are experienced in their field of rehabilitation. They have received the Level 2 TPI Medical Profession certification which allows them to provide functional assessments and determine what is happening with the body in relation to the golf swing.

With only five other medical professionals certified in BC, Ferguson and Guizzo are stepping outside the box and aligning themselves as leaders in selective functional movement; understanding the mechanics of the body with the mechanics of the golf swing and linking it back to whole body connections.

"It's about understanding the restrictions our bodies may have and how they may affect us during the golf swing," says Mark Ferguson, physiotherapist. "If a golfer has a shoulder injury but is using the wrong movement in their hip during the golf swing, this demonstrates that the shoulder may be overcompensating for the hip which equals the injury. Until the hip is addressed and swing mechanics change, the shoulder will continue to be injured."

At the clinic, Ferguson and Guizzo will perform a selective functional movement assessment that will determine any current limitations. Once assessed, an exercise program may be determined which the client can access online via the TPI website or an injured area can be treated using their physiotherapy skills.

“You don't have to have an injury to take advantage of the process as the improvement in physical condition will improve the ability of a golfer to produce a biomechanically efficient swing,” says Greg Guizzo, physiotherapist.

Both are working with golf professional Kathy Stecyk on developing various TPI programs to be launched in the near future. Stecyk, golf professional with 18 years of instruction under her belt, is the only woman in Canada that holds a class-A status in the CPGA and LPGA. She is currently based at the newly formed Northview Golf Performance Centre in Surrey.

“The most common problem that I see during golf instruction is lack of range of motion in relation to the golf swing,” says Stecyk. “My ability to help can be limited at times due to the lack of the body’s physical ability. By bringing in the expertise of physiotherapists, we can remain client centered and provide an experience that assists with the client’s overall golfing needs.”

For more information about TPI or O.A.S.I.S. Physiotherapy, visit [www.oasisphysio.com](http://www.oasisphysio.com) or call 604.855.0155. Further information about Northview Golf Performance Centre can be found at [www.northviewgolf.com](http://www.northviewgolf.com) (click on Academy).

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