

Evaluation Findings

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Your Golf Fitness HandicapT: 17.6

Mobility

You have over 180 degrees of flexion in your lat muscle on the right. Normal range of motion on the PGA Tour is over 180 degrees.

You have more than 180 degrees of flexion in your lat muscle on the left. Normal range of motion on the PGA Tour is over 180 degrees.

You have 71-75 degrees of right rotation in your neck. Normal range of motion is over 75 degrees. You are just below the average range of motion. If this range of motion becomes any tighter it may start to limit your ability to maintain your posture during the downswing and prevent you from fully rotating your shoulders through impact.

You have 76-80 degrees of left rotation in your neck. Normal range of motion is over 75 degrees. You have good right rotation in your neck which will help you get a complete shoulder turn during the backswing and maintain a stable head posture.

You have limited mobility rotating your thoracic spine to the right when your shoulder blades are stabilized. Normal right rotation is over 45 degrees on the PGA Tour and you had less than 45 degrees. This may limit your ability to get a full shoulder turn and maintain a good stable posture during your backswing.

You have limited flexibility between your upper and lower body when rotating your trunk to the right. Normal right rotation is over 70 degrees on the PGA Tour and you had 51-60 degrees. This will limit your ability to get a full shoulder turn and maintain a good stable posture during your backswing.

You have limited flexibility between your upper and lower body when rotating your trunk to the left. Normal left rotation is over 70 degrees on the PGA Tour and you had 31-40 degrees. This will limit your ability to fire your trunk around your lower body and maintain a good stable posture through impact and your finish.

You had 41-50 degrees of right rotation in just your thoracic spine. Normal for the PGA Tour is over 60 degrees. More rotational flexibility in the thoracic spine will definitely help you create coil between your upper and lower body during the backswing.

You had 41-50 degrees of left rotation in just your thoracic spine. Normal for the PGA Tour is over 60 degrees. More rotational flexibility in the thoracic spine will definitely help you cover or fire your upper body around your lower body during the downswing and finish.

You have limited flexibility in your right hip flexor. This can create postural imbalances and lead to lower back discomfort.

You have limited flexibility in your left quadricep. Tightness in the quads can lead to a poor pelvic posture and abnormal forces in the knee.

You have limited flexibility in your left TFL (the muscle on the outside of your thigh).

Tightness in the TFL can lead to abnormally high stress on the knee and limited range of motion in the hip.

When standing in golf posture, you have the flexibility to separate your upper body from your lower body. This is important for creating power and maintaining a stable posture between your upper and lower body during the swing.

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 you lower the club you can now perform a full deep squat. This is due to restrictions in your upper spine and lat muscles. 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 can be difficult.

It is difficult for you to bend over and touch your toes with your knees locked. This can be due to a bilateral hip restriction or inflexibility in your lumbar spine, calves and hamstrings. These limitations can make it difficult to set up in a good golf posture and maintain that posture throughout your swing. Hip restrictions can make sitting into your right hip on the backswing and posting into your left hip during the downswing seem impossible. They can also lead to lower back and hip pain during golf.

You have a limitation in your right hip that is preventing your from being able to bend over and touch your toes. This hip limitation can cause you to modify your original set up posture, as well as limit your ability to load the right hip properly during the backswing.

The total external rotation in your left shoulder is 91-100 degrees while standing tall. The average range of motion for players on the PGA Tour is over 110 degrees. You have a minor limitation here so you might have some difficulty in properly rotating your left arm through impact. Related swing faults could be chicken winging, wrist breakdown, high ball flight and excessive backspin.

The total external rotation in your right shoulder is 91-100 degrees while standing tall. The

average range of motion for players on the PGA Tour is over 110 degrees. You have a minor limitation here so you might have some difficulty in properly rotating your right arm during the backswing. Related swing faults could be flying right elbow, getting trapped or stuck on the downswing, loss of posture or an over-the-top swing plane.

You have great mobility in your lumbar spine and good control of the muscles that help position the pelvis during the golf swing. This will help you transfer energy from your lower body to your upper body during the golf swing.

You are able to rotate your lower body independent of your upper body. This will help you initiate the downswing with a proper sequence and generate a better coil (x-factor stretch) between your upper and lower body.

You have good coordinated control of the muscles that rotate your lower body independently from your upper body. This is important for proper sequencing in the golf swing.

You have 26-30 degrees of internal hip rotation (rotating your foot inwards) on the right.

Normal hip internal rotation on the PGA Tour is over 45 degrees. Any reduction in hip internal rotation on the right can lead to an inability to rotate around your hip on the backswing (sway).

