

MEDICLINIC *perform* **THE GOLF CLINIC – TPI CERTIFIED**

FIND A MORE EFFICIENT WAY TO SWING YOUR CLUB

THE GOLF CLINIC

The golf clinic in the sports medicine and rehab department at Mediclinic Parkview Hospital focuses on the physical aspects of golf performance.

Our specialist team of physiotherapists utilise industry-leading assessment strategies such as the TPI physical screen, to assess the player's physical readiness to perform the golf swing with optimal efficiency. The TPI philosophy does not believe in there being only one way to swing a club, but that there is always a most efficient way for every golfer to swing based on what the player can physically do. Furthermore, this TPI screening strategy has been trusted by 25 of the top 30 players in the official world golf rankings in professional golf today.

THE TPI PHYSICAL SCREEN

The comprehensive TPI screen includes a broad assessment of a player's movement quality, swing characteristics and physical ability/fitness.

The results of the screen will give you and your certified TPI physiotherapist an objective view on the possible cause for common swing deficiencies such as early extension, sway and reverse spine angle, all of which can contribute to a slower swing speed. The TPI screen can also identify areas in the body susceptible to injury, and guide you in implementing strength and conditioning strategies to reduce the risk of injury.

STRENGTH AND CONDITIONING SPECIFIC FOR GOLF

The golf swing is a complex movement pattern that requires adequate mobility, stability, power and finesse. These physical attributes need to be harnessed concurrently with immense accuracy in order to perform at the optimal level.

The TPI Screen is utilised to identify areas of weakness in these parameters and assist in the formulation of a thorough strength and conditioning programme to enhance your golf performance.

The results of the TPI screen will have a direct impact on the construction of a golf specific strength and conditioning programme. These programmes will include strength training for large muscle groups directly impacting the golf swing, such as push/pull/squat/hinge, plyometric exercises to increase power and speed and mobility exercises to improve flexibility and swing mechanics.

For prices, more information or to book an appointment, please contact the department on 800 1999

TPI Assessment – 45 minutes – AED 525

TPI Assessment with force plate analysis – 60 minutes – AED 735

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