TEST
THE EFFECTS OF KEOPE ON GOLFERS' PERFORMANCE

Introduction

Keope GPR (Global Proprioceptive Resonance) is an ergonomic proprioceptive resonance structure for a peripheral and central global systemic therapy. This ergonomic structure is the only posture in which the multifocal mechanical modulation can be applied since it allows the complete relaxation of the muscular and skeletal structures and acts in the support points, where the basic skin mechanoreceptors that receive the transmissions are mainly present.

When the body is on the structure it is free of functional loads, every muscle is at rest and most of the joints are in decoaptation thereby allowing greater oxygenation and relaxation.
The structure can be adjusted to fit the individual's size.

The modular kinetic transmission supports are located under the neck, back, glutes, knees, palms and heels. Through these supports, Keope transmits a kinetic modular signal to the mechanoreceptors, which turn the signal into a bioelectrical information. The signal then reaches the central system through the neural chains and chemical neuro systems. Depending on the type of stimulated mechanoreceptors, and administered kinetic spectrum, it has a differentiated systemic fall on the body and psyche. (Ref. Publications of Universities and Research Centres).
Being a multifocal application, Keope gives birth to a differentiated simultaneous stimulation, activating different mechanoreceptors. As a result you may have different local effects at the same time. This is done through a driving system reflected by the central system.
During the session, the subject hears voice inductions and synchronous sound and mechanical modulations. This exteroceptive sound function promotes psychological predisposition to the treatment and contributes significantly to the proprioceptive skin stimulation process.
Keope's scientifically proven benefits are expressed in terms of: remodeling of skeletal posture, physical and mental relaxation, reduction of stress, growth of creative skills, enhanced sporting performance, cool-down post-performance, muscle relaxation, reactivation of anti- gravity muscle tone thus improving balance and aim. It has also been seen to contribute to the relief of rachialgia and joint pains, improving venous, arterial and

lymphatic circulation.

Scope of Work
To demonstrate, through a test which took place on 08/03/2016 at Golf Club Milano, the effects of the ergonomic proprioceptive resonance structure Keope GPR.

Material and Method
The test was done on a group of seven professional athletes. Six of the participants include members of the Italian PGA professionals, including Marco Crespi European Tour Winner. ET player, Gianluca Baruffaldi Italian national team coach, PGA Board Member and #1 ranked Italian national player.

Evaluation Tools
- Trackman Golf Radar launch monitor: it consists of technology which allows it to measure, in real time, a series of data relating to swing and ball flight (club speed, ball speed, carry, club path, attack angle, smash factor, spin rate, spin axis)

Test procedure
After a brief interview of the athletes on the morning's activities, they were asked to take a few strokes to collect data using the Trackman radar.
Next, each athlete underwent a session with Program 2, after which, they repeated the same sequence of strokes that were also recorded by the Trackman radar.

Then, the athletes underwent a second session using Program 1 and also in this case, at the end of the session, the same sequence of strokes were recorded by the Trackman radar.

Results
Following the session with Program 2, a marked improvement in performance was found, not in the club's speed parameter, but in the smash factor and consequently in the distance and dispersion of the stroke. The athlete was generating less speed but the stroke was more precise and the ball flight more accurate.
Tests performed following treatments with Program 1 showed excellent results in mental and physical relaxation of the subjects.

Comment
The data collected by the TrackMan radar were sent to the Center for Research KeopeWorld of Sirtori, who kindly provided us with their comments, shown here:
"The results confirmed an optimal load redistribution in favor of a correct body symmetry and an ideal condition of the antigravity muscle tone.

Similar results have already been recognized from earlier tests by stabilometric platform (1.2).
These results can be explained by considering the operations of antigravity and skeletal muscles if we also consider the effect of Keope on these types of muscles.

Antigravity muscles are responsible for balance and aim in all human beings but especially in athletes, the elderly and the blind. The transfer of an idea or plan becomes explosive force exerted by skeletal muscles, and great contribution to the success of the gesture is affected by a strong set of antigravity muscles, which are responsible for the movements of the body's mass for good balance Program 2 Keope acts just on the efficiency of antigravity muscle.
Furthermore, research by Prof. Giacomo Rizzolatti Parma University have proven that Program 1 of the Keope treatment increases the synchronization of μ rate, indicating the increase in the relaxation of the motor system. (3) "

Conclusion

The test gave positive results from both the point of view of the Trackman parameters, such as the smash factor, the length and height of the flight of the ball, the spin axis, and the dispersion of the blow, and in terms of the physical and mental wellbeing of the athletes.
After performing this first test, it was decided to carry out a further, more specific test to highlight more beneficial aspects of using Keope.
Special thanks to the Italian PGA for making the test possible and especially to President Antonello Bovari, the Council and Golf Milano.

Appiano Gentile 09/03/2016

Enrico Biffi

Teaching PRO FIG
Board member PGAI
Golf School Zappa Member

Bibliografia

1.Farronato G,Garagiola U,Biagi R,Assandri F,Batia G,Cornalba R,Cressoni P,Sesso, G,Terzi L, Maffei A: "Effetti della risonanza propriocettiva globale a vibrazione multifocale sul sistema neuromuscolare, stomatognatico e sul sistema posturale." Articolo rivista Dental Cadmos.

2. U. Garagiola, P. Cressoni, R. Soldo (2013) EFFECTS OF GLOBAL PROPRIOCEPTIVE RESONANCE KEOPE ON NEUROMUSCOLAR AND POSTURAL SYSTEMS - INTERNATIONAL MEETING SIDO / SICOI (Società Italiana di Ortodonzia Società Italiana di Chirurgia Orale e Impiantologia) – 21-23 marzo 2013 – Roma

3. *Lavoro scientifico: EFFETTO DELLA STIMOLAZIONE TRAMITE KEOPE GPR SUL TRACCIATO ELETTROENCEFALOGRAFICO G. Rizzolatti, P. Avanzini, M. Fabbri Destro, 2015*