



ROBERTSPT

KANSAS CITY

GOLF PERFORMANCE HOME ASSESSMENT: ADULTS/SENIORS

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DEAR GOLFER,

Golf is a great game. It is played by many different people, for many different reasons.

Why do you play the game? Where do you want to be at in your golf game in 5-10 years? What are you currently doing to get there?

In the early 1990s, most instructors believed there were two components to address in building the ultimate golfer.

1. **Instruction** – Teaching all aspects of the game: short game, basic fundamentals, specialty shots, course management, etc.
2. **Equipment** – Making sure the golfer is fit properly and has the appropriate set makeup

However, in 1996, this all changed due to a guy named Tiger Woods.

Tiger Wood's dynamic play forced instructors to replace the original style of development with a much more detailed and comprehensive approach. Thanks to him, technology, and research data, a 3rd and 4th major component has been added - both relating to the physical component.

Golf Speed Factors



1. Instruction
2. Equipment
3. MOBILITY
4. PHYSICAL POWER

What has previously been reserved for players at the professional level, golfers of all levels are now increasing in knowledge and implementing golf specific training into their workouts (if they're working out to begin with) to ensure their body is in the best position possible to play the game well for years to come with less pain and more distance.

Are you hoping to **increase your turn** without spending hours in the gym?

Gain at least 10 yards and outdrive your playing partners?

Play with **less pain** well into your 50s, 60s, 70s, and even 80s?

Not sure what the **quickest** ways to your goals are?

Curious to know exactly **how well YOU rotate right now?**

This Home Assessment is for you.

Thanks for the opportunity to help you play for years to come.

Sincerely,

Dr. Wade Roberts, Founder RobertsPT

Your 3 Step Process:

1. **LEARN** – Why this is important for you regardless of your level of golf
2. **ASSESS** – See where you're at
3. **TAKE ACTION** – Set up a Strategy Call to discuss your targeted plan

STEP 1: LEARN

Before you learn HOW you rotate,
you need to know WHERE
you should rotate

“The body works in an alternating pattern of stable segments connected by mobile joints. If this pattern is altered – dysfunction and compensation will occur” – Mike Boyle & Gray Cook

NORMAL PATTERN (From The Bottom Up)

Foot	Stable
Ankle	Mobile
Knee	Stable
<u>Hip</u>	<u>Mobile</u>
Pelvis/Sacrum/Lumbar Spine	Stable
<u>Thoracic Spine</u>	<u>Mobile</u>
Scapulo-Thoracic	Stable
<u>Shoulder</u>	<u>Mobile</u>
Elbow	Stable
Wrist	Mobile
Lower Cervical Spine	Stable
<u>Upper Cervical Spine</u>	<u>Mobile</u>

KEY CONCEPT

In the golf swing, the body
SHOULD rotate through the 4
underlined mobile regions

1. Cervical Spine
2. Shoulder
3. Thoracic Spine
4. Hip

With the above observation of an alternating pattern of mobility and stability in mind, this can help describe how injuries occur. If you take the lower back as an example, you will often find that the hip joints and thoracic spine are limited in mobility. Therefore, the lumbar spine will sacrifice stability to obtain more motion. This abnormal motion in the lumbar spine can be one of the primary reasons for disc and facet injuries in the lower back. Unfortunately, limited thoracic spine and hip mobility are two of the most common findings in male golfers. This may be why lower back injuries are so common in golf.

WHAT CAN ALTER THIS NORMAL PATTERN?

- **Traumas** - Accidents, Posture, Repetitive Injuries, Ergonomics
- **Thoughts** - Stress, Anxiety, Mental Collapse
- **Toxins** - What You Eat, What You Breathe, What You Drink.
- **Technique** - Poor Learned Skills, Muscle Patterns

A lot of these alterations are **not your fault**, it's just part of life.

Since these alterations that lead to injury/discomfort and poor consistency/performance on the golf course are inevitable, **what are you doing** to combat or fight against it?



[Schedule Your Strategy Call Or Strategy Session](#)

STEP 2: ASSESS

You don't know until you
assess objectively

If you have ever in the past or are currently doing a physical program of any sort that **wasn't done after** assessing your specific body **objectively**, you are just guessing/assuming you are like everyone else with the same common issues.

Maybe you are, but **most likely** you're not.

As most adults don't have hours to dedicate to training everyday, the more targeted you can be to your specific physical needs, the more efficient you will be at hitting your physical and golfing goals.

Personal Note:

So often I see clients who have been working with another health professional or have tried multiple 'forms of exercise' and they come to me frustrated that they still complain of (fill in the blank) or are stuck at 80% of the way to their goals and can't get over the hump of accomplishing the last 10-20%.

When I go through an evaluation and discuss what they've been doing, often times it consists of REALLY GOOD training and exercises...they've just been working on the wrong areas.

I can't stress enough how the assessment is the most critical part of any training program.

(Click the link below to perform your
assessment and see where you stand)

COMPLETE YOUR MOBILITY ASSESSMENT

[Click Here To Take The Mobility Assessment](#)

<u>MOBILITY</u>	<u>PASS</u>	<u>FAIL</u>
Neck Rotation	_____	_____
Shoulder Rotation (90/90)	_____	_____
Thoracic Rotation Right	_____	_____
Thoracic Rotation Left	_____	_____
Hip Internal Rotation Left	_____	_____
Hip Internal Rotation Right	_____	_____

STEP 3: TAKE ACTION

Now that you have your custom results it's time to do something about it.

You Have 2 Choices:

1. Do nothing, nothing changes

- You age, lose mobility and average 10 yards lost every decade at least...guaranteed

2. Take a chance and change everything

- You age, gain mobility and average 10 yards gained in the first 12 weeks...guaranteed

Scheduling your complimentary strategy call or in-person strategy session is how you do that.

STRATEGY CALL



This call is your chance to discuss with Dr. Wade Roberts - a Doctor of Physical Therapy and Titleist Performance Institute Medical Professional who specializes in golfers - ways to manage pain/injuries from golf, how to improve your ability to rotate/turn, and how to gain distance from the physical side - discuss your specific situation and what you should be and can be doing to play your best for years to come.

[Click Here To Schedule Your Free Strategy Call](#)

STRATEGY SESSION



This strategy session is your chance to meet in person with Dr. Wade Roberts and see the space inside X-Golf Leawood you would be working together, and discuss your specific situation and what you should be and can be doing to play your best for years to come.

[Click Here To Schedule Your Free Strategy Session](#)

FINAL THOUGHTS

Whoever takes this home assessment and finds out they failed one, or all four, rotational centers, but does not do what is needed to fix it, is like someone who glances at their face in a mirror and after looking at themselves, goes away and immediately forgets what they look like.

But whoever looks intently into the solution that provides less pain, more distance, and longevity in the game - not simply just screening, but fixing it - these are the golfers that will be successful.

Click Here To Schedule Your:
Free Strategy Call OR
Free Strategy Session