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TrueTurnPro

For those golfers willing to invest in their physical improvement to enhance their golf swing, therapeutic exercise specialist Carl Horne, Jr. has developed a unique device aimed at developing players' spinal rotation and flexibility.

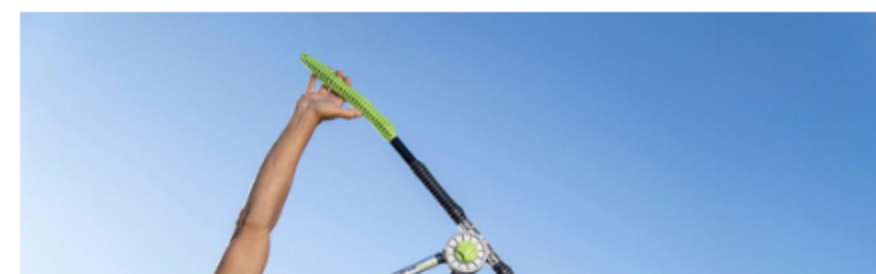
The TrueTurnPro was designed to be used at home, in a hotel room or on the turf before a round to increase a user's rotation and to strengthen the core, which helps develop the muscles to protect and strengthen the back—all collectively improving a player's speed, power and distance.

Horne, who is a former NBA strength and conditioning coach, and therapeutic exercise specialist, is the owner of the Scottsdale, Arizona-based In2One Wellness Studio. He invented and patented the TrueTurnPro device as an easy and cost-effective way to restore and maintain thoracic mobility—and calls it the world's first thoracic spine isolation and training system.

"Swing flaws, back pain and undesired high scores are often connected," noted Horne. "Whether it's a common swing flaw such as 'coming over the top,' or simply common back pain from bending, twisting or sitting, high golf scores are the result—and they all have a common denominator: limited hip and back function. If the components of the hip and spine become tight and weak, the mechanics of the spine will eventually become compromised.

"Compromised movement is often the root cause for the development of common back pain. Therefore, flawed mechanics can easily be the blame for the most common swing flaws, as swing flaws don't solely reside in golf theory. The undiscovered origin of these flaws would suggest many are physical by nature."

Horne also noted that the physical separation of shoulders and hips takes place during every full golf swing and creates rotational



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