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**FOR IMMEDIATE RELEASE**

## LOCAL PHYSICAL THERAPIST RECEIVES ESTEEMED GOLF FITNESS INSTRUCTOR CERTIFICATION

*Offers fitness instruction program to golfers*

**San Anselmo, CA, February 23, 2009** — Sport & Spine Therapy of Marin is pleased to announce that owner, Steve Thompson, MPT, OCS, recently received certification through the renowned Titleist Performance Institute (TPI) as a Golf Fitness Instructor Level I. Thompson is one of only four TPI Certified Golf Instructors in Marin County.

Certification through TPI enables fitness, golf, and medical professionals to recognize physical performance issues that limit many golfers from reaching their potential. Certified instructors then choose and prescribe customized drills or exercises to help eliminate those issues.

According to Thompson, a common performance factor limiting golfers is simply the inability to perform a full overhead squat – something easily corrected through specific, active exercises. “Even minor adjustments to core strength, weight transfer and posture can make a big difference to your game. Factors like strength, flexibility, balance, nutrition, and posture all influence the body’s mechanics and can impact your set-up, balance and power generation.”

In light of Thompson’s recent certification, Sport & Spine Therapy of Marin, with clinics in both San Anselmo and Novato, will now add a golf fitness instruction program to its line-up of services. To schedule a consultation with Sport & Spine Therapy of Marin, call 415-457-4454 or 415-898-1311.

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### About Sport & Spine Therapy of Marin, Inc.

Founded in 1987, Sport & Spine Therapy of Marin, Inc. is a physical therapy organization located in Marin County, CA, providing preventative and post-operative care for a variety of orthopedic-related disorders and sports-related injuries. More information about SSTM is available at [www.sstmarin.com](http://www.sstmarin.com).

### About Steve Thompson, MPT, OCS, CSCS, CGFI

Steve Thompson is a board certified orthopedic physical therapist in active practice since 1995. In addition to his Golf Fitness Instruction certification, Steve is also a Certified Strength and Conditioning Specialist.

If you’d like more information about this topic, please call Nancy Bulette at 415-898-1311 or email Nancy at [nancy@sstmarin.com](mailto:nancy@sstmarin.com).