

**Subject:** Fwd: TPI Physical Screen Results  
**From:** rory russell <rockgtr007@hotmail.com>  
**To:** "rory@ankgolf.com.au" <rory@ankgolf.com.au>  
**Date Sent:** Friday, May 18, 2018 8:15:28 AM GMT+10:00  
**Date Received:** Friday, May 18, 2018 8:29:18 AM GMT+10:00

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Sent from my iPhone

Begin forwarded message:

**From:** "TPI Customer Service" <[cs@mytpi.com](mailto:cs@mytpi.com)>  
**Date:** May 18, 2018 at 08:14:31 GMT+10  
**To:** [rockgtr007@hotmail.com](mailto:rockgtr007@hotmail.com)  
**Subject:** TPI Physical Screen Results



David Joo

FITNESS HANDICAP: 31

<b>Screen Type</b>	TPI PHYSICAL SCREEN	<b>TPI Certified Instructor</b>	RORY RUSSELL	<b>Date</b>	5/17/2018
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#### Setup Posture

Result: ●

The ability to move and control the position of the pelvis is critical for optimal power transfer from the lower body to the upper body during the golf swing. You have too much arch in your lower back at set up. We call this position an S-Posture and it can put excessive stress on your lower back as well as cause instability in the core throughout the golf swing.

#### Pelvic Tilt

Result: ●

The Pelvic Tilt Test assesses overall mobility of the hips and the lumbar spine as well as the ability to control the position of the pelvic posture. The ability to move and control the position of the pelvis is critical for optimal power transfer from the

lower body to the upper body during the golf swing.

You have difficulty modifying the position (tilt) of your pelvis in golf posture. In top level players, their pelvis tilts backwards up to 20 degrees during the downswing, due to the contraction or firing of their abdominals. Your limitation can be due to lack of mobility in your lumbar spine, tightness in your hips, weakness in the abdominal and gluteal muscles and/or a lack of motor control.

### Lower Quarter Rotation

Result: ●

The Lower Quarter Rotation Test measures rotational mobility of both the left and right lower extremities (this includes the hips, knees and ankles) in the backswing to determine if there may be an increased chance of excess lateral motion (Sway) or Loss of Posture.

When turning in the same direction as your backswing, you have limited rotation on your right (trail) lower extremity and normal rotation on your left (lead) lower extremity. Any reduction in rotation on the right lower extremity can lead to an inability to rotate properly without losing posture during the backswing.

The Lower Quarter Rotation Test measures rotational mobility of both the left and right lower extremities (this includes the hips, knees and ankles) in the downswing to determine if there may be an increased chance of excessive or reduced lateral motion (Slide or Hang Back) or Loss of Posture.

When turning in the same direction as your downswing, you have limited rotation on the right (trail) lower extremity and normal rotation of your left (lead) lower extremity. Any reduction in rotation on the right lower extremity can lead to an inability to rotate properly on the downswing without coming out of posture through impact.

### Bridge with Leg Extension

Result: ●

In the right side Bridge with Leg Extension Test, you have a difficult time stabilizing your right leg and right hip with your right glute muscle. You tend to over recruit your right hamstrings or lower back to help stabilize your leg due to a weakness or inhibition of your right glute. This can lead to instability in your right leg during the backswing and limited power on the downswing potentially resulting in Sway, Loss of Posture, Reverse Spine Angle or Early Extension.

In the left side Bridge with Leg Extension Test, it is very difficult for you to stabilize your pelvis in the bridge position, which indicates a weakness in the left glute max. Left glute weakness can cause instability in your left leg during the downswing potentially resulting in Loss of Posture, Sliding, Hanging Back or Early Extension.

### Wrist Flexion/Extension

Result: ●

In the Wrist Flexion Test, you have limited range of motion when flexing (bowing) the left wrist and normal range of motion in the right wrist. This mobility limitation can adversely affect your ability to set and release the club properly throughout the swing and may cause the clubface to remain open at the top and through impact (Over-the-Top, Scooping, Casting, Chicken Winging).

In the Wrist Extension Test, you have limited range of motion when extending (cupping) the left wrist and normal range of motion in the right wrist. This mobility limitation can cause the club to become shut and laid off (Flat) at the top of the backswing.

## Pelvic Rotation

Result: ●

The Pelvic Rotation Test checks your ability to rotate the lower body independent of the upper body. This is an important skill needed for properly sequencing the downswing and to allow for a good separation between the upper and lower body. This movement requires good mobility of the spine, hips and pelvis, along with simultaneous stability of the thorax.

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 between your upper and lower body.

Additionally, when your upper body was stabilized by virtue of having your shoulders held still, your pelvic rotation showed improvement in both directions (bilaterally). This is indicative of a stability issue in your spine or upper body.

## Overhead Deep Squat

Result: ●

The Overhead Deep Squat Test is one of the most informative tests that can be performed on a golfer. We have found several correlations between this test and the golf swing through research at the Titleist Performance Institute. If a golfer is unable to perform a full deep squat with their heels on the ground, it is almost impossible to maintain posture during the downswing. We usually see these golfers thrust their lower bodies towards the golf ball and raise their torsos up during the downswing (Early Extension). This is usually due to either tightness in their calf muscles and/or lack of pelvic stability due to weakness in their core.

We also see a strong correlation between players standing up out of their posture during the backswing (Loss of Posture/Flat Shoulder Plane) when golfers can't squat with the dowel over their heads. The Loss of Posture is usually due to limitations in mobility of their Lat muscles and thoracic spines.

