



Dr. Kyle Buchan at Kingwood Chiropractic Associates is certified with the Titleist Performance Institute. We can only swing a club, as well as our bodies can move. Titleist Performance Institute, or TPI, training sets Dr. Buchan apart as a chiropractic provider for both golf injuries, and golf performance training.

TPI has spent almost two decades studying one thing – The Body-Swing Connection. There are injuries associated with the golf swing that few understand better than TPI. Dr. Buchan looks at how these injuries develop, how to access and treat injuries and how specific physical limitations can be addressed to improve performance.

Dr. Buchan uses a series of proven screening and assessment techniques to identify key links in the body, that may be not functioning properly, and limiting or causing pain in your golf swing. It includes a video analysis of your golf swing. Dr. Buchan does not analyze the swing to try and make swing changes, rather he evaluates the biomechanics of the swing and look for any weak links or dysfunctions during the performance of the swing that may be costing you distance, consistency, and efficiency. Dr. Buchan takes pleasure in relating information gained during the TPI assessment to your golf professional or swing coach to the benefit of your health and golf game. Remember low back, shoulder or any pain after a round of golf is not normal, and warrants a further investigation.

The TPI (Titleist Performance Institute) Assessment Plus: \$275

- TPI Golf Fitness Screening and Evaluation
- Video Swing Analysis
- Digital x-rays (if necessary)
- A full report of findings with explanation of mechanical strengths and limitations in relation to your golf swing
- Custom Golf Fitness and Performance exercises with initial training

The TPI Assessment Masters (8-week program): \$449

- TPI Golf Fitness Screening and Evaluation
- Video Swing Analysis
- Digital x-rays (if necessary)
- A full report of findings with explanation of mechanical strengths and limitations in relation to your golf swing
- Custom Golf Fitness and Performance exercises with initial training
- 2 follow up training sessions with exercise modifications (week 4 and 6)
- TPI re-assessment at week 8

**What can I expect from a TPI Evaluation?**

You can expect 30 to 45 minutes of evaluation that covers entire body's ability to move and stabilize as it relates to your golf swing. We will video your swing for further analysis and correlation with Body-Swing connection. If there is pain with the assessment or Dr. Buchan feels concerned there may be structural restrictions, he will perform a digital x-ray of your lower back/pelvic/hip region for further assessment. From that you will gain a better understanding of where you need to focus your exercise to make the most gains toward a more efficient golf swing. We may also recommend you work with a PGA teaching professional on swing mechanics to improve your golf game. After the evaluation, a follow up appointment will be scheduled to review the findings of your assessment and give you specific corrective exercises with initial training.

For those on the 8 week TPI Masters Program, two follow up training sessions will be scheduled with a TPI re-assessment at week 8.

**Is this TPI program covered by insurance?**

The answer to that question is both yes and no. If you currently have a golf related injury or a reoccurring physical problem every golf season that you would like to avoid, then portions of your evaluation and rehabilitation may be covered by your insurance. If you have a condition that needs to be treated, then we are able to go through your insurance for payment, and depending on your coverage your out of pocket costs will vary. If you would like more information on your specific coverage, please contact our office manager Dawn and she will be happy to assist you.

**What if I have a specific question I need answered?**

You are always welcome to email or call us with any questions and we would be happy to talk to you about the program and see if it would be a good fit for you.

TPI Certification gives the knowledge and tools to design effective conditioning programs for players of all ages and abilities.