



## **Sports Medicine Musculoskeletal Golf Program**

### **FLEXIBILITY + STRENGTH + MOBILITY = GOOD GOLF SWING**

Sparrow Sports Medicine developed this Musculoskeletal Golf Program, based upon Titleist Performance Institute Fundamentals, having universal appeal to golfers of all ages and proficiencies.

#### **Program Methodology**

- Our TPI Certified Golf Fitness Instructor assesses golfers for musculoskeletal defects involving the shoulder, elbow, wrist, hip, knee and/or low back
- Swing characteristics and faults are identified based upon those defects
- Exercises targeting specific joints and muscle groups are provided to correct underlying musculoskeletal impediments that limit golf swing effectiveness
- Golfers improve upon their musculoskeletal deficits giving them the physical capability to correct their golf swing
- Swing faults can then be easily coached away by their golf pro

#### **Program Provides**

- An initial two hour evaluation and instruction session
- Three one-hour follow-up sessions
- Pre- and Post Video Swing Analysis
- Individualized exercise program based upon identified musculoskeletal deficits
- Hands-on release and other musculoskeletal therapeutic techniques

#### **Special Attention Given To**

- Integrity of appropriate joints and muscles
- Underlying musculoskeletal conditions and injuries in devising exercise program
- Orthopedic Surgeon referral if structural problems cannot be alleviated with exercise.

**For further information about the Musculoskeletal Golf Program, contact:**

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