

Golf Season is here!

The latest and greatest driver is in your bag, your clubs have been cleaned and perhaps you've had their grips replaced. Golf season is coming and after watching the Masters on TV and a couple of trips to the local driving range you're ready to go! Or are you?

The one piece of equipment that controls what happens to all of the clubs in your bag and ultimately your ball is the one thing that we all neglect, YOUR BODY.

You know for a fact that you cannot throw a football like Tom Brady or Brett Favre. You know you cannot hit a slap shot like Sammi Salo or Zdeno Chara. You know you cannot dunk like Magic or Jordan. So why is it that when you get a golf club in your hands you think you CAN hit a drive like Tiger and Phil? This is usually done with the minimal of warm up from the parking lot to the first tee, and often results in a visit to your favorite physiotherapist.

You can now take advantage of a tool that all of the Titleist Tour Pros are evaluated by, and will keep you out on the course. That is a TPI physical screen. The Titleist Performance Institute (TPI) was founded by Dr Greg Rose and David Phillips and is based in Oceanside California. Based on their extensive research TPI has become the leader in golf specific fitness. They have developed a Physical Screening process to identify limitations within your body that could be restricting your potential, no matter how much practice time you invest.

When we refer to golf fitness we are not just talking strength. The golf swing is possibly one of the most complex athletic movements performed at high speed. This requires strength, mobility, stability and coordination. All of which must come together in perfect order for us to impact a golf ball with something no bigger than a few square inches, and have it go where we would like and not where it wants. Despite common practice shouting at the ball seldom helps.

The TPI physical screen takes a golfer through a series of functional movement tests, some as simple as bending forwards to touch your toes, the results of which will identify where the golfer is having problems and where improvements can be made. After the results have been assessed then a fitness routine can be designed to specifically address the limitations and improve them. If during the screening process a more serious restriction is found then your TPI professional should direct you to a health care professional (preferably TPI certified) to have this investigated prior to you beginning your exercise program.

The difference now is that rather than performing a few stretches and generic strengthening exercises you will now be performing specific exercise routines, directed towards your weaknesses and the functional movement patterns required to perform an efficient golf swing. If the swing is more efficient you will produce more power, distance and consistency. Three things we are all looking for.

Now that you have improved your body and removed the restrictions holding you back. A visit to your local CPGA professional is a must. Just because you now have improved tools you still have to learn how to use them. The information gained from the TPI screen will help your teacher help you towards your new efficient golf swing.

The only people who will not be happy with your TPI screen will be the other members of your foursome.

Submitted by:

*Mark Ferguson registered Physiotherapist, level 2 TPI certified medical practitioner
O.A.S.I.S. physiotherapy offices in Langley and Abbotsford 604 855 0155*