

MVMT 360 Golf

TPI Injury Assessment

We help golfers of all skill levels in The Woodlands, TX optimize movement and improve performance so they can HIT IT HARDER AND ENJOY THE GAME for a lifetime.

Is pain limiting you from getting out on the course with friends and family?

Are you changing your swing mechanics due to pain or injury?

Do you feel stiffness or discomfort after every round?

If you answered yes then this assessment is the first step towards enjoying the game of golf again without having to fix it.

Returning to golf after an injury can be difficult. One of the more common mistakes we see golfers make is simply jumping back into the game too soon, often after injury and applying more stress than the body can handle. Because golf is a sport that requires a variety of movements from all the major muscle groups as well as mobility from multiple joints simultaneously throughout the swing, it's easy to get injured. We have a game plan for returning to the course.

- Lower Back Injury
- Neck Injury
- Shoulder Injury
- Rib Injury
- Elbow Injury

- Wrist/Hand Injury
- Hip Injury
- Knee Injury
- Ankle/Foot Injury

To compound things a little bit many recreational golfers play occasionally. It's not uncommon for someone to go weeks without playing and then play several rounds in one weekend. Practice sessions entail hitting the driving range after work and take over 70+ swings. We help you see how golfers develop mobility, flexibility, and stability limitations that force the body to compensate when swinging. We help you even realize how our body has started to alter our swing until pain pops up.

The good news is MVMT 360's got your back (literally) when it comes to golf related pain and injury. Let us help you optimize your movement and improve your performance on the course.

We help golfers of all skill levels in The Woodlands, TX optimize movement and improve performance so they can HIT IT HARDER AND ENJOY THE GAME for a lifetime.

Once pain and injury are introduced into the equation the type of evaluation changes slightly and the focus shifts toward dysfunction. A Doctor of Physical Therapy and certified TPI Medical Professional will take you through a Selective F special diagnostic testing. We will identify the type of injury you're dealing with and develop a specific treatment protocol and techniques:

- **Manual Therapy**
- **Trigger Point Dry Needling**
- **Performance Therapy**

Understanding the injury and how it relates to the golf swing is where we really bring things together keeping the end in mind. We work with other golf professionals you have on your team such as a swing coach or fitness instructor. Getting everyone on the same page and up recovery is something we advocate for with our golfers.

So don't try and push through the pain on the course anymore. Let's get you on the TPI team and make sure you can enjoy the years to come!



In the Woodlands?

CALL NOW

Tired of reaching for the medicine cabinet after each round of golf?

7 useful tips you can use to ease golf-related pain and discomfort.

Yes! Send me a

free report

How May We Help You?

Name

Tired of reaching for the medicine cabinet after each round of golf?

*

Email

*

Phone

*

Iâ€™ m in The Woodlands/Spring area and would like a:

Free Phone Consultation

Free 20 minute in-person evaluation (â€™ Discovery Sessionâ€™)

*

Give us some details on whatâ€™ s keeping you from doing the activities, hobbies, and/or sports youâ€™ re most passionate about. We will provide you with personalized manual therapy treatment techniques:

*

* mandatory fields

Click The Button Below To Schedule A FREE Phone Consultation with Our Therapists

Or call (832) 291-2267 if you'd like to speak with someone right now. With just a short phone call, we will be able to understand your pain and explain the best options to get rid of it.

[BOOK MY FREE PHONE CONSULTATION](#)