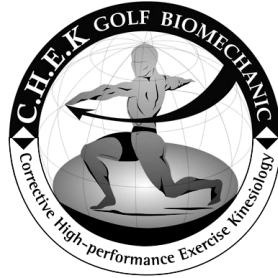


Biomechanical Golf Conditioning

POSTURE AND GOLF

By Golf Exercise Specialist – Robert Collier



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Introduction

Achieving optimal posture is vital if you want to maximise your golfing performance. Optimal posture will allow you to rotate effectively, minimise postural (or lateral) sway, help you maintain an ideal swing plane and will minimise your swing faults. Improving posture should be the foundation of your golfing programme.

What is “Good Posture?”

Posture is “The position from which movement begins and ends.” If your posture is less than optimal and you begin and end movement in an aberrant position, the chances of accelerating joint wear are increased. Because joint mechanics are less than ideal with poor posture, joints will not effectively move around a central axis, therefore limiting rotation.

With poor posture, the stabilising muscles of the body (those that help maintain joint axis rotation), become long and weak. Conversely, the movement muscles of the body become overused, short and tight. A continuation of this cycle leads to further imbalance, increasing the chances of injury and altering optimal muscle recruitment patterns essential for golf swing consistency.

Golf requires both static and dynamic posture

Static posture is fundamental to maintaining a consistent address position. Consider that over 18 holes you may spend approximately 20-25 minutes addressing the ball. If you have less than optimal posture and poor stabiliser function, your address position will progressively worsen throughout the round. Imagine what this does to swing consistency as your round progresses!

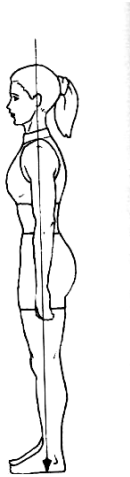
Dynamic posture is fundamental for swing consistency throughout the whole round. Similarly with static posture, if your posture is not optimal to start with, it will get progressively worse as the stabiliser muscles fatigue throughout the round. In addition, as the movement muscles start to get overused as a compensation for weak stabilising muscles. This alters muscle recruitment patterns which is detrimental to swing consistency.

Consistent golf requires that **both** static and dynamic posture is optimal. One without the other will not provide ideal results.

What does good posture look like?

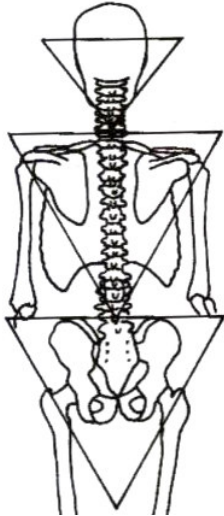
From a frontal plane (or the side of the body) - A plumb line should run from the front of the ankle, slightly anterior to a midline through the knee, approximately in line with the greater trochanter of the femur, midway between the abdomen as well as the front and back of the chest, through the shoulder joint and through the lobe of the ear.

Figure 1 - Frontal Plane Posture



From a sagittal plane (or the back of the body) - The body should be well aligned with the pelvis, shoulder girdle and the head level. The spine should be straight. If there are lateral curvatures in the spine (scoliosis), you need to have this assessed by a golf biomechanic to see if it is functional or structural. A functional scoliosis may be corrected through appropriate stretching and strengthening. However, a structural scoliosis is permanent and needs to be cleared by an orthopaedic specialist.

Figure 2 - Sagittal Plane Posture



Achieving good posture will help you create a spinning top type effect leading to optimal rotation and greater golf swing consistency. Less than optimal posture will provide less than optimal rotation which will contribute to swing faults and poor shot consistency.

Conclusion

Optimal posture will not only reduce injury likelihood but will significantly improve the consistency of your golf swing and therefore your game. To determine if your posture is optimal call

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or find a golf biomechanic in your area at **www.chekinstitute.com**

Stay tuned for the September article which will further explain how quality posture influences positively on golfing performance and injury prevention.

Happy Golfing

References

Chek, Paul. (1998) Reproduced with permission. **Golf Biomechanic Certification Intensive – Course Manual** A CHEK Institute Publication. Vista, San Diego, USA.

Chek, Paul. (1999) Reproduced with permission. **The Golf Biomechanics Manual – Whole in One Golf Conditioning** A CHEK Institute Publication. Vista, San Diego, USA