

BIOMECHANICAL GOLF CONDITIONING

Postural Stability, Dynamic Stability, Postural Sway and Golf

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Introduction

There are two types of stability that are important for golf, **postural** (static) and **dynamic** stability. In combination with quality postural alignment, having optimal postural and dynamic stability will help the golfer to minimise **Postural sway** and improve swing consistency.

Postural stability is the ability to remain in one position for an extended period of time without losing good structural alignment. Consider that playing 18 holes will require the golfer to maintain an optimal address posture for 20-25 minutes while addressing the ball. Losing postural alignment during a round will result in less than optimal rotation and swing mechanics.

Dynamic stability is the ability to keep all working joints in optimal alignment during any given movement, such that the efficiency of movement is facilitated and injury is prevented. This means that with good dynamic stability the golfer will maintain ideal postural alignment and have optimal flexibility, muscle balance and core stability to provide for performance and injury prevention golf mechanics. Poor dynamic stability would be like trying to play golf standing from a canoe as illustrated in Figure 1 below.

Figure 1 – You can't fire a cannon from a canoe (CHEK)



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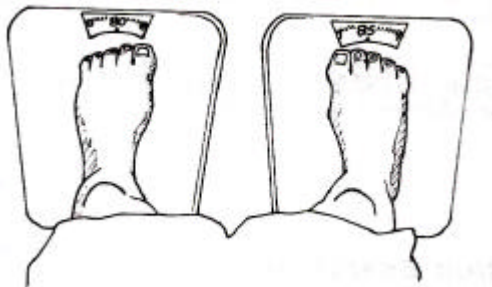
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Postural Sway is a function of structural alignment (as discussed in last months' article 1 of posture and golf), postural stability and dynamic stability. As the golfers postural alignment and stability improves, the magnitude of their postural (or lateral) sway decreases. Another way to measure postural sway is to stand on two scales, one under each foot as illustrated in Figure 2 below. Don't look at the scales yourself but have a friend record the difference between the scales. If the difference is greater than 3kg, it is likely that your postural and stability issues need to be addressed. *“When you have inadequate postural stability and increased postural sway, you have a very poor chance of ever reproducing a good shot consistently.”* (CHEK)

Figure 2 – Measuring Postural Sway (CHEK)



Reducing postural sway increases the chance of reproducing an optimal swing path. This is because optimal posture and stability allow the trunk to rotate more effectively around a central axis. In addition, it also allows a better integration of the arms and legs with the trunk. You may notice that as you progress through a round your game gets progressively worse. This is simply a function of poor stability which leads to less than optimal rotation, increased lateral sway and then swing faults.

Further to this, as your postural stability improves, technical swing coaching has a better chance of improving your swing. Therefore, working with both a CHEK Golf Biomechanic and a Golf Professional will lead to better golfing performance than just working with either one in isolation.

Conclusion

Developing optimal static and dynamic stability, along with quality posture, will help reduce your postural sway. This will contribute to more optimal trunk rotation, club swing path and therefore more consistent golfing performance.

To find out how you can improve your golfing performance call Robert Collier **027-223-5039** or contact a CHEK Golf Biomechanic in your area at www.chekinstitute.com

References

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

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