

# News from the Summit

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## Get to Know:

### **Matt Loose, PTA, ATC, TPI CGFI**

Matt's enjoyment of people and sports started him on a path that has landed him at Summit Therapy and Performance Center.

Matt grew up in Martinsburg, Pennsylvania where he enjoyed outside activities especially playing sports. Matt played baseball and basketball in high school, but was injured during several seasons, which exposed him to physical therapy during his own rehabilitation.

His passion for sports and love of helping people made majoring in athletic training a natural fit. Matt received his B.S. in athletic training in 1999 from Cedarville University. He worked for seven years with high school sports teams in the area. Matt then returned to school at North Central State College and earned his Associate of Applied Science for Physical Therapy Assistant degree.

Matt is a Certified Golf Fitness Instructor (CGFI) through the Titleist Performance Institute (TPI). Matt is very excited about bringing his passion to help people and enjoyment of the game of golf together.

Matt enjoys golfing and hunting in his spare time. Matt and his wife, Tiffany, live outside of Fredericktown with their three boys, Braden, Connor, and Dawson.

## **Exercise Classes at Summit Therapy**

Summit Therapy & Performance Center offers a variety of exercise classes for all fitness levels. The Group Exercise Classes are included in the monthly Fitness Membership. Here is a list of classes offered:

- **Morning Movers:** A low to moderate intensity group circuit training class. Offered Tues. and Thurs. at 8:30 a.m.
- **Evening Abs:** A moderate to high intensity core class. Evening abs focuses on low back and abdominal strengthening. Offered Tues. and Thurs. at 5:30 p.m.
- **Boot Camp:** This is a high-intensity class focusing on giving participants a total body work out. Offered Monday at 5:30 p.m.

## **Titleist Performance Institute at Summit Therapy**

The Titleist Performance Institute (TPI) is the accumulation of 11 years of research studying the greatest golfers in the world and seeing how their bodies affect their swing.

Summit Therapy & Performance Centers' goal is to improve the health and performance of golfers through the TPI designed program. The three main components of the TPI Program:

- Physical Evaluation
- Video swing analysis
- Custom performance Program

Utilizing the TPI physical screening process, an individual custom program will be designed. The program will help change the biomechanical limitations found in the evaluation that directly relate to the swing technique of each participant.

***Our instructor, Matt Loose, ATC, PTA, CGFI is the only TPI Certified Golf Fitness Instructor in the Mansfield Area***



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