

Golf Mobility & Mechanics: Avoid Injury and Improve Performance



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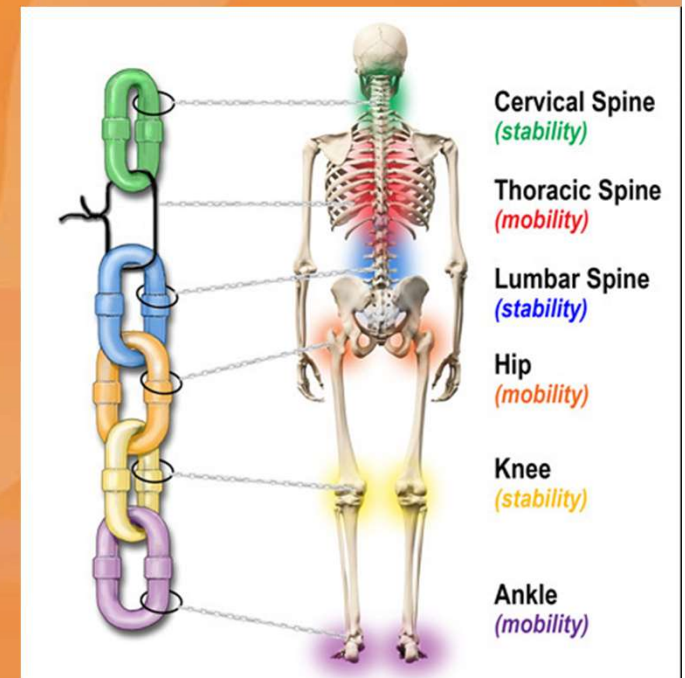
Pillars of Golf Mobility and Mechanics

1. Core Stability & Kinetic Chain
2. Hip Hinge - Golf Stance
3. Hip Mobility
 - Rotation
 - Extension
4. Shoulder and Hip Separation
 - Spinal Mobility
 - Motor Control
5. Shoulder Mobility



1. Core Stability & Kinetic Chain

- Chain Links: ankles, knees, hips, lumbar spine, thoracic spine, cervical spine
- Each chain link has different roles, and work together to produce stability and movement
- **Lumbar Spine/Pelvis = Stability**
 - *Foundation for movement*
- Hip and Thoracic Spine = Mobility
- Dysfunction of one chain link, will eventually cause dysfunction in surrounding links
 - Compensations arise, low back suffers



1. Core Stability & Kinetic Chain

- Core stability Analogy
 - Firm surface for rest of body to push off of
- Dissociation
 - Lumbar Spine and Pelvis = no movement
 - Hip and Thoracic Spine = lots of movement
- If unable to dissociate, results in
 - Excessive movement in lumbar spine which is not built to withstand said stress = degeneration
- This concept applies to many different aspects of golf swing as you will see



Core Stability Basics - Dead Bug

Start

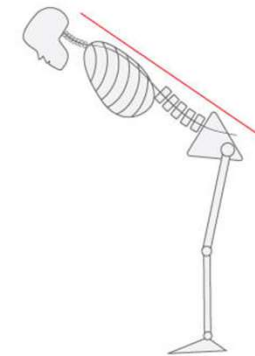


Hardest version of exercise shown - modifications will be shown in video

2. Hip Hinge

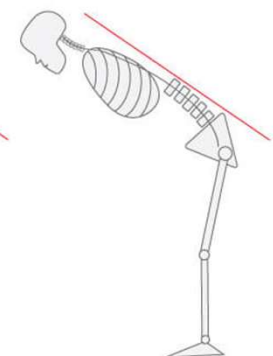
Importance:

- Athletic Golf Stance
- Protects lower back
 - Movement originates from hips, not spine
- Loads hip (glute) muscles - most powerful muscles in body
 - More power in swing



Correct Form

The spine maintains a neutral posture and the movement occurs from the hip joints.




