



POWERING UP YOUR DRIVE

Golf is technically demanding, so adding more oomph to your swing won't necessarily generate the extra distance you might expect from your drive.

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Golf requires sound biomechanics, which are created through; good muscle balance, good joint mobility, joint stability and a collective 'Kinetic chain integrity' i.e. the ability of the muscles and joints to work together to perform the desired movement in the most effective and efficient manner.

Therefore if there is any joint restriction this will limit the bodies' ability to function effectively.

Have you ever had back, shoulder or other joint pain? This can be a sign of joint dysfunction. If a joint is dysfunctional the body will not function properly. Your range of motion will be limited; your joint strength will be limited which will in turn limit your ability to generate a powerful efficient swing.

A simplistic way to check if you have limitations that may affect your

ability to generate power in your swing are through the following self assessments using a seat and a broomstick.

Seated Trunk Rotation

No.1 Sit on a bench seat with your hips and legs at 90degrees, legs braced against bench and your spine in a neutral, up right position.

No.2 Holding a broomstick across the back of your shoulders turn to your right (whilst maintaining your neutral spine). Your goal should be to comfortably turn 90degrees to the right whilst maintaining your upright neutral posture. Repeat for your left side.

If you cannot get to 90degrees comfortably you have a possible lumbar spine or thoracic spine limitation.

Standing Trunk Rotation

No.3 Assume the golf stance set position. Standing with your feet hip width apart and your spine in a neutral position.

No.4 Holding a broomstick across the back of your shoulders turn to your right (whilst maintaining your neutral spine). Your goal should be to comfortably turn 90degrees to the right whilst maintaining your neutral posture and keeping your hips square. Repeat for your left side.

If you cannot get to 90degrees comfortably you have a possible lumbar spine or thoracic spine limitation.

If you have any of these limitations it will be difficult for you to generate the necessary power to increase the distance in your drive whilst maintaining your swing consistency.



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