

GOLF PERFORMANCE ASSESSMENT

Meet Lisa.

Lisa is 45 with a 9-5, spending most of her days in an office chair but still carving the time to hit the green twice a week. Despite her consistent practice, Lisa continually finds distance off the tee decreasing and slices increasing.

Her first resort: ***"Hey Google. What am I doing wrong?"***

After skimming Quora for hours (at a desk), she turns to her trusty swing instructor for help, who prescribes some technical training to get back up to par. But Lisa *still* falls back into her flubbing ways, finding it difficult to perform the technical changes.

Because, unbeknownst to her, Lisa's technique is not the root problem. From her days at the desk, her hips and mid back have started to lose range of motion...

OK, so Lisa is a fake story. However, she is representative of what many of my clients struggle with today. (Stay tuned, there's a happy ending.)

Let's face it— ~~golf is hard~~. Golf is really hard! But if you're anything like me, you love this game and are always looking for ways to improve. So, let's tap into the core of the issue.

I think Arnold Palmer said it best: "Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening - and it is without a doubt the greatest game mankind has ever invented."

In today's game, it's easy to get lost on YouTube, *Golf Digest*, or social media about the latest and greatest tips and tools to help shave a few strokes off of your handicap. But when it comes to game improvement, the most impactful tool in the golfer's tool bag gets often overlooked.

The number one tool in a golfer's bag is their body.

I know what you're thinking. *Is this guy kidding? How physically fit you are has no real bearing on how good you are at golf. Look at the wide range of body types on the PGA tour!*

Well, welcome to the club. Lisa's been waiting for you.

When I mention the body as a tool, I'm specifically talking about how the body moves, not how physically fit you are.

Your mobility is your utility, so pinpointing these specific limitations is the first step to enhancing your performance. To get you started, I want to provide you with a quick selfassessment.



AT-HOME TEST: TOP 3 MOBILITY RESTRICTIONS

If you're reading this, that means you live in the 21st century and understand our dependency on technology in daily life. While pretty awesome (allowing you to read this), it can also force us into static positions and periods of inactivity (not so awesome). Our bodies adapt to these positions, causing tightness, weakness, and decreased range of rotational motion in the mid back, hips, and shoulders.

Over time, this loss of rotational mobility forces golfers to compensate with other body areas, which leads to decreased power/distance, inconsistency, miss-hits, frustration, and overall higher scores.

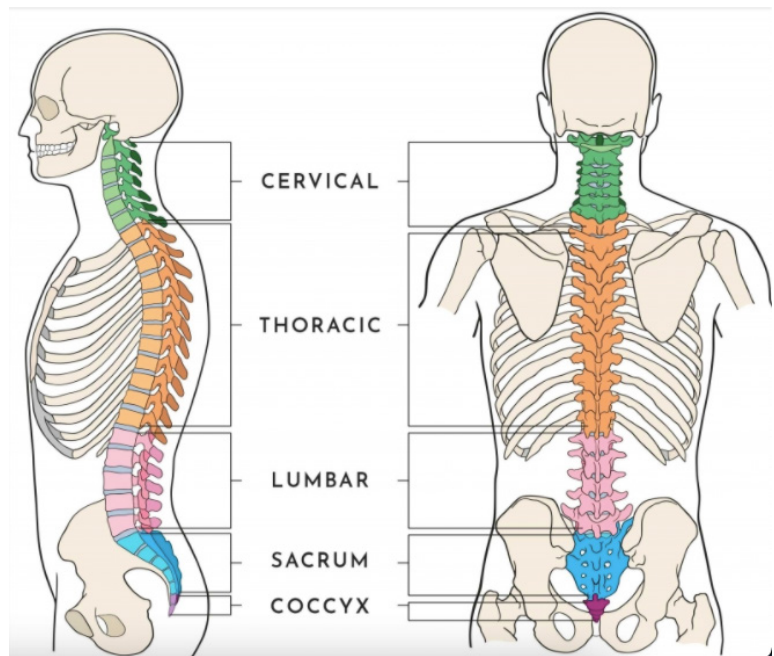
Mid Back Mobility (Thoracic Spine) - The spine can be divided into three distinct sections: Cervical (Neck), Thoracic (Mid Back), and Lumbar (Lower Back).

These three areas were designed differently with specific functions, which is important to understand when looking at a rotational sport like golf.

Which area of the spine do you think has the most rotational capacity?

- A. Neck
- B. Mid Back
- C. Lower Back

I'll give you a hint—it's not the lower back. If you guessed mid back, then you are correct. The thoracic spine was designed specifically for rotation, while the lower back was designed for flexion and extension.

