

# Expanding Excellence To The Golf Course

Expanding their philosophy of Excellence in Orthopaedics, Sterling Ridge Orthopaedics & Sports Medicine has created a unique partnership between their physical therapy group (Sterling Ridge Sports Medicine Center) and Massengale Golf Academy. Therapists Derek Lund and Clint Johnson join Massengale Golf Professionals, Donnie Massengale, Cole Smith and Bill Craig in offering the TPI golf fitness program.

“The TPI program expands golf performance by expanding instructional technologies to include observation of biomechanical aspects of the body, screenings to breakdown faults and weaknesses in the swing and physical assessment of core strength,” explained Cole Smith.

The TPI program will offer a package of 6 sessions with the physical therapists designed to address core strength and a personalized golf fitness workout program based on an initial 2 hour TPI Physical Screening Evaluation. Coupled with the strength and conditioning portion of the program will be 2D computer analysis of the golfer’s swing. Four lessons with one of the TPI Golf professionals at Massengale Golf Academy completes the program.

“We are excited about this partnership”, said Dr. Hayes, founder of SROSM. “By combining the strengths of our TPI trained physical therapists with the excellence of the Massengale Golf Academy, we will take the training, conditioning and development of golf athletes to a new level. This will benefit golfers of all ages and all skill levels.”



For information on the TPI Program and to make an appointment for your Initial Screening Evaluation, please call: Sterling Ridge Sports Medicine Center (281) 419-3100 or Massengale Golf Academy (281) 516-1002.



For information on Sterling Ridge Orthopaedics & Sports Medicine and the TPI Program, please visit [www.srosm.com](http://www.srosm.com) and for information about Massengale Golf Academy you can visit [www.massengalegolf.com](http://www.massengalegolf.com).