



Hurt Less. Golf More!



TPI GOLF PERFORMANCE PROGRAM

Move Better. Swing Better. Play Better.

Most golfers don't have a swing problem — they have a body problem. The Titleist Performance Institute (TPI) is the world's leader in golf biomechanics and performance. Research shows that how your body moves directly impacts swing efficiency, power, consistency, and injury risk.

At Cornerstone Physical Therapy, our TPI-certified physical therapists work with golfers of all ages, genders, and skill levels to help them move better so they can swing more efficiently, hit the ball farther, and play with less pain.

WHAT MAKES THIS PROGRAM DIFFERENT?

Every golfer begins with a golf-specific TPI movement screen that assesses:

- **Mobility and flexibility**
- **Balance and stability**
- **Strength and power**
- **Motor control and movement sequencing**

This allows us to create a plan based on your body and your goals — not a one-size-fits-all workout.

WHO THIS PROGRAM IS FOR?

This program is ideal for:

- **Weekend and recreational golfers**
- **Competitive juniors and high school golfers**
- **Collegiate and tournament players**
- **Golfers returning from injury**
- **Adults who want to play longer and pain-free**

RESULTS GOLFERS CARE ABOUT

Golfers who complete this program commonly experience:

- **Improved flexibility and rotational power**
- **Increased clubhead speed and distance**
- **Better swing control and consistency**
- **Reduced pain during and after rounds**
- **Lower risk of golf-related injuries**
- **Greater confidence and enjoyment on the course**

A COLLABORATIVE PERFORMANCE APPROACH

When swing instruction or club fitting is needed to maximize results, we collaborate with **PGA teaching professionals of the golfer's choice.**

- **We focus on the body — natural pain control, mobility, stability, strength, and movement efficiency**
- **Teaching professionals focus on swing mechanics and equipment**

This team-based approach ensures your body, swing, and equipment are aligned for the best possible performance outcomes.

WHAT'S INCLUDED

- **Comprehensive TPI movement screen and assessment**
- **Guided sessions led by a TPI-certified physical therapist**
- **Customized golf performance plan**
- **Individualized video based home exercise program**

PRICING

Start with a TPI Screen to identify what's limiting your golf potential.

- **TPI screen & home exercise program:**
\$140 per session
- **TPI performance sessions:**
 - » **\$140 per session**
 - » **\$650 for 5 sessions**
 - » **\$1200 for 10 sessions**



Schedule your TPI Golf Performance Screen Today!

WWW.CORNERSTONE-PT.NET



IMPORTANT NOTE

In some cases, a golfer may present with pain or an injury that is best addressed first through formal physical therapy using medical insurance before transitioning into the TPI Golf Performance Program. In most situations, a referral is not required to begin physical therapy. Our TPI-certified physical therapists will evaluate, diagnose, and treat the source of your pain with one clear goal in mind: getting you back to normal function and golf safely. Once pain is resolved and movement quality is restored, golfers can seamlessly transition into the TPI Golf Performance Program. Our priority is always choosing the right path at the right time to support long-term performance and enjoyment of the game.