

# Five Steps

## TO TAKE YOUR GOLF SWING TO THE NEXT LEVEL

**T**HE SYMPHONY OF movements required to coordinate with the appropriate muscle firing patterns to end in square contact with a golf ball is amazing. The five steps listed below are designed to help the golfer analyze and fine-tune this effort.

**Focus primarily on two of the "core" muscles.** Although the "core" is considered to be the grouping of 41 muscles attaching to the pelvis, the transverse abdominus and gluteus medius are clearly king when it comes to motor control. Focus on exercises to exploit these two areas so the body can move correctly into the downswing and contact.

**Improve the transverse plane.** Rotational mobility is key to generating a clean, smooth and powerful swing. The two regions to focus on are the hips and the thoracic spine. The latter region is the one most often overlooked.

**Stretch dynamically instead of statically.** Static stretching has been shown to increase motion, but also decrease power and strength. Never "bounce" in and out of a stretch. Instead, lightly

ease in and out of a stretch with two to three second holds for 15 reps.

**Improve scapular stability.** Strengthening the cuff and scapular stabilizers will create a solid distal connection to the ball. Failure to train this region is like building a

high rise on a foundation of sand.

**Work with a team.** A qualified golf pro and a physical therapist trained in golf-specific performance are the perfect match to address both swing mechanics and movement restrictions. ■



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