

## Free Sports Injury Clinics

If you have a sport or fitness-related injury, get it checked out by a Bronson certified athletic trainer!

### Bronson Athletic Club

6789 Elm Valley Drive,  
Kalamazoo  
Every Monday, 2 to 6 p.m.  
No appointment necessary.  
Open to the public (members and non-members).

### The Point Community Center

2595 10th St., Kalamazoo  
2nd Thursday of each month  
from 4 to 6:30 p.m.  
No appointment necessary.  
Open to the public.

### Kingdom Sports Indoor Soccer

8151 Merchant Place, Portage  
1st and 3rd Wednesday of each  
month, 5:30 to 6:30 p.m.  
An appointment is required;  
visit [kicsports.net](http://kicsports.net).  
Open to the public.

For additional information,  
visit [bronsonhealth.com/sportsinjuryclinics](http://bronsonhealth.com/sportsinjuryclinics).

## Tee Time with Bronson Performance Training

*Bronson Sports Medicine Athletic Trainer Brad Toepper spent a weekend this past*



*Brad Toepper, MS, ATC*

*October in California with the Titleist Performance Institute (TPI), obtaining his TPI Level 1 Certification. His experience as an Athletic Trainer, combined with a passion for golf and performance enhancement, will allow him to give cutting edge instruction to golfers through Bronson Performance Training. Below, Brad explains the concept of golf fitness, TPI certification and how he plans to implement it here at Bronson.*

### What is the basis of the TPI certification?

The game of golf has reached a point where players do not need convincing that better fitness, biomechanics and health will improve their chances of playing their best. Golfers need to know that their instructors are up to date with the latest information on the sport. The TPI Certification program is an evidence based, educational pathway designed to teach industry professionals how to advance player performance through a deep understanding of how the body functions during the golf swing. This is called "the body-swing connection." This combines 16 physical screenings and "the big 12" swing characteristics. This certification is designed for golf,

fitness and medical professionals. It allows a base of knowledge that will allow them to work together as a team to get the most out of their client.

### How can you develop a golfer's performance using your training?

The improvement of the golfer's performance is based on the outcomes of a physical screening and major swing characteristics. From the product of these two analyses, the certified professional can then determine where the physical limitations and the swing correlate ("body-swing connection"). This gives the opportunity to discuss how these physical limitations are impacting the biomechanics of the players swing. At that point, the trainer can formulate a golf fitness program designed to improve upon the limitations found in the original evaluation.

### What is golf fitness?

Golf fitness is the culmination of being fit to play the game at an individual's highest level and doing so without causing injury. It is about understanding how a body's limitations can influence the golf swing and how to address those limitations through the proper channels. This could be through swing instruction, physical rehabilitation or strength and conditioning exercise. It's about understanding the latest technology and how that technology can be implemented to increase performance.

### How will training with you be different from seeing a golf coach or PGA Professional?

Training with me will focus on fitness combined with a biomechanical approach to golf, which will give the individual the foundation to work with a golf instructor. A golf instructor will teach the advanced aspects of the golf game: hitting a draw, hitting a fade, altering swing mechanics based on the club, golf course management, short game, putting, etc. I have been playing golf for a long time and understand these things. However, my focus is on the body mechanics of these aspects. My ability to communicate findings with the golf coach or PGA Professional is vital to optimization of the golf game. *(continued)*



## Popular Topics: Concussion News Dominates during Football Season

With professional, collegiate and high school football seasons in full strength during the fall, concussions are always a leading topic in news and popular culture. And while there is much more happening behind the scenes, here are some concussion topics leading the headlines.

**10/25/2015:** [American Academy of Pediatrics \(AAP\)](#) issues new recommendations for youth football. Included in these recommendations are suggestions for enforcement of proper tackling, availability of and need for athletic trainers on sidelines, and zero tolerance policies for illegal hits. The recommendation goes on to encourage instruction on proper technique of making and taking tackles. This new policy was motivated by and based upon research of head and neck injuries in football.

