

VSSI

VIRGINIA SPORT & SPINE INSTITUTE

Titleist Performance Institute Evaluation & Injury Prevention Program



- Identify physical limitations contributing to different swing characteristics
- Maximize lessons with a golf pro by developing a swing pattern that works within your limitations
- Minimize risk of injury / recover more easily from injury
- Improve balance between stability and mobility required for the golf swing
- Help to progress you towards specific strength and power training specific to golf

Evaluation and Training Rates

Initial Evaluation	\$199 (call for special group evaluation pricing)
Re-evaluation	\$149
Training Sessions	\$75
Small Group (2-4) training	\$55 per athlete
Custom Camps and Clinics: call/email to discuss availability	

Program Highlights

Initial Evaluation (60 minutes)

- Brief health screening
- 16-step TPI biomechanical screen
- Video Capture of golf swing to help in body-swing analysis
- Customized home exercise program based on your physical limitations
- Coordination with golf professional if appropriate

Training Session (60 minutes)

- One on one review of exercises to maximize benefit from exercise
- Supplement exercises with manual procedures (if necessary)
- Instruct in self soft tissue mobilization techniques
- Instruct on proper daily body prep, exercise/golf warm up and cool down

Re-evaluation (45 minutes)

- Repeat of 16-step TPI biomechanical screen
- Repeat body swing analysis with video capture of golf swing
- Review and update home exercises as necessary