



a stronger body • a solid swing • a lower score

TPI GOLF PACKAGES

Evaluation \$150 per client

1-60 minute session

TPI 16-Part Fitness Screen

- To isolate any physical limitations affecting the client's ability to swing and correlate these findings to your swing characteristics

Personalized Home Exercise Prescription

- Provided to address limitations found during the TPI screen and can be viewed on your TPI account with detailed videos and instruction of each exercise

K-Vest 3D Swing Analysis

- Used to analyze 3D motion of the golf swing and provide feedback to measure body sequencing during the swing. The data collected will be provided on a comprehensive report via email.



Re-Evaluation Package \$150 returning clients

1-60 minute session

TPI 16-Part Fitness Screen

- Compare findings from previous screen to current to assess progress

Updated Exercise Prescription

- Review of previous exercise regime and provide new exercises as indicated from TPI screen results

K-Vest 3D Swing Analysis

- Compare pre- and post- measurements

Fitness Package \$450

2-60 minute sessions, 3-45 minute training sessions

TPI 16-Part Fitness Screen

Personalized home exercise prescription

K-Vest 3D Swing Analysis

3 Golf-Specific training sessions with TPI certified Physical Therapist

Re-Evaluation performed following training sessions including:

- TPI Screen – updated fitness handicap
- K-Vest Swing Analysis
- Exercise prescription with education on pre/post-play stretches



Evaluation & Fitness Session \$250

1-60 minute session, 1-45 minute session

TPI 16-Part Fitness Screen

Personalized home exercise prescription

K-Vest 3D Swing Analysis

Golf-specific training session with TPI certified Physical Therapist

- To address limitations found on TPI screen with mobility/stability exercises
- Physical therapy manual techniques used as needed to facilitate proper movement patterns





MENU OF SERVICES

TPI Evaluation

- Functional movement screen designed to assess flexibility, coordination, stability, range of motion, balance, strength, posture, and measures the ability to separate upper body from the lower body to generate speed
- Identifies physical limitations that can directly affect golf swing mechanics and swing efficiency

Exercise Prescription

- Personalized performance program will be designed to alter the biomechanical limitations found during the TPI evaluation

K-Vest 3D Swing Analysis

- The K-vest uses wireless Bluetooth sensors to provide feedback to measure swing efficiency and proper body sequencing during the swing by analyzing the 3D motion of the golf swing.

Golf Specific Training Session

- Customized training program to maximize golf performance by normalizing physical limitations from the TPI Screen and improving swing sequencing to ensure the golf swing is efficient

Physical Therapy Techniques

- Manual therapy can include joint mobilizations, mobilization with movement, and myofascial release techniques to address any mobility restrictions that are limiting client's ability to rotate during the golf swing
- ASTYM treatment can reduce any soft tissue restrictions or treat injuries related to tendonitis, muscle strains, or ligament sprains

K-Vest Biofeedback Training

- Utilized to improve set-up position and golf posture, increase upper body/lower body separation at the top of the swing, and normalize swing sequence to optimize distance and accuracy

Golf Swing Video Analysis

- Golf-Tec software is used to capture the swing in slow motion to measure both face-on and down-the-line views
- The video is utilized to identify swing faults in each aspect of the golf swing (backswing, downswing, and follow through) and correlate the findings to physical limitations from the individual's TPI screen