**BIOMECHANICAL GOLF CONDITIONING**

# Swing Faults and Flexibility – Part 2

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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 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. Lack of flexibility in one or more areas of the body will affect one or more of the following ball flight factors – Club face alignment, swing plane, swing axis, angle of attack and club head speed.

**1. Over swinging – Bend in the Left Arm**

Tightness in the following muscles will affect the golfer achieving a full and proper backswing, leading to left arm bend and other swing faults occurring. For examples 1-3 this will occur as a result of limited neck and shoulder girdle flexibility and rotation. For example 4 this will occur due to muscle tightness preventing proper pelvic girdle rotation and extension. The bend in the left arm occurs as the golfer attempts to maintain club head speed and shot distance.

1. Tight Levator Scapulae – This will contribute to lack of neck rotation consequently limit trunk rotation.

2. Tight Right shoulder medial rotator – A tight and internally rotated right shoulder girdle will limit achieving a proper position at the top of the backswing.

3. Tight Left shoulder lateral rotators – A tight and externally rotated left\shoulder girdle will prevent the golfer getting their left arm far enough across their body to complete a full and comfortable backswing.

4. Tight internal and external hip rotators, groin, quads and hip flexors - Will all limit pelvic rotation during the backswing.

**2. Body Turn Completed Too Early**

Completing an upper body turn before the pelvis has turned 45 degrees during the backswing is largely a function of tight muscles restricting transverse rotation of the pelvis. The muscles that need to be tested for tightness and appropriate stretches applied are the hip rotators, quadriceps, groin and hip flexors. Lack of movement through the hips and pelvis will also mean the upper body will need to rotate more to compensate for lack of pelvic rotation. This will lead to overuse of the back and arms in an attempt to maintain club head speed which may lead to injury as well as additional swing faults.

**3. Poor power development (Females especially)**

As discussed above tightness in the levator scapulae will affect neck and trunk rotation, therefore limiting the amount of coil energy available for swing power. Tightness around the pelvic girdle will limit pelvic rotation and therefore limit the core (Internal and External Obliques) and butt (Gluteus Maximus) in generating explosive rotation through the ball, therefore limiting club head speed and shot distance. Poor flexibility in these areas will alter ball flight factors creating swing faults.

**4. No extension past impact and Poor follow through position**

One or more of the following will limit full rotation of the trunk and pelvis and limit hip and trunk extension during and at completion of the follow through.

1. Tight Latissimus Dorsi - Tight lats promote internal rotation of the shoulder and increased flexion of the upper back. This will limit extension of the shoulders and back and therefore a full follow through.
2. Tight Rectus Abdominus – This abdominal muscle attaches from the ribs and sternum to the pelvis. When tight, it pulls the trunk forward into flexion.

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3. Tight oblique abdominals and trunk side flexor muscles will limit trunk rotation as adequate trunk side flexion is vital for proper trunk rotation. Lack of trunk rotation will also limit full extension and follow through.
4. Tight hip flexors will limit pelvic rotation and therefore trunk rotation.
5. Tight hip internal and external rotators will prevent pelvic rotation and therefore trunk rotation and extension
6. A tight right adductor or groin muscle will prevent proper pelvic rotation and therefore trunk rotation and extension
7. A tight right long quadriceps muscle will limit pelvic rotation and trunk extension

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 affect ball flight factors and 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, correcting your biomechanics will give you greater success with a golf professional.

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**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