

My Evaluation Findings



MY GOLF FITNESS HANDICAP™: 11.6

MOBILITY

You have more than 60 degrees of internal rotation (rotating your leg inwards) on the right. Normal internal rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis on the backswing.

You have more than 60 degrees of external rotation (rotating your leg outwards) on the right. Normal external rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis open on the downswing.

You have more than 60 degrees of internal rotation (rotating your leg inwards) on the left. Normal internal rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis open on the downswing.

You have more than 60 degrees of external rotation (rotating your leg outwards) on the left. Normal external rotation on the PGA Tour is over 60 degrees. Any reduction in external rotation on the left can lead to an inability to rotate your pelvis on the backswing. This will definitely help you rotate your pelvis on the backswing.

You have limited mobility rotating your thoracic spine to the right when your shoulder blades are stabilized. Normal right rotation is over 45 degrees on the PGA Tour and you had less than 45 degrees. This may limit your ability to get a full shoulder turn and maintain a good stable posture during your backswing.

When standing in golf posture, you have the flexibility to separate your upper body from your lower body. This is important for creating power and maintaining a stable posture between your upper and lower body during the swing.

It is tough for you to perform a full deep squat while keeping your heels on the ground. Because of this limitation, maintaining a flexed, stable posture during the downswing becomes close to impossible. You have good flexibility in both calves. If there is any limitation in your squat mechanics it is probably due to your core muscles not stabilizing your pelvis properly during the squat. To maintain or develop a better squat, focus on core stabilization exercises while trying to perform a good deep squat. It was quite apparent that you tend to place more stress on your left leg during routine movements, like performing a squat. These imbalances may also show up in your golf swing, causing weight shift disturbances, loading problems, and faulty sequencing.

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 golf since it allows you to get into a good set up posture by bending from the hips and not modifying your spine posture at the same time.

You have good extension of your right wrist. This will help you set the club and maintain a good wrist set on the downswing.

You have a good amount of flexion in your left wrist.

You have good extension of your left wrist.

You have a good amount of flexion in your left wrist.

You have good radial deviation (hinge up) in your right wrist. This will help you set the club and maintain a good wrist set on the downswing.

You have limited ulnar deviation (hinge down) in your right wrist. This may prevent you from releasing the club through impact.

You have limited radial deviation (hinge up) in your left wrist. This may prevent you from setting the club and maintain a good wrist set on the downswing.

You have good ulnar deviation (hinge down) in your left wrist. This will help you release the club through impact.

It is hard for you to increase the arch in your lower back from golf posture. This is usually a sign that you already have too much arch in your lower back at set up. We call this an S-posture. Causes can be weakness in the abdominals and glutes and tightness in the hip flexors and lower back.

You are able to rotate your lower body independent of your upper body. This will help you initiate the downswing with a proper sequence and generate a better coil (x-factor stretch) between your upper and

lower body.

You have good coordinated control of the muscles that rotate your lower body independently from your upper body. This is important for proper sequencing in the golf swing.

STABILITY

You are having a hard time stabilizing your lower body and rotating your upper body independently in both directions. This can lead to excessive lateral sway during the backswing, loss of posture, and it can cause your hips to outrace your trunk during the downswing.

When testing your ability to tilt your pelvis back and forth we noticed some vibration and shaky movement in your abdominals. This usually means that those muscles are not used to activating in this fashion and may be slightly weak.

You have a good ability to stabilize your upper body when asked to rotate your lower body independent of your upper body. This will help you generate power and create a proper downswing sequence.

We tested your right gluteal strength in what is called a bridge position. It was very difficult for you to stabilize your pelvis in this 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.

We tested your left gluteal strength in what is called a bridge position. It was very difficult for you to stabilize your pelvis in this position, which indicates a weakness in the left glute max. Left glute weakness can cause instability in your left leg during the downswing.

BALANCE

We tested your ability to stand on your right leg only with your eyes closed. This is testing a trait called proprioception or your "feel balance" on the right side of your body. You could only stand for 11-15 seconds before having to open your eyes. 25 seconds is considered good balance for the elite golfer. This limited balance on your right side can limit your ability to load into your right side or cause you to lose stability during the backswing.

We tested your ability to stand on your left leg only with your eyes closed. This is testing a trait called proprioception or your "feel balance" on the left side of your body. You could only stand for 11-15 seconds before having to open your eyes. 25 seconds is considered good balance for the elite golfer. This limited 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.

POSTURE

You have too much arch in your lower back at set up. We call this a S-posture and it can put excessive stress on your lower back and cause instability of your lower body throughout the golf swing.

SWING CHARACTERISTICS

You have the **S-Posture** swing fault. This is typically due to muscle imbalances in the hips and pelvic area or you may be creating too much S curvature by trying to stick your butt out at set up. S-posture causes are as follows:

1. Student does not understand how to bend from the hips to setup to the golf ball.
2. Student has been told to stick their butt out to create more room for their arms on the downswing.
3. Lack of Abdominal strength or relaxing the abdominal musculature.
4. Lower Crossed Syndrome - Muscle imbalance in the pelvis and hips (tight hip flexors and lower back).
5. Too much flex in the knees with the torso to upright.

You early extended on your downswing. This fault causes a variety of issues, when the lower body moves closer to the ball it is now in the way of where the arms need to go to deliver the club to the ball on the ideal path. Players will often complain of being stuck or trapped with their arms on the downswing. This is usually due to the fact that the lower body has moved into the space where the arms need to go. The result can be a block or hook as the hands and arms desperately try and deliver the club to the ball. If you don't do anything with your hands through impact you may actually shank some shots because you are closer to the ball than you were at address. The early extension swing fault can be caused by the following:

1. Lack of flexibility in the calf muscles.
2. Inability to stabilize your core during a squatting maneuver.
3. Poor hip mobility.
4. Standing too far from the golf ball.
5. Too much weight on heels at address
6. Poor swing path

See the attached drills and exercises to stop the early extension fault

You have the **Reverse Spine Angle** swing fault. The backward bending of the upper body puts the torso and club out of position at the top of the backswing. As a result you may either unwind the torso too quickly resulting in a pull or slice or shift the lower body too excessively to try and recover and end up hanging back or flipping the club through impact, creating a hook or block.

This fault can be caused by the following:

1. Instability and weakness in the abdominal muscles and glutes.
2. Inflexibility in the right hip leading to a sway which will cause a reverse spine angle.
3. Too much pelvic tilt at address which can cause you to have an S curvature in your lower spine. If this does not return to neutral as you swing back it can cause the Reverse Spine Angle fault.
4. No rotation of the forearms going back with the arms being lifted into position as the player takes the club back.
5. Coordination, with no understanding of the correct position at the top of the swing and how to get there.

The MYTPI program is intended for golf performance improvement. The physical evaluations and exercise programs suggested here are developed based on the assumption that you are in reasonably good health and are not intended for injury rehabilitation. The MYTPI program is no substitute for individualized medical advice. You should consult your doctor before you begin this or any exercise program.

The physical evaluations described here require you to perform various movements to help you to understand where you might have relative strengths or weaknesses. If you feel pain, discomfort, out of breath or dizzy during any of these physical evaluations, you should consider that an "Incomplete" test and move on to the next evaluation. You should stop exercising if you feel pain, discomfort, out of breath or dizzy while performing any of the exercises described here.

For exercises, articles and more, visit www.titleistperformanceinstitute.com
