

GOLF IN THE NOW WITH JIM WILLIAMS



Get screened for golf!

The Titleist Performance Institute (TPI) has created the most *comprehensive* and *accurate* screening program for golfers designed to assess and evaluate any physical limitation that may be inhibiting your golf swing!

Screenings involve testing two main components:

- 1- Mobility= range of motion + flexibility
- 2- Stability= balance + strength + muscular endurance

ALL screening tests measure either the mobility or stability of the targeted area. Results indicate likely correlations between swing deficiencies and physical limitations.

The following are the main areas tested in a thorough 12 step assessment process:

- Pelvis
- Hips
- Shoulders
- Lats
- Traps
- Thoracic Spine
- Lumbar Spine
- Hamstrings
- Glutes
- Abs
- Ankles
- Balance (proprioception)

Following a screening, a player may elect to have a personalized workout program generated for them, or they may simply take the results and recommendations with them.

Any new client at **Golf in the Now** is encouraged to have a screening done. This better allows Jim to teach them within the parameters of what a person can do physically. For example, if a golfer has an incomplete shoulder turn, it's quite likely there may be a physical limitation in either the lat muscle, shoulder area or thoracic spine. If Jim was to

continually say “turn more, turn more” and the golfer is physically unable to do so, then a screening would verify that restriction and either modifications will be made in instruction, or an exercise program can be started to address the inhibition. It’s the most logical and common-sense way to approach teaching and learning. A golfer can ONLY do what they are physically capable of doing...nothing more.

For more information regarding **integrated golf/fitness lesson packages and pricing, [click here](#)

To schedule a **TPI assessment and/or **golf lesson**, [click here](#)

