

TPI Inspired Self Screening

Here's a personal TPI (Titleist Performance Institute) inspired screening you can use for self-assessment. Remember, this is a simplified version and not a replacement for a professional TPI assessment. If you have pain or significant limitations, consult a healthcare professional or certified TPI expert.

Important Notes:

- **Warm-up:** Always perform a light warm-up before these tests (e.g., arm circles, leg swings, torso twists).
- **Safety:** Stop any test that causes pain.
- **Honesty:** Be honest with yourself about your limitations.
- **Scoring:** Use the provided scoring system to track your progress.
- **Video:** If possible, record yourself performing these tests for better analysis.

TPI-Inspired Self-Screening Tests:

1. Overhead Deep Squat:

- **Purpose:** Assesses lower body mobility, core stability, and upper body mobility.
- **How to:**
 - Stand with feet shoulder-width apart, arms extended overhead.
 - Squat down as deep as possible, maintaining arms overhead and heels on the ground.
 - Return to standing.
- **Scoring:**
 - **Good:** Deep squat with arms maintained overhead, no rounding of the back, and heels on the ground.
 - **Fair:** Can squat below parallel, but arms drift forward, or slight rounding of the back, or heels slightly lift.
 - **Poor:** Cannot squat below parallel, significant rounding of the back, or heels lift significantly.

2. Toe Touch:

- **Purpose:** Assess hamstring and lower back flexibility.
- **How to:**
 - Stand with feet together.
 - Bend forward at the hips, attempting to touch your toes without bending your knees.
- **Scoring:**
 - **Good:** Can touch toes or hands flat on the ground.
 - **Fair:** Can touch shins or ankles.
 - **Poor:** Cannot reach shins.

3. Trunk Rotation:

- **Purpose:** Assesses thoracic spine (upper back) rotation.
- **How to:**
 - Stand with feet shoulder-width apart, arms crossed over your chest.
 - Rotate your upper body to the right, then to the left, keeping your hips facing forward.
- **Scoring:**
 - **Good:** Can rotate at least 45 degrees in each direction with minimal hip movement.
 - **Fair:** Can rotate 30-45 degrees, but some hip movement occurs.
 - **Poor:** Limited rotation (less than 30 degrees) or significant hip movement.

4. Single-Leg Balance:

- **Purpose:** Assesses balance and stability.
- **How to:**
 - Stand on one leg, arms at your sides.
 - Hold the position for 10 seconds.
 - Repeat on the other leg.
- **Scoring:**
 - **Good:** Can hold balance for 10 seconds without significant swaying or foot movement.
 - **Fair:** Can hold balance for 5-9 seconds with some swaying.
 - **Poor:** Cannot hold balance for 5 seconds or significant loss of balance.

5. Pelvic Tilt:

- **Purpose:** Assesses pelvic control and core stability.
- **How to:**
 - Lie on your back with knees bent and feet flat on the floor.
 - Tighten your abdominal muscles and flatten your lower back against the floor (posterior pelvic tilt).
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 - Then, arch your lower back slightly (anterior pelvic tilt).
- **Scoring:**
 - **Good:** Can perform smooth and controlled pelvic tilts.
 - **Fair:** Can perform tilts, but with some difficulty or jerky movements.
 - **Poor:** Difficulty performing any pelvic tilt or inability to control the movement.

Analyzing Your Results:

- **Identify limitations:** Note which tests you scored "fair" or "poor" on. These areas indicate potential limitations in your movement.
- **Relate to golf swing:** Consider how these limitations might affect your golf swing. For example:
 - Poor trunk rotation: Limited swing rotation and power.
 - Limited toe touch: Reduced ability to bend and maintain posture.
 - Poor overhead squat: Could cause early extension.
- **Implement corrective exercises:** Research exercises that target your identified limitations. TPI offers many resources, as do other fitness professionals.
- **Re-assess:** Perform this screening regularly (e.g., every 4-6 weeks) to track your progress.

Disclaimer:

This self-screening is for informational purposes only and should not be considered a substitute for professional medical or fitness advice. Always consult with a qualified healthcare professional before starting any new exercise program.