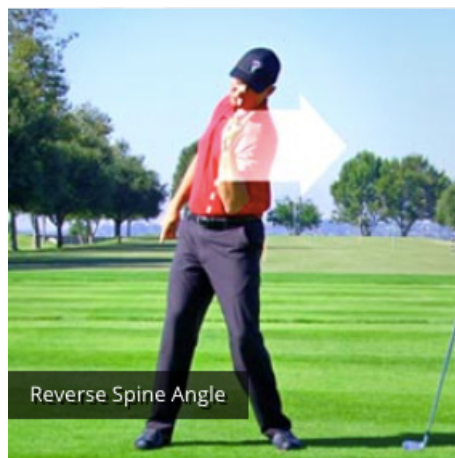
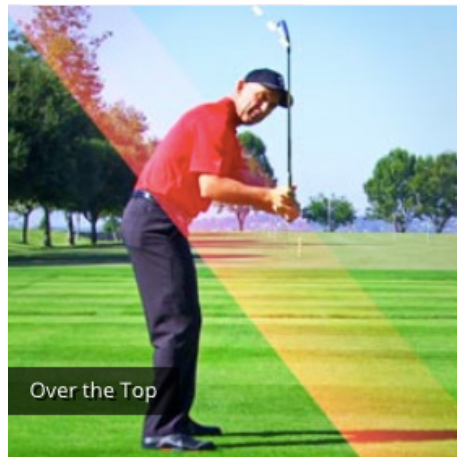
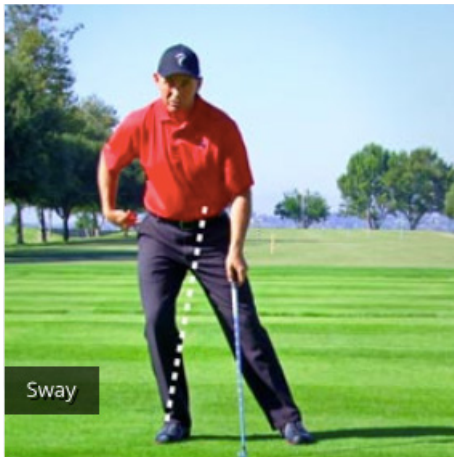


When we look at the golf swing, most of our spinal rotation should be coming from the mid back. If you have poor posture or sit for long periods, then it's highly likely that you have a midback rotational mobility restriction with your golf swing.

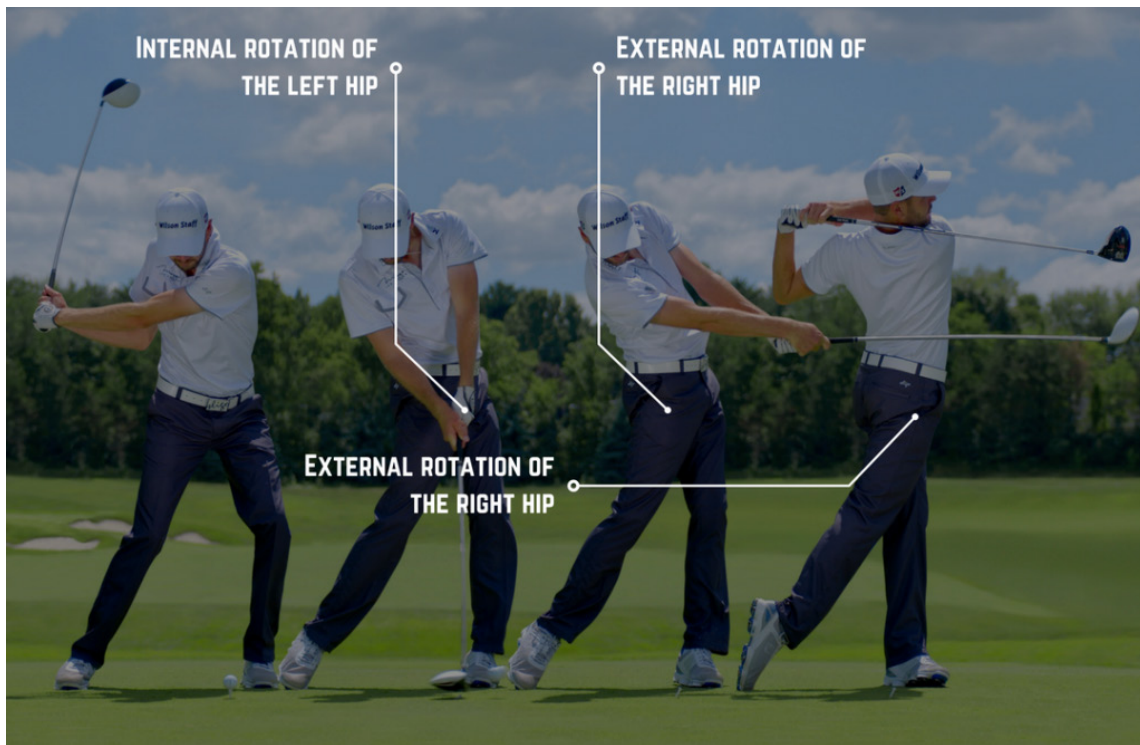
As the mid back loses its rotational mobility, players will see a few different compensation patterns that can impact their swing. It's common in the backswing to lose posture (flat shoulder plane), over-rotate into reverse spine angle, move off the ball into a sway, and/or overrotate the pelvis leading to an increased pelvic spin. In the follow through, players will typically hang back at impact, because they don't have adequate mobility to turn the torso through the ball toward their target.



