

From: TPI Customer Service cs@mytpi.com
Subject: TPI Physical Screen Results
Date: 6 June 2018 at 5:16 pm
To: ricky@ankgolf.com.au



Goeun Jung

FITNESS HANDICAP: 35

| | | | | | |
|--------------------|---------------------|---------------------------------|----------|-------------|----------|
| Screen Type | TPI PHYSICAL SCREEN | TPI Certified Instructor | RICKY OH | Date | 6/5/2018 |
|--------------------|---------------------|---------------------------------|----------|-------------|----------|

Bridge with Leg Extension Result: 4

In the right side Bridge with Leg Extension Test, you have a difficult time stabilizing your right leg and right hip with your right glute muscle. You tend to over recruit your right hamstrings or lower back to help stabilize your leg due to a weakness or inhibition of your right glute. This can lead to instability in your right leg during the backswing and limited power on the downswing potentially resulting in Sway, Loss of Posture, Reverse Spine Angle or Early Extension.

In the left side Bridge with Leg Extension Test, you have a difficult time stabilizing your left leg and left hip with your left glute muscle. You tend to over recruit your left hamstrings or lower back to help stabilize your leg due to a weakness or inhibition of your left glute. This can lead to instability in your left leg during the downswing potentially resulting in Loss of Posture, Sliding, Hanging Back or Early Extension.

You indicated that there was pain associated with this test. If pain occurs during a test, a consultation with a licensed medical professional is warranted to determine the cause of pain.

Pelvic Rotation Result: 4

The Pelvic Rotation Test checks your ability to rotate the lower body

THE PELVIC ROTATION TEST CHECKS YOUR ABILITY TO ROTATE THE LOWER BODY independent of the upper body. This is an important skill needed for properly sequencing the downswing and to allow for a good separation between the upper and lower body. This movement requires good mobility of the spine, hip, and pelvis, along with simultaneous stability of the thorax.

You have difficulty rotating your lower body independent of your upper body to the left. This can prevent you from initiating the downswing with a proper sequence and limit the coil between your upper and lower body.

When your upper body was stabilized by virtue of having your shoulders held still, you were unable to rotate to the left indicating a mobility issue in your spine or lower body.

Torso Rotation

Result: 

The Torso Rotation Test checks your ability to rotate the upper body independent of the lower body. This is an important skill needed for properly sequencing the backswing, generating a good separation or coil during the backswing and for rotating the upper body around the lower body through impact and follow through. This movement requires good mobility of the thoracic spine and simultaneous stability of the lower body.

You have difficulty rotating your upper body independent of your lower body to the left. This can limit your upper body's ability to rotate around your lower body through impact and follow through, thus reducing overall power. This can also cause your hips to outrace your trunk during the downswing and cause you to lose your posture.

When your lower body was stabilized by virtue of having your pelvis held still, you were unable to rotate to the left indicating a mobility issue in your upper body. This can limit your upper body's ability to rotate around your lower body through impact and follow through, thus reducing overall power. It can also cause your hips to outrace your trunk during the downswing and cause you to lose your posture.

Single Leg Balance

Result: 

When testing the overall balance on the right side of your body, you are able stand on your right leg with your eyes closed for 0-5 seconds before having to open your eyes or losing your balance. Elite level golfers can maintain balance for over 16 seconds. This reduced balance on your right side can limit your

ability to load into your right side or cause you to lose stability during the backswing.

When testing the overall balance on the left side of your body, you are able stand on your left leg with your eyes closed for 6-10 seconds before having to open your eyes or losing your balance. Elite level golfers can maintain balance for over 16 seconds. This reduced balance on your left side can limit your ability to post into your left side or cause you to avoid your left side during the downswing.

Lower Quarter Rotation

Result: 

The Lower Quarter Rotation Test measures rotational mobility of both the left and right lower extremities (this includes the hips, knees and ankles) in the backswing to determine if there may be an increased chance of excess lateral motion (Sway) or Loss of Posture.

When turning in the same direction as your backswing, you have limited rotation on your right (trail) lower extremity and normal rotation on your left (lead) lower extremity. Any reduction in rotation on the right lower extremity can lead to an inability to rotate properly without losing posture during the backswing.

The Lower Quarter Rotation Test measures rotational mobility of both the left and right lower extremities (this includes the hips, knees and ankles) in the downswing to determine if there may be an increased chance of excessive or reduced lateral motion (Slide or Hang Back) or Loss of Posture.

When turning in the same direction as your downswing, you have limited rotation on the right (trail) lower extremity and normal rotation of your left (lead) lower extremity. Any reduction in rotation on the right lower extremity can lead to an inability to rotate properly on the downswing without coming out of posture through impact.

Pelvic Tilt

Result: 

The Pelvic Tilt Test assesses overall mobility of the hips and the lumbar spine as well as the ability to control the position of the pelvic posture. The ability to move and control the position of the pelvis is critical for optimal power transfer from the lower body to the upper body during the golf swing.

You have difficulty increasing the arch in your lower back from golf posture. Typically, this happens because there is too much arch in the lower back at set

up. We call this position an S-Posture and can be caused by weakness in the abdominals and glutes as well as tightness in the hip flexors and lower back.

Although you cannot arch your back, you do have the ability to flatten your back. However, the movement quality itself while flattening shows perturbation or what we call a “shake and bake” nature to the movement. This indicates that you have poor motor control for the orientation of the pelvis.

Overhead Deep Squat

Result: 

The Overhead Deep Squat Test is one of the most informative tests that can be performed on a golfer. We have found several correlations between this test and the golf swing through research at the Titleist Performance Institute. If a golfer is unable to perform a full deep squat with their heels on the ground, it is almost impossible to maintain posture during the downswing. We usually see these golfers thrust their lower bodies towards the golf ball and raise their torsos up during the downswing (Early Extension). This is usually due to either tightness in their calf muscles and/or lack of pelvic stability due to weakness in their core.

We also see a strong correlation between players standing up out of their posture during the backswing (Loss of Posture/Flat Shoulder Plane) when golfers can't squat with the dowel over their heads. The Loss of Posture is usually due to limitations in mobility of their Lat muscles and thoracic spines.

Your test result is exceptional, as it is easy for you to perform a full deep squat while keeping your heels on the ground and a golf club over your foot print.

It was apparent that you tend to place more stress on your right leg during routine movements, like performing a squat. These imbalances may also show up in your golf swing, causing weight shift disturbances (Sway), loading problem (Loss of Posture), and faulty sequencing (Over-the-Top).

90/90

Result: 

The total external rotation in your right shoulder is over 90 degrees while standing tall which is excellent (PGA TOUR average is over 90 degrees). This range of motion should allow you to set the club and rotate your right arm into any position that you want during the backswing.

When in golf posture, you tend to lose range of motion and cannot externally rotate your right shoulder as well as you can when standing tall. This is usually due to a lack of stability in the shoulder blade on the right when bending from

due to a lack of stability in the shoulder blade on the right when bending from the waist. In other words, your right shoulder blade tends to move or shift excessively when you're in golf posture and this directly limits the total range of motion in the shoulder joint itself.

The total external rotation in your left shoulder is over 90 degrees while standing tall which is excellent (PGA TOUR average is over 90 degrees). This range of motion should allow you to rotate your left arm properly through impact and the follow through.

You maintain the same degree of external rotation in your left shoulder when in golf posture (which is good). Some people tend to lose range of motion in their shoulder when bending from the waist due to lack of stability in their shoulder blades.

Seated Trunk Rotation

Result: 

In the backswing direction (to the right), you have limited rotational mobility of the thoraco-lumbar spine of 45 degrees. PGA TOUR average is greater than 45 degrees. This reduction in mobility may limit your ability to obtain a full shoulder turn and maintain a good stable posture during your backswing (Loss of Posture, Flat Shoulder Plane, Reverse Spine Angle, Early Extension).

In the downswing direction (to the left), you have excellent rotational mobility of the thoraco-lumbar spine of over 45 degrees which matches the PGA TOUR average. This mobility will help you obtain a full shoulder turn through impact and maintain a good stable posture during your swing.

Setup Posture

Result: 

The ability to move and control the position of the pelvis is critical for optimal power transfer from the lower body to the upper body during the golf swing. You have a good neutral pelvic posture at set up. This is ideal for proper core control during the golf swing and will help transfer energy from your lower body to your upper body.

Toe Touch

Result: 

The Toe Touch Test is a great test for overall mobility in the lower back and hamstrings. Additionally, it can help identify a hip issue versus a lower back/core limitation.

You have great flexibility in your forward bend mechanics. In other words, you can bend forward and touch your toes with your knees locked. Believe it or not this is a big plus in the golf swing since it allows you to get into a good set up posture by bending from the hips while not modifying your spine posture.

Lat Test

Result: 

As a right handed golfer, any limitation in the right Lat muscle group or right shoulder girdle can affect your ability to rotate the trunk around the lower body past impact. It can also cause the right arm to become restricted through your finish.

You have over 170 degrees of flexion in your right shoulder. This is an excellent result, as normal range of motion on the PGA TOUR is over 170 degrees.

As a right handed golfer, any limitation in the left Lat muscle group or left shoulder girdle can lead to a loss of spinal posture as the arms are elevated during the backswing. This limitation can also restrict the overall shoulder turn during the backswing.

You have over 170 degrees of flexion in your left shoulder. This is an excellent result, as normal range of motion on the PGA TOUR is over 170 degrees.

Cervical Rotation

Result: 

The right side Cervical Rotation Test indicates that you have great right rotation and flexion in your neck. Normal range of motion is over 70 degrees. This mobility will help you maintain your posture during the downswing and should help you fully rotate your shoulders through impact.

The left side Cervical Rotation Test indicates that you have great left rotation and flexion in your neck. Normal range of motion is over 70 degrees. This mobility will help you achieve a complete shoulder turn during the backswing and maintain stable head posture.

Forearm Rotation

Result: 

When pronating your forearms (palms rotating down) in the Forearm Rotation Test, you have normal range of motion in both forearms. This excellent result will help you set and release the club properly throughout the golf swing.

When supinating your forearms (palms rotating up) in the Forearm Rotation

Test, you have normal range of motion in both forearms. This excellent result will help you set and release the club properly throughout the golf swing.

Wrist Hinge

Result: 

In the Wrist Hinge Test, you have a good hinge up (radial deviation) in both wrists. This excellent result will help you set the club properly during the swing and assist in delaying the release of the club on the downswing, improving overall speed at impact.

In the Wrist Hinge Test, you have a good hinge down (ulnar deviation) in both wrists. This excellent result will help you release the club properly during the swing.

Wrist Flexion/Extension

Result: 

In the Wrist Flexion Test, you have normal range of motion when flexing (bowing) both wrists. This excellent result will help you maintain a square clubface as you set and release the club throughout the swing.

In the Wrist Extension Test, you have normal range of motion when extending (cupping) both wrists. This excellent result will help you set and release the club properly throughout the swing.

This email was sent to ricky@ankgolf.com.au. If you're a member of [MyTPI.com](https://www.mytpi.com) you can [click here](#) to tell us what emails you wish to receive. You can also [unsubscribe](#) from all marketing emails.

© TPI