



**A GOLF SPECIFIC SCREENING INCLUDES:**

- TPI SCREEN & ASSESSMENT;
- GOLF SPECIFIC FITNESS ASSESSMENT;
- TPI BIOMECHANICAL GOLF SWING ANALYSIS;
- DETAILED REPORT OF FINDINGS FOR YOU AND YOUR COACH;
- GOLF SPECIFIC TPI EXERCISE PROGRAM.



# VSSI

VIRGINIA SPORT & SPINE INSTITUTE

**TITLEIST PERFORMANCE INSTITUTE  
(TPI) GOLF ASSESSMENTS**

Contact Us

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## GOLF SCREENINGS/ ASSESSMENTS

Virginia Sport & Spine Institute's Dr. Jeffrey Lowes is a respected local clinician with significant experience in the Golf Health & Fitness industry. Dr. Lowes is a level 3 certified Medical professional with the Titleist Performance Institute (TPI) – one of the world's leading authorities on Golf Health & Fitness.

Virginia Sport & Spine Institute was founded in 2018 and is a sport specific health care facility that provides the most cutting-edge, scientifically proven golf screenings/assessments, soft-tissue and myofascial treatments, and exercise prescription for golfers of all ages and abilities.

Our facility aim is to work with our clients and their team (Golf Coach, Strength & Conditioning Coach, Psychologist, Nutritionist etc.) to provide the highest quality care for their injury management, injury rehabilitation, and golf performance needs.

## BENEFITS OF A GOLF FITNESS 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 / help speed recovery process
- Improve balance between stability and mobility required for the golf swing
- Help to progress you towards specific strength and power training required for golf

## PERFORMANCE ASSESSMENTS

Performance assessments help to determine an athlete's baseline movement quality, and are typically performed before the start of a new sports season or to aid in evaluating potential injury risk levels. Additionally, a quality assessment can help identify challenge areas that may be holding back performance advancement, such as: range of motion limitations, lack of control or stability, motor control, and the ability to store and express kinetic energy. At the Virginia Sport & Spine Institute, we are always assessing our athletes and clients to assure our treatment and training is specifically geared towards the individual. A performance assessment is highly recommended prior to a new golf season or before you begin a new training program.

## 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 (45 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

### SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT (SFMA)

The SFMA is what helps make the Virginia Sport & Spine Institute team unique. Combining your medical history, TPI screen, SFMA findings and individual golf fitness testing allow us to identify very specific body impairments varying from mobility restrictions to motor control dysfunction that are limiting your game.