Poor Form

The lower spine rounds forward as motion occurs at the lower back instead of only at the hips joints. This will create stress on the lower back.

Hip Hinge Progression



3. Hip Mobility

- Better Hip mobility
 - less demand on low back
 - more power -  access to utilize hip muscles
 - Deeper backswing, hips open to target in foreswing
- Hip Internal and External Rotation
- Hip Extension
 - Protects lower back from excessively arching
 - Driving through the ball



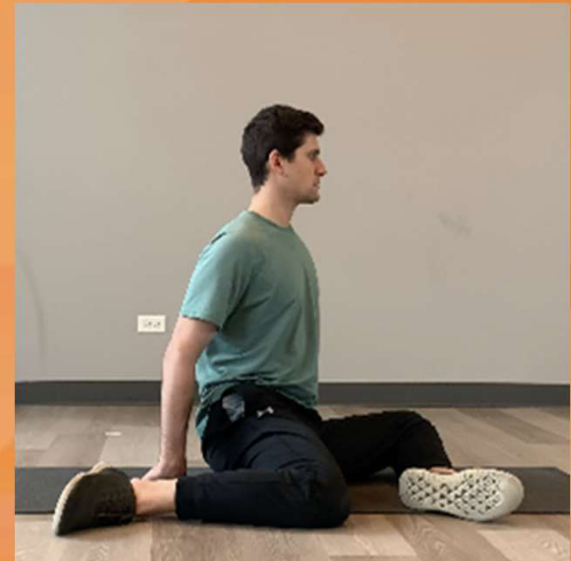
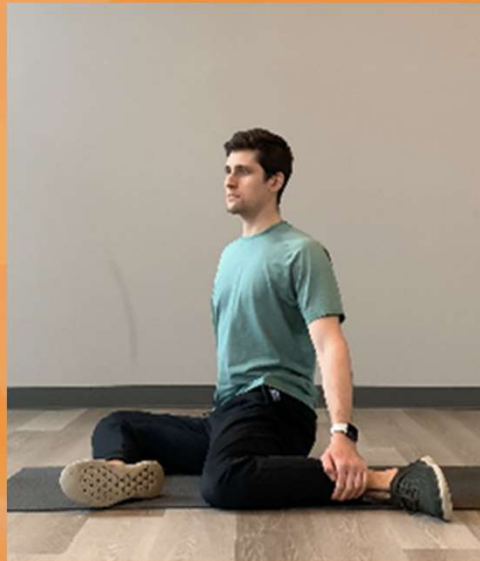
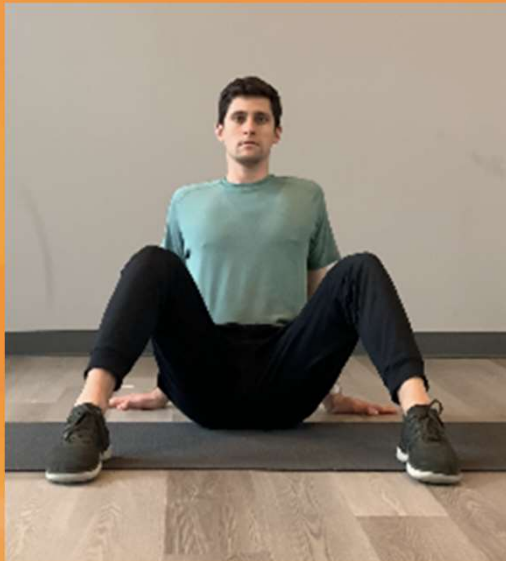
Internal Rotation



External Rotation



Hip Mobility Exercises - Hip Rotation



Hip Mobility Exercises - Hip Extension

Hip Flexor Passive Stretch



Hip Flexor Active Stretch - Bridges



4. Hip and Shoulder Separation

Importance:

- Allows body to create rotational power by stretching the core muscles, releasing elasticity similar to rubber band
- Same concept as pitching or hitting in baseball

Requirements:

- Thoracic Rotation Mobility
- Hip Rotation Mobility
- Dissociation Motor Control

When Most Important?