In your case, it is tough for you to perform a full deep squat while keeping your

heels on the ground and a club over your head. But when the club is removed, you can now perform a full deep squat. This is typically due to restrictions in the upper spine and/or shoulder flexion. This is a key indicator for your ability to maintain good posture at the top of your backswing. Because of this limited range of motion, maintaining a flexed posture from the waist down while elevating your arms during the backswing may be difficult.

You do a great job of evenly distributing your weight between your right and left side during routine movements, like performing a squat.

90/90

Result: ●

The total external rotation in your right shoulder is over 90 degrees while standing tall which is excellent (PGA TOUR average is over 90 degrees). This range of motion should allow you to set the club and rotate your right arm into any position that you want during the backswing.

You maintain the same degree of external rotation in your right shoulder when in golf posture (which is good). Some people tend to lose range of motion in their shoulder when bending from the waist due to lack of stability in their shoulder blades.

The total external rotation in your left shoulder is over 90 degrees while standing tall which is excellent (PGA TOUR average is over 90 degrees). This range of motion should allow you to rotate your left arm properly through impact and the follow through.

When in golf posture, you tend to lose range of motion and cannot externally rotate your left shoulder as well as you can when standing tall. This is usually due to a lack of stability in the shoulder blade on the left when bending from the waist. In other words, your left shoulder blade tends to move or shift excessively when you're in golf posture and this directly limits the total range of motion in the shoulder joint itself.

Single Leg Balance

Result: ●

When testing the overall balance on the right side of your body, you are able stand on your right leg with your eyes closed for 6-10 seconds before having to open your eyes or losing your balance. Elite level golfers can maintain balance for over 16 seconds. This reduced balance on your right side can limit your ability to load into your right side or cause you to lose stability during the backswing.

When testing the overall balance on the left side of your body, you are able stand on your left leg with your eyes closed for 6-10 seconds before having to open your eyes or losing your balance. Elite level golfers can maintain balance for over 16 seconds. This reduced 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.

## Seated Trunk Rotation

Result: ●

In the backswing direction (to the right), you have excellent rotational mobility of the thoraco-lumbar spine of over 45 degrees which matches the PGA TOUR average. This mobility will help you obtain a full shoulder turn and maintain a good stable posture during your backswing.

In the downswing direction (to the left), you have limited rotational mobility of the thoraco-lumbar spine of 45 degrees. PGA TOUR average is greater than 45 degrees. This reduction in mobility may limit your ability to obtain a full shoulder turn through impact and maintain a good stable posture during your downswing (Early Extension).

## Cervical Rotation

Result: ●

The right side Cervical Rotation Test indicates that you have great right rotation and flexion in your neck. Normal range of motion is over 70 degrees. This mobility will help you maintain your posture during the downswing and should help you fully rotate your shoulders through impact.

The left side Cervical Rotation Test indicates that you have limited left rotation in your neck. Normal range of motion is over 70 degrees. This mobility restriction can limit your ability to fully rotate the shoulders during the backswing while maintaining a stable head and body posture.

## Wrist Hinge

Result: ●

In the Wrist Hinge Test, you have limited ability to hinge up (radial deviation) in your left wrist but normal range of motion in your right wrist. This mobility limitation can adversely affect your ability to hinge and set the club properly in the golf swing and lead to an early release of the club on the downswing (Casting) causing a reduction in speed and accuracy.

In the Wrist Hinge Test, you have limited ability to hinge down (ulnar deviation) in your left wrist but normal range of motion in your right wrist. This mobility limitation can adversely affect your ability to release the club properly in the golf swing and force you to lose width in the lead arm through impact (Chicken Winging).

## Torso Rotation

Result: ●

The Torso Rotation Test checks your ability to rotate the upper body independent of the lower body. This is an important skill needed for properly sequencing the

backswing, generating a good separation or coil during the backswing and for rotating the upper body around the lower body through impact and follow through. This movement requires good mobility of the thoracic spine and simultaneous stability of the lower body.

You are able to rotate your upper body independent of your lower body. This is a great result and is important for creating power and maintaining a stable posture during the golf swing.

### Toe Touch

Result: ●

The Toe Touch Test is a great test for overall mobility in the lower back and hamstrings. Additionally, it can help identify a hip issue versus a lower back/core limitation.

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 the golf swing since it allows you to get into a good set up posture by bending from the hips while not modifying your spine posture.

### Lat Test

Result: ●

As a right handed golfer, any limitation in the right Lat muscle group or right shoulder girdle can affect your ability to rotate the trunk around the lower body past impact. It can also cause the right arm to become restricted through your finish.

You have over 170 degrees of flexion in your right shoulder. This is an excellent result, as normal range of motion on the PGA TOUR is over 170 degrees.

As a right handed golfer, any limitation in the left Lat muscle group or left shoulder girdle can lead to a loss of spinal posture as the arms are elevated during the backswing. This limitation can also restrict the overall shoulder turn during the backswing.

You have over 170 degrees of flexion in your left shoulder. This is an excellent result, as normal range of motion on the PGA TOUR is over 170 degrees.

### Forearm Rotation

Result: ●

When pronating your forearms (palms rotating down) in the Forearm Rotation Test, you have normal range of motion in both forearms. This excellent result will help you set and release the club properly throughout the golf swing.

When supinating your forearms (palms rotating up) in the Forearm Rotation Test,

you have normal range of motion in both forearms. This excellent result will help you set and release the club properly throughout the golf swing.

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