

My Evaluation Findings



MY GOLF FITNESS HANDICAP™: 14

MOBILITY

You have 81-85 degrees of right rotation in your neck. Normal range of motion is over 75 degrees. You have good right rotation in your neck which will help you maintain your posture during the downswing and should help you fully rotate your shoulders through impact.

You have 86-90 degrees of left rotation in your neck. Normal range of motion is over 75 degrees. You have good right rotation in your neck which will help you get a complete shoulder turn during the backswing and maintain a stable head posture.

You have less than 60 degrees of internal rotation (rotating your leg inwards) on the right. Normal internal rotation on the PGA Tour is over 60 degrees. Any reduction in internal rotation on the right can lead to an inability to rotate around your hip on the backswing (sway).

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 less 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.

You have good flexibility in your thoracic spine when rotating your trunk to the right. Normal right rotation is over 45 degrees on the PGA Tour and you had more than 45 degrees. This will help you get a full shoulder turn and maintain a good stable posture during your backswing.

You have good flexibility in your thoracic spine when rotating your trunk to the left. Normal left rotation is over 45 degrees on the PGA Tour and you had over 45 degrees. This should help you get a full shoulder turn through impact and maintain a good stable posture during your swing.

You still have good mobility rotating you 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 more than 45 degrees. This will help you get a full shoulder turn and maintain a good stable posture during your backswing.

You still have good mobility rotating you thoracic spine to the left when your shoulder blades are stabilized. Normal left rotation is over 45 degrees on the PGA Tour and you had over 45 degrees. This should help you get a full shoulder turn through impact and maintain a good stable posture during your swing.

You have great mobility in your lumbar spine and good control of the muscles that help position the pelvis during the golf swing. This will help you transfer energy from your lower body to your upper body during the golf swing.

You have difficulty rotating your lower body independent of your upper body. This can prevent you from initiating the downswing with a proper sequence and limit the coil (x-factor stretch) between your upper and lower body.

It is hard for you to rotate your lower body independently from your upper body. You tend to shift your pelvis laterally instead of rotating around your spine. We need to work on the coordination of this movement since it may cause sequencing problems on the downswing.

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.

It is tough for you to perform a full deep squat while keeping your heels on the ground due to limited calf flexibility bilaterally. This can make it extremely difficult for you to maintain good posture through the impact zone. Because of this limited flexibility in your calves, maintaining a flexed posture from the waist down and preventing any forward thrusting towards the golf ball during the downswing becomes close to impossible.

It was quite 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, 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.

The total external rotation in your left shoulder is over 90 degrees while standing tall. The average range of motion for players on the PGA Tour is over 90 degrees. You have good external rotation in your left shoulder, which should allow you to rotate your left arm properly through impact and the follow through.

You maintain the degree of external rotation in your right shoulder when getting into your golf posture. Some people tend to lose their total range of motion in their shoulder due to lack of stability in their shoulder blades when bending from the waist.

STABILITY

You maintain the degree of external rotation in your left shoulder when getting into your golf posture. Some people tend to lose their total range of motion in their shoulder due to lack of stability in their shoulder blades when bending from the waist.

The total external rotation in your right shoulder is over 90 degrees while standing tall. The average range of motion for players on the PGA Tour is over 90 degrees. You have good external rotation in your right shoulder, which should allow you to set the club and rotate your right arm into any position that you want during the backswing.

You are good at stabilizing your lower body and rotating your upper body independently in both directions. This is important for creating power and maintaining a good spine angle between your upper and lower body during the swing.

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.

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 less than 5 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 less than 5 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 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

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
