



## Golf Fitness Program at Sport & Spine Therapy of Marin/San Anselmo

Golf is a great game enjoyed by more than 26 million Americans. However, over 60% of golfers will endure injuries or physical setbacks during the course of play. Many golf injuries occur due to improper grip and swing mechanics, but a lack of fitness and flexibility also contribute to the problem. The most common injuries typically occur in the soft tissues (muscles, ligaments, tendons) and joints of the upper body (back, elbow, wrist and shoulder). **Many of these injuries are preventable.**

SSTM's Golf Fitness Program is taught by owner and physical therapist, Steve Thompson, who is also a Golf Fitness Instructor certified by Titleist Performance Institute (TPI). The program is designed to teach golfers not only how to avoid injury but also how to improve their golf swing for optimal performance. It features the same fitness training protocol and physical assessment services that Titleist® offers their top amateur and tour players.

The Golf Fitness Program includes:

- TPI Golf Fitness Assessment
- Customized Workout Program
- Individualized Training Sessions
- MyTPI.com account with individualized fitness plan
- Active Release Technique® therapy as needed

The TPI assessment is designed to identify and correct restrictions in both mobility and stability that prevent golfers from making their optimal golf swing. The program was developed by Titleist, which is widely recognized as the preeminent authority for golf fitness and performance. It has been made popular in Golf Digest and on the Golf Channel's "Golf Fitness Academy Presented by Titleist." This program is always customized to meet the specific needs and goals of each individual. Private, semi-private and group instruction is offered.

**For more details about the Golf Fitness Program at  
Sport & Spine Therapy of Marin, call  
415-457-4454**



### Golf Fitness Program

#### Options:

- **TPI Assessment Only**
- **TPI Assessment plus internet based exercise program**
- **The Front 9**  
TPI Assessment  
(9) 30-min training sessions  
Re-evaluation at end of program
- **The Full 18**  
TPI Assessment  
(18) 30-min training sessions  
Re-evaluation at end of program

**Semi-Private and Group Instruction also available.**

**For more details, call us at  
415-457-4454.**



Steve Thompson, Owner  
MPT, OCS, CSCS, CGFI

Steve is the owner of Sport and Spine Therapy of Marin, with clinics in San Anselmo and Novato. He earned his B.S. in Physiology from UC Davis in 1992, and then received his Master of Physical Therapy from Samuel Merritt College in Oakland, CA in 1995. Steve became a Certified Strength and Conditioning Specialist in 2003 and was board certified in Orthopedic Physical Therapy in 2005. He recently received his Golf Fitness Instructor Level 1 certification from the Titleist® Performance Institute.