

Titleist Performance Institute Certified

We're excited to announce that owner/PT Norm DeNault (FCAMPT, GCIS) is now Titleist Performance Institute (TPI) certified! This is great news for your golf game because 14 of the last 17 major golf championships, 25 of the top 35 players in the world, and 50 of the last 61 PGA Tour event wins were won by players advised by a TPI certified expert!

It's clear that being physically fit and having efficient biomechanics are two very important aspects for golf performance. Let us help you to become a more effective golfer, with the awesome side-effect of reducing your risk for injury.

TPI was formed in 2003, and since then they have been gathering a lot of data regarding the best way to swing a golf club. They have also studied how movement issues can affect an individual's swing, for example, how a tight thoracic spine could adversely affect your golf game. A certified professional such as Norm can educate you and assist in correcting your movement deficits that may be holding you back.

At the Athletes' Advantage clinic in St. Albert we offer the 16-point TPI movement screen which is a group of 16 tests that give valuable insight into each individual golfer's biomechanics. This is NOT swing analysis. These tests will reveal where an individual athlete has a "mobility" dysfunction or where they may have a "stability" dysfunction.

Identifying these movement faults allows us to design individualized exercise programs in combination with manual therapy, dry needling or soft tissue techniques to improve any areas that are deficient. Ultimately, this will lead to improved swing efficiency, reducing the risk of injury and improving your scores!

Adolescents have specific requirements from their fitness/rehab regimes, particularly after periods of rapid growth. During a "growth spurt" the bones grow first and the muscles have to keep up, therefore they tend to be quite stiff. Not to mention the fact that an extra 4 inches of height over a few short months can throw off their co-ordination. This is why we customize our exercise programs to the individual, because we understand that everyone has different needs!



There are an infinite number of ways to swing... but there is one efficient way for each individual to swing and it is based on what their body can physically do"... Essentially, everyone has their own "ideal swing" and it based on their own particular biomechanics. And sometimes that changes over the course of our life as we have injuries, arthritis, etc.

The 16 point TPI Screen is the window into that "ideal swing".