



PROfiles: GOLF SWING

One of the most common swing flaws is "standing up". To correct this problem advice is often given to keep your head down. This seldom works because of the restriction in rotation of the rest of the body. Standing up locks the joints of the leg and hip and prevents the body from using the flexibility and strength of the lower body to power the swing. Keeping the ankle, knee and hip angles intact allow the lower body to act like a coil spring.

When lower body mechanics are compromised, a number of compensations occur. Most commonly, the over the top swing and the reverse pivot. These swing errors then result in overuse of the arm and or back muscles. When golfers come to me with these typical problems I first ask to see their swing, to observe their particular mechanics. If I find that they have lost their "spring", that is their vital angles at the ankles, knees and hips , I will recommend basic changes to their stance and advise them to get a professional lesson. Next, I ask them to perform some simple tests to evaluate strength and control. Very often, there are weaknesses in the muscles of the leg and hips.

It is more than a case of strength and or flexibility. Muscles must be "Elastic" to function properly. That means that they must both stretch and contract appropriately. This is a very important concept, that if ignored will limit your success at improving your physical abilities for golf. Getting into an athletic posture, where all the joints work together and act as a spring, is dependent upon proper muscle function. When you are unable to maintain the vital angles, you will lose power and distance. If this is the case, you most likely have a number of muscle adhesions that are preventing you from getting into and maintaining the athletic posture necessary for a good swing. I use Active Release Techniques (ART) to locate problem areas and then restore their function. ART is a hands-on manipulation that targets very specific problem areas and heals through a unique combination of pressure, tension and motion. It is not physical therapy, massage or chiropractic, though it is often administered by a chiropractor accredited in ART. Let's work together to put the spring back in your swing.