

AUTHORITY



PEAK PERFORMANCE

PLAY BETTER BY MOVING BETTER

Forget the clubs. Improve your most valuable piece of equipment this year: YOUR BODY.

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With spring here, you have already shined up your clubs and cleaned out your bag. But now it's time for some spring cleaning on your body. Hopefully you have been engaging in other sports over the Canadian winter so your base golf fitness is at par. If not, start today by getting out there and walking or lightly jogging.

Other than your base fitness, improving the mobility of your joints is an important area to focus on at this time of year.

Two paramount areas of the body to have optimal mobility in are the hips and the thoracic spine. A kink in the golf kinetic chain, caused by a restriction or tightness in the hips or the thoracic spine, leads to an inefficiency of energy transfer, increased compensations both physically and technically (risking injury) and will reduce your golf performance.

HIPS



The range of motion we desire in the hips is 45 degrees of rotation in both the internal and external direction.

INJURY

A physical deficit of hip rotation often leads to over rotation in the lower back in order to achieve the desired range of body rotation/coil in the swing. This leads to unwanted compression and torsion in the spine.

PERFORMANCE

Physical limitations in hip mobility usually lead to significantly poor swing mechanics,

such as a slide or sway.

THORACIC SPINE



Ideally we are looking for greater than 60 degrees of thoracic spine rotation in both directions and symmetry in the range would be preferred. This allows for proper sequencing in the swing to generate separation and coil between the lower and upper body (X Factor).

INJURY

If the golfer's range of motion in the trunk is limited, he or she is at much higher risk of developing shoulder pain due to injuries, such as rotator tendonitis in the trail shoulder during the backswing and the lead shoulder during the downswing.

PERFORMANCE

In terms of swing mechanics, often a golfer with a stiff thoracic spine will look to his or her shoulder girdle to compensate for the lack of range in the trunk. This typically leads to a steeper swing and coming off-plane during the backswing. 🍁

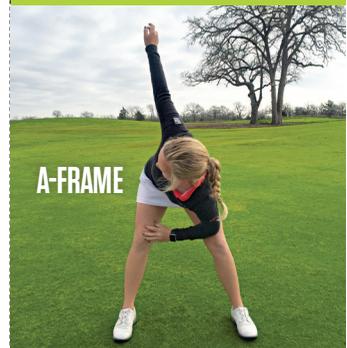
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EXERCISES TO IMPROVE YOUR MOBILITY IN THE HIPS AND THORACIC SPINE.



FIGURE 4

HIPS Start in your golf posture holding on to a club positioned in front of you. Lift one leg and place your ankle just above the knee of your opposite leg. Then slowly bend at the knee of the standing leg until you reach the end of range in your non-standing leg. Complete this exercise six times with a two-second hold at the end of range. Repeat on the opposing side.



A-FRAME

THORACIC SPINE Start in your golf posture and bend forward at the hips until you are able to put one elbow on a knee and your hand on the other knee. While keeping your elbow on the knee, reach behind with your other arm pointing your fingers into the air. Feel the twist in your thoracic spine and the stretch in the front of your chest on the reaching side. Complete this exercise six times with a two-second hold at the end of range. Repeat on the opposing side.