

Massage & Fitness Professionals of the Treasure Coast

Fitness Pro Helps Golfer Get In the Game!

STUART, FL

While the best golfers in the world have made fitness an integral part of their game, most amateurs have not yet taken advantage of getting their bodies in the best physical condition in order to play the game they love better. Yet, **Debbie Roberts**, has helped **Lin McLellan** for the past five years with the Titleist Program to do just that. One thing is for sure though, **McLellan** realized that improving his fitness level is good for his golf game and will help him prevent injuries.

Seeing the need to develop and promote golf fitness, Titleist began a program in 1995 that documented the common physical features of professional golfers as

they translated to success on the links. What are the distinguishing physical characteristics that professional golfers share? How do players achieve success with their – often obvious – physical differences?

The result of this research has been the formation of the Titleist Performance Institute (TPI) and the development of an evaluation method that measures all facets affecting a golfer's performance – such as strength, flexibility, neuromuscular control, joint mobility, balance, and power. Armed with that knowledge, individualized fitness regimens can now be developed that target and correct the golfer's specific weaknesses.

Massage and Fitness Professionals of the Treasure Coast has massage therapy and fitness professionals, and **Roberts** is a certified as Medical Level Three Titleist Professional. Therefore, Massage & Fitness Professionals of the Treasure Coast can develop a golf fitness program designed specifically for each



individual to become the golfer that he or she wants to be. **McLellan** first met **Roberts** when she was working in a Chiropractor's office approximately 12 years ago, was impressed with her knowledge and professionalism. In January 2002, **McLellan's** wife, **Betty** developed thyroid and muscle problems, the **McLellan's** chose to start working out and contacted Roberts to do some training. **McLellan** subsequently had developed back problems and had had open-heart surgery in the fall of 2000. Both **McLellan's** soon realized that they both needed to start an exercise program.

According to **Lin McLellan**, "**Debbie [Roberts]** has helped me with my back by teaching me how to stretch, what stretches are best for my particular problems and what stretches are best before I play golf. After evaluating me, her specific emphasis is on strengthening and allowing more flexibility in my golf swing. My golf handicap has dropped from 17 to 12." Additionally, **McLellan** states, "**Debbie [Roberts]** is constantly encouraging me (and has no problem telling me over and over and over) to stretch, etc. She **[Roberts]** says if you exercise and stretch regularly, as you age, you will walk and not shuffle because of the strengthening of your body." Finally, **McLellan** concludes, "**Debbie Roberts** is very knowledgeable about the body; she **[Roberts]** pushes you, but always realizes your limits. She **[Roberts]** is constantly continuing her **[Roberts]** education and always is interested in your well-being. Everyone on her **[Roberts]** staff is well trained. We have no reservations at all about recommending Massage & Fitness to our friends both for training and massage."

The Program

Debbie Roberts and trainers use their knowledge of the body, and their understanding of an individual's strengths and weaknesses, to determine just how each person can improve his or her fitness to achieve maximum benefits on the golf course. Their training and experience, combined with the Titleist Performance Institute, has given them the tools needed to help golfers of all levels and abilities.

Evaluation

Your personal golf fitness program begins with a comprehensive evaluation of your body – its strengths and its weaknesses. Research done at TPI has produced a sequence of measurements to determine flexibility, rotational mobility, core stability, strength, posture, spinal range of motion, power, and other physical characteristics critical to the golf swing. Your physical parameters are then checked against those of tour professionals to highlight areas of your body that need particular attention. With this information, you do not follow a cookie-cutter approach to golf fitness.

For example, the average touring pro has thoracic spine rotation of 60 degrees to the right and to the left. Rotational Flexibility in the thoracic spine helps to create the coil between the upper and lower

body that allows for optimum rotation on the backswing, downswing, and finish. Less than 60 degrees of thoracic rotation will prevent a golfer from coiling effectively and signals an area for improvement.

During your evaluation, over 25 physical characteristics are evaluated to identify your specific needs. This unique approach allows your golf fitness professional to work only on those areas where you need help. These measurements will tell us a lot about your body, and how you may have compensated over time to make your swing work for you. Furthermore, the muscles and tendons that move all of your joints have an amazing capacity to adapt to faulty mechanics, often resulting in pain or injury. Your evaluation gives you amazing insight into how you may have adapted, how it may be hurting you, and, most importantly, how you can take steps to reverse any problems.

As part of your evaluation, you will receive a Golf Fitness Handicap® (GFH). This will tell you what your fitness level is in relationship to your game. For example, say that your golf handicap is a 6 and your fitness evaluation results in a GFH of 20. This would mean that you are an overachiever in terms of your skill and that improving your fitness would augment an already first-rate golf game. The reverse is true as well. If your GFH is lower than your golf handicap, you will be prescribed the correct program that will target only your limitations. This way you will have an efficient program that allows you to maximize your practice and playing time.

Program Development

Your personal golf fitness evaluation lets you know where your body needs work. The next step is to work with your Massage & Fitness professional to develop a program to balance your body's flexibility, strength, core stability, etc. We are not all cut out to be touring pros and setting aside several hours a day for golf fitness is not likely. However, we can definitely take steps in the right direction with whatever amount of time you have available. Your professional will take your medical history, workout experience, and goals into careful consideration and come up with a realistic fitness program designed to suit your body, your schedule, and your personality – all with the goal of improving your golf game.

Program Instruction and Follow-up

Following the evaluation, you will be guided through each of your exercises to ensure that your technique is correct and that you understand how the program relates to your golf game. To improve your understanding and exercise technique, your personal regimen will be available online at the Titleist Performance Institute website (MyTPI.com), where you can read descriptions and view video clips of each exercise you have been prescribed. MyTPI.com also provides an extensive collection of

nutrition, golf and fitness tips that would be helpful to any golfer regardless of exercise experience or skill level. Massage & Fitness professionals and the Titleist Performance Institute give you all of the tools and information you need to succeed!

If you love the game of golf, what better incentives to get fit than to have your workouts. With the warmer spring weather quickly approaching, the links on Treasure Coast courses could not be more inviting! Before you reserve your next tee-time, you might want to consider improving your game with a Titleist Performance Institute (TPI) assessment and conditioning. **Debbie Roberts**, L.M.T., Certified Personal Trainer/National Academy of Sports Medicine (NASP), Post Rehab Specialists, and TPI Medical Level 3 certified professionals can design a custom program to increase your yardage and decrease injuries.

Why Choose Massage & Fitness Professionals of the Treasure Coast?

Deborah A. Roberts, L.M.T., Certified Personal Trainer, Post Rehab Specialist is the owner of Massage and Fitness Professionals of the Treasure Coast. Since 1988, **Roberts** has helped hundreds of clients heal and reach their personal goals. Her experience and certifications include:

- Golf Biomechanics Specialist
- Titleist Performance Institute (TPI) Medical Level 3
- TPI Golf Fitness Instructor
- C.H.E.K. Golf & Lifestyle Coach
- Certified Post Rehabilitation Specialist
- Certified Personal Trainer - NASM (National Academy of Sports Medicine)
- Roberts has also worked with individual professionals on the Golden Bear Tour, the LPGA, the PGA, and Dot.com tours

Roberts and her staff strive to provide the highest quality Professional Massage Therapy, Personal Training and Spa Services to the Community, and were voted #1 in Martin County for therapeutic massage by Stuart News. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, or to schedule a Titleist Performance Institute seminar at your local golf club, please see: <http://www.message-fitnessspa.com/about.html> or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: messageandfitnes@bellsouth.net