**10/29/15:** After a recent string of high School football deaths across the nation, which included deaths from head injury, our very own Dr. Stacey Majoras addressed safety concerns and concussions in sports on local [Newschannel 3](#).

**11/10/15:** The United States Soccer Federation released a joint statement announcing the publication of a [player safety campaign](#). This includes an initiative [regulating heading in youth soccer](#) that is expected to be implemented presently. In an effort to decrease the rate of concussions in youth soccer players, the new protocol's recommendations restrict heading for youth 10 and under, while limiting heading for children ages 11 to 13.

**December 2015:** A major motion picture will be released highlighting the struggle physicians faced while attempting to educate the National Football League on the research findings of Chronic Traumatic Encephalopathy (CTE) and the dangers it posed to football players. The movie has been highly publicized and raises questions on how it will impact people's perceptions of football and head injuries.

## How You Can Improve Your Performance

Performance Training programs are designed to meet the performance needs of individuals and sports teams of all ages and skill levels. All programs focus on injury prevention, while teaching sound technique and performance mechanics. Staffed by Bronson Sports Medicine certified athletic trainers, Performance Training is uniquely supported by sports medicine providers across multiple disciplines. There are many ways our team approach can help individuals and teams get to the next level of athletic performance. This includes one-on-one, group and team training sessions, as well as strength and conditioning classes. More information can be found at [bronsonhealth.com/performance-training](http://bronsonhealth.com/performance-training). For a free consultation or if you have questions, contact Tyler Depuydt, MS, ATC, CSCS, at [depuydt@bronsonhg.org](mailto:depuydt@bronsonhg.org) or (269) 343-8170, ext. 4579.



## Tee Time with Bronson Performance Training *continued*

### What types of golfers can benefit from training with you in regards to age and skill level?

Golfers of all levels can improve their game by developing the physical characteristics related to the golf swing. Golfers interested in working with me need to have a solid base of golf experience. I believe that the youngest appropriate age for golfers to start a performance training program should be 13 to 14 years old. Prior to that, the focus should be on basic swing mechanics, fundamentals and enjoying the game.

### How will your background in athletic training and working with injured athletes enhance your skills as a golf performance coach?

My background will set me apart because I have the ability to assist individuals that want to return to golf following an injury as well as help players avoid developing an injury while playing golf. Most injuries in golf are chronic and stem from overuse. These injuries develop over time because of the repetitive nature of the golf swing. With these individuals the focus will be on determining what part of their golf swing is the cause of their injury. Using this information, we can work to alter the biomechanics of the swing and correct the dysfunction causing the pathology.

### Have you made connections or formed relationships in the Kalamazoo area golf community?

This winter, I am going to be assisting the Kalamazoo College golf program with their off-season conditioning. I am also going to work with Golf Services and other local area professionals. My purpose will be to utilize my unique set of skills to assist the golf instructors by providing them with the fitness and medical aspects of the TPI model.

### When and where will golfers be able to benefit from your services?

Golfers may begin working with me immediately on their fitness programs. As a part of the Sports Medicine team here at Bronson, I am responsible for the supervision of athletic trainers within our high school network. All appointments will be scheduled around my availability and the availability of the client. The process extends over a period of four visits. The initial evaluation takes about 1 hour to complete and consists of a golf history, medical history and TPI exam. The next visit focuses on the exercise prescription and a walk through of the exercises to ensure the client has a full understanding. The next two visits are follow-up appointments designed to re-evaluate and determine if there is a need to change the exercises or add new components.

### What is your vision for the golf performance training program moving forward?

My goal is to have a hitting area and video analysis equipment setup in early 2016. These will help me with client's biomechanics analysis. This additional equipment will also allow for the physical evaluation to be correlated to the golf swing. The video can be shared with a client's golf instructor upon request.