1. Top of the backswing
2. Transition from Backswing to Downswing



Hip and Shoulder Separation - Thoracic Rotation



1.



2.

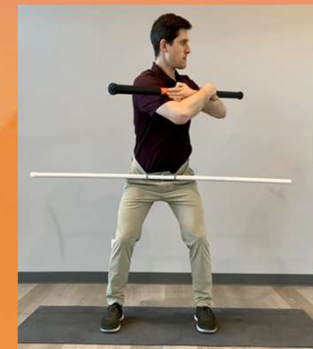


Hip and Shoulder Separation - Thoracic Extension



Hip and Shoulder Separation - Motor Control

Thoracic Rotation
ONLY



Hip/Low Back Rotation
ONLY



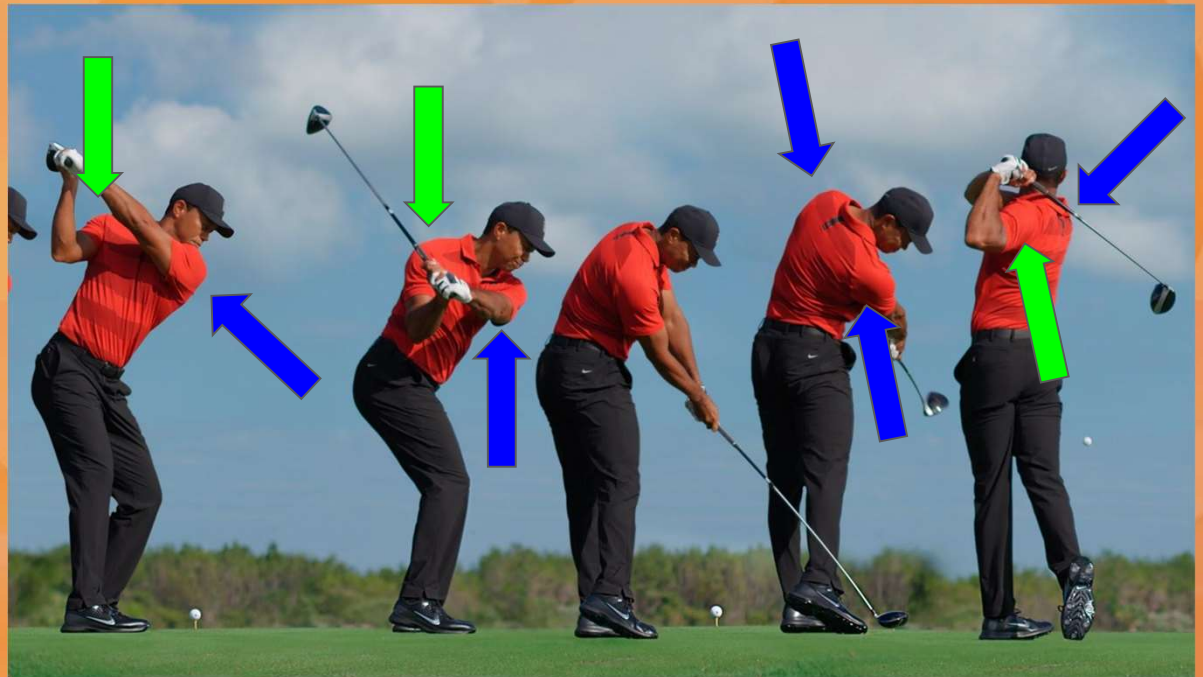
Shoulder Mobility

Shoulder Mobility is not only important for optimizing power, but also maintaining proper swing paths. Shoulder mobility needed:

Need equal amounts in each shoulder

 Cross-body ADduction

 External Rotation



Shoulder Mobility - Cross Body Stretch



Shoulder Mobility - External Rotation Drill



Questions?

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