Use this [Seated Thoracic Mobility Test](#) created by the Titleist Performance Institute to determine if you have a backswing or follow-through restriction in your mid back.

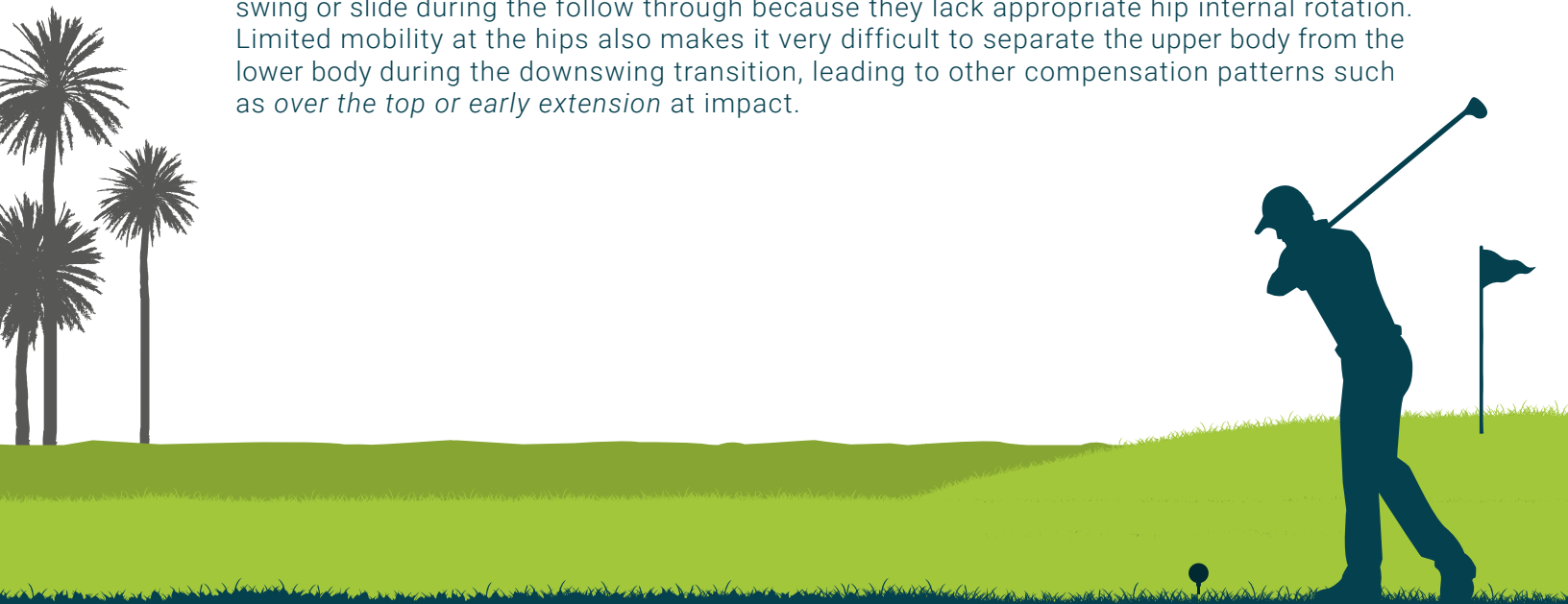


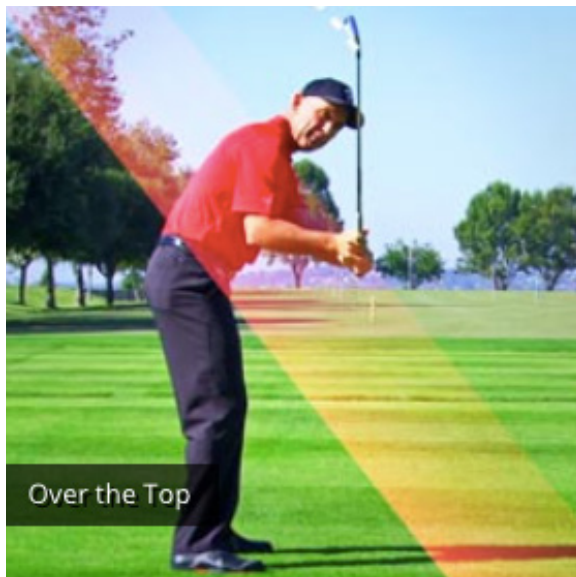
