

# WHAT IS TPI?

The Titleist Performance Institute leads the world on research and data on golf-fitness, health, and swing biomechanics.

TPI discovered how a properly functioning body allows a player to swing a golf club in the most efficient way possible. Additionally, TPI has analyzed how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.



## FOR MORE INFORMATION CONTACT:

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**TPI Level II Medical**  
**K-Vest Level I Certified**  
**Trigger Point Dry Needling Certified**  
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Titleist Performance Institute

## Golf Fitness

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## K-Vest Swing Analysis



**NATALIE L. COOKE**

Physical Therapist

TPI Certified - Level II Medical



# THE BODY-SWING CONNECTION

TPI does not believe in one way to swing a club, rather in an infinite number of swing styles. However, TPI does believe there is one efficient way for every player to swing and it is based on what the player can physical do. To achieve their most efficient swing, a golfer must first be screen to assess swing mechanics, physical fitness, and overall movement quality.



## HOW CAN TPI TRAINING IMPROVE YOUR GOLF GAME?

### Benefits of TPI Golf-Fitness Training

- Improved spinal mobility
- Increased joint range of motion
- Reduced risk of injury
- Improved balance strategies
- Increased longevity of your game
- Increased power & clubhead speed
- Better stability throughout the swing
- Improved swing sequencing
- Improved posture

### K-Vest 3D Technology

K-vest is a tool that can be utilized for screening, monitoring, and delivering customized exercise programs.

The K-vest uses wireless sensors to provide feedback to measure swing efficiency and proper body sequencing.