You have 41-50 degrees of external hip rotation (rotating your leg outward) on the right. Normal hip external rotation on the PGA Tour is over 55 degrees.

You have 31-35 degrees of internal hip rotation (rotating your foot inwards) on the left. Normal hip internal rotation on the PGA Tour is over 45 degrees. Any reduction in hip internal rotation on the left can lead to an inability to rotate around your hip on the downswing (slide).

You have 41-50 degrees of external hip rotation (rotating your leg outward) on the left. Normal hip external rotation on the PGA Tour is over 55 degrees.

Stability

You are good at stabilizing your lower body and rotating your upper body independently in both directions. This is important for creating power and maintaining a good spine angle between your upper and lower body during the swing.

When testing your ability to tilt your pelvis back and forth we noticed some vibration and shaky movement in your abdominals. This usually means that those muscles are not used to activating in this fashion and may be slightly weak.

You have difficulty stabilizing your upper body when trying to rotate your hips independently from your upper body. This makes it difficult to start the downswing with the proper sequence and may limit your overall separation between your upper and lower body.

You tend to lose the ability to fully externally rotate your right shoulder when getting into your golf posture. This is usually due to lack of stability in the shoulder blade on the right when bending from the waist. In other words, your right shoulder blade tends to move or shift excessively when you get into golf posture and this directly limits the total range of motion in the shoulder joint itself. You lost more than 25 degrees of external rotation in golf posture than in standing posture.

You tend to lose the ability to fully externally rotate your left shoulder when getting into your golf posture. This is usually due to 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 get into golf posture and this directly limits the total range of motion in the shoulder joint itself. You lost more than 25 degrees of external rotation in golf posture than in standing posture.

You have lost some mobility and strength in the muscles that control the left shoulder blade and shoulder girdle. This can lead to loss of width in the left arm and limited range of motion in the left shoulder during your golf swing.

You have great shoulder extension and good control of your lower trap muscle on the right, which is a key muscle in controlling shoulder blade position in the golf swing.

The muscle on the outside of your right hip, the glute medius, is not firing properly (inhibited) or it is weak. This can be due to chronic muscle imbalances or lack of use. This limitation can lead to lateral instability in the right leg during the backswing.

The muscle on the outside of your left hip, the glute medius, is not firing properly or it is weak. This can be due to chronic muscle imbalances or lack of use. This limitation can lead to lateral instability in the left leg during the downswing.

When we asked you to contract your abdominals you did a good job of maintaining the curvature in your lumbar spine as you braced. This is a good sign of proper core stabilization.

You were not able to maintain your abdominal brace when we asked you to move your right leg. There was a minor loss of spinal posture (arching of the lower back), which is a sign of loss of stability in your abdominals and core on the right.

You were not able to maintain your abdominal brace when we asked you to move your left leg. There was a moderate loss of spinal posture (arching of the lower back), which indicates a loss of stability in your abdominals and core on the left.

We tested your right gluteal strength in what is called a bridge position. It was very difficult for you to stabilize your pelvis in this position, which indicates a weakness in the right glute max. Right glute weakness can cause instability in your right leg during the backswing and limited power on the downswing.

You are having a hard time stabilizing your left leg and left hip with your left glute muscle. You tend to over recruit your left hamstrings or lower back to help stabilize your leg due to a weakness or inhibition of your left glute. This can lead to instability in your left leg during the downswing.

Balance

We tested your ability to stand on your right leg only with your eyes closed. This is testing a trait called proprioception or your "feel balance" on the right side of your body. You could only stand for less than 5 seconds before having to open your eyes. 25 seconds is considered good balance for the elite golfer. This limited balance on your right side can limit your ability to load into your right side or cause you to lose stability during the backswing.

We tested your ability to stand on your left leg only with your eyes closed. This is testing a trait called proprioception or your "feel balance" on the left side of your body. You could only stand for less than 5 seconds before having to open your eyes. 25 seconds is considered good balance for the elite golfer. This limited 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.

Posture

You don't have enough arch in your lower back at set up. This can put excessive stress on your lower back and limit the flexibility of your spine during the swing.

The MYTPI program is intended for golf performance improvement. The physical evaluations and exercise programs suggested here are developed based on the assumption that you are in reasonably good health and are not intended for injury rehabilitation. The MYTPI program is no substitute for individualized medical advice. You should consult your doctor before you begin this or any exercise program.

The physical evaluations described here require you to perform various movements to help you to understand where you might have relative strengths or weaknesses. If you feel pain, discomfort, out of breath or dizzy during any of these physical evaluations, you should consider that an "Incomplete" test and move on to the next evaluation. You should stop exercising if you feel pain, discomfort, out of breath or dizzy while performing any of the exercises described here.