

health talk



How To Golf Like The Greats

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Are you wondering why you're still slicing the ball, not driving the ball far enough, or having a great difficulty getting the ball straight, even though you have had multiple lessons by the best PGA pros out there?

If so, then the Titleist Performance Institute (TPI) Golf Analysis might be the answer for you.

TPI has discovered how to screen a player's biomechanics and then train or treat the player's body appropriately to allow a player to swing a golf club in the most efficient way possible. Additionally, TPI has analyzed how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.



The TPI analysis starts off with a detailed history of your game, then with this information, we put you through a 14 point physical assessment, where they are graded relative to their

limitations. We follow up the physical assessment with a video analysis of your swing using the latest software. This is where we point out your limitations and make a direct attribution of your biomechanical limitation to your swing faults. From there, we create a specific and measurable plan of management to fix these body limitations. This is the ultimate way to make the connection between your swing technique and your body.

The TPI golf analysis works on a mobility/ stability model. It has been discovered that our body works in an alternating mobility/ stability platform. For example, we require good stability in the core, but require even better mobility in the thoracic spine in order for us to create the most efficient golf swing. Remember, mobility is not just how flexible you are, but it is the ability to function within a greater range of motion; this is vital to any swing. One example of this would be someone who is very flexible in their takeaway, but has absolutely no control, having their club past parallel, but can not control the movement in order to keep their club head within the swing path. This player may have good flexibility but the obvious lack of control through that range of motion will lead to miss hits and reduction of power when the player makes contact.

Here is a good example of how the TPI system helped one of our right handed mid range handicappers. John Hiptight was having great difficulty with his follow through, and would miss heavy to the right on bad shots, his swing coach attributed this to his tendency to slide forward during his follow through, instead of rotating his hips. The PGA coach began working on helping John finish off high and cuing John to turn more into that lead leg. After 6 sessions, there was no change. John decided to seek our professional help, and from the TPI assessment, we found out that John only had 38 degrees of internal rotations of the lead leg, where the tour average is at least 60 degrees. This means that John was anatomically unable to finish a full follow through, therefore John might compensate for his lack of motion by creating faulty mechanisms such as sliding the lead hip forward instead of rotating through; or might do the opposite and hang back excessively or his their posture in order to finish the swing. All of these swing faults will lead to the inability to hit a ball to his maximal potential, and also potentially injuring himself.

One example of a fix for this player would be to create better mobility through the left (lead) hip.



To start off, we would implement a dynamic stretching and self-mobilization techniques such as the ones in the picture. We would also give corrective exercise routines to train and stabilize corresponding parts of the body in order to create better golf mechanics. On top of it all, we would physically treat the immobile hip with such techniques as Active Release Technique, Graston technique, mulligan mobilizations, and Russian Stimulation. This holistic approach to treating the body will ensure the program goes away and stays away.

For more information on the program, please visit formfunctionclinic.com/Golf-SMART.html

