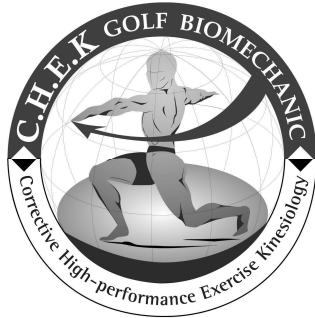


## BIOMECHANICAL GOLF CONDITIONING



### **Swing Faults and Flexibility Part 1 – By Robert Collier**

There are two primary ways to rectify a swing fault. Firstly, use a CHEK Golf Biomechanic to improve your posture, flexibility, stability and overall muscle balance. Secondly, use a Golf Professional that can help improve the mechanics of your swing. Using both at the same time will give you optimal results.

Achieving muscle balance through correct stretching will give you a greater chance of achieving success with a golf professional. The better balance you have through your musculoskeletal system the more likely you will be able to produce a consistent swing time and time again. Your body will not need to compensate which can only reduce performance and increase injury likelihood.

Today, we will outline a number of swing faults and how they relate specifically to lack of flexibility in different areas of the body. Please be aware that for some of the swing faults outlined only a selection of the areas to stretch have been outlined for the sake of simplicity. In addition, the biomechanical compensations outlined will not be a full and complete list. There is simply not enough scope in this article for that. To get a full individual specific biomechanical golf conditioning assessment call Robert Collier or a golf biomechanic in your area from the contact details below. In addition, see your local golf professional to get help with your swing mechanics.

#### **Flat, laid off backswing**

Tightness through the latissimus dorsi and the rectus abdominus creates internal rotation of the shoulder and flexion of the trunk respectively. This limits the golfer in achieving enough extension and rotation through the shoulder girdle and upper back. The golfer then compensates by taking the club too far inside creating a flat, laid off backswing. Getting the club back on line is therefore difficult and swing faults are often the result.

#### **Incomplete body turn**

An incomplete body turn is associated with tightness in a number of areas. As mentioned above the latissimus dorsi and the rectus abdominus limit trunk rotation. The lack of extension through the upper spine is also a common contributor to shoulder, elbow and wrist pain as the golfer compensates for

the lack of rotation by “arm swinging” to help maintain club head speed. Lack of flexibility through the obliques (side bending the body) contributes to poor rotation as lack of side flexion directly effects rotation. Lack of flexibility through the lower back and internal and external rotators of the hips will also limit a full body turn.

The above equally applies to backswing and follow through as they should both mirror each other. An incomplete body turn will only lead to compensation in other areas of the body in an attempt to maintain club head speed with swing faults being the end result.

### **Stance too wide**

An inability to stand with your feet the correct distance apart and without your feet turned out too much, will be directly related to lack of hip external rotator and upper hamstring flexibility. In addition, being too tight through your hip external rotators will effect your hip internal rotation, which will contribute to lack of rotation through the hips, contributing to an incomplete body turn and therefore compensations - leading to swing faults as discussed above. Upper hamstring tightness will have a similar result to the above by limiting pelvic rotation.

### **Taking the clubface back closed**

An inability to achieve correct clubface alignment can be related to one or more of the following factors.

- Tightness through the right (for right handers) medial shoulder rotators. This contributes to a lack of shoulder external rotation and therefore an inability to get the shoulder back into the optimal position at the top of the backswing.
- Tightness through the left (for right handers) lateral rotators. This contributes to an inability of the golfer to get their arm far enough across in front of their body to achieve an optimal position at the top of the backswing.
- Tightness between the shoulder blades (rhomboids) also contributes to the above problem also.

The above are just some examples of how lack of flexibility can create swing faults for the golfer. As mentioned, the examples are not a full analysis by any means but are designed to show you, the golfer, how lack of flexibility can contribute to swing faults.

To find out how lack of flexibility is limiting your game call **Robert Collier** or contact a **CHEK Golf Biomechanic** in your area from the details below. In addition, if you wish to optimize your golf game it is also recommended that you spend time with a golf professional as well.

Robert Collier (CHEK Golf Biomechanic) – 027-223-5039

[www.chekinstitute.com](http://www.chekinstitute.com)

## **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