

Subject: TPI Physical Screen Results
From: TPI Customer Service <cs@mytpi.com>
To: rory@ankgolf.com.au
Date Sent: Tuesday, June 5, 2018 4:37:05 PM GMT+10:00
Date Received: Tuesday, June 5, 2018 4:50:44 PM GMT+10:00



Diana Park

FITNESS HANDICAP: 23

Screen Type	TPI PHYSICAL SCREEN	TPI Certified Instructor	RORY RUSSELL	Date	6/5/2018
--------------------	---------------------	---------------------------------	--------------	-------------	----------

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 too much arch in your lower back at set up. We call this position an S-Posture and it can put excessive stress on your lower back as well as cause instability in the core throughout the golf swing.

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 flattening the curvature (producing less arch) in your lower back from golf posture. This is usually a sign of limited lumbar spine mobility, limited hip extension mobility and/or weakness or lack of control of the abdominals and glutes. This can limit your ability to generate and transfer power from your lower body and stabilize your posture during the golf swing.

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. This can cause your lower body to move excessively or out of sequence during the swing, restrict your ability to coil and load the spine during the backswing and limit your upper body's ability to rotate around your lower body through impact and follow through, thus reducing overall power. This can lead to excessive lateral sway during the backswing, loss of trunk posture during the backswing, and faulty swing planes. It can also cause your hips to outrace your trunk during the downswing and cause you to lose your posture.

Additionally, when your lower body was stabilized by virtue of having your pelvis held still, your torso rotation did not improve in either direction (bilaterally). This is indicative of a mobility issue in your upper body.

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.

In your case, it is tough for you to perform a full deep squat while keeping your heels on the ground and a club over your head. But when the club is removed, you can now perform a full deep squat. This is typically due to restrictions in the upper spine and/or shoulder flexion. This is a key indicator for your ability to maintain good posture at the top of your backswing. Because of this limited range of motion, maintaining a flexed posture from the waist down while elevating your arms during the backswing may be difficult.

You do a great job of evenly distributing your weight between your right and left side during routine movements, like performing a squat.

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.

You maintain the same degree of external rotation in your right 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.

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.

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

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 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 through impact and maintain a good stable posture during your downswing (Early Extension).

Bridge with Leg Extension

Result: ●

In the right side Bridge with Leg Extension Test, it is very difficult for you to stabilize your pelvis in the bridge position, which indicates a weakness in the right glute max. Right glute weakness can cause 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, it is very difficult for you to stabilize your pelvis in the bridge position, which indicates a weakness in the left glute max. Left glute weakness can cause instability in your left leg during the downswing potentially resulting in Loss of Posture, Sliding, Hanging Back or Early Extension.

Pelvic Rotation

Result: ●

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, hips and pelvis, along with simultaneous stability of the thorax.

You are able to properly rotate your lower body independent of your upper body. This is a great result and will help you initiate the downswing with a proper sequence and generate a better coil between your upper and lower 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.

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 16-20 seconds before having to open your eyes or losing your balance. This is an excellent result, as over 16 seconds is considered good balance for the elite level golfer.

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 16-20 seconds before having to open your eyes or losing your balance. This is an excellent result, as over 16 seconds is considered good balance for the elite level golfer.

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.

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 normal range of motion in both lower extremities. This will help you rotate and maintain a stable posture on the backswing as opposed to a Sway.

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 normal rotation on your right (trail) lower extremity and normal rotation on your left (lead) lower extremity. This will help you rotate and maintain a stable posture on the downswing as opposed to a Slide.

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 a 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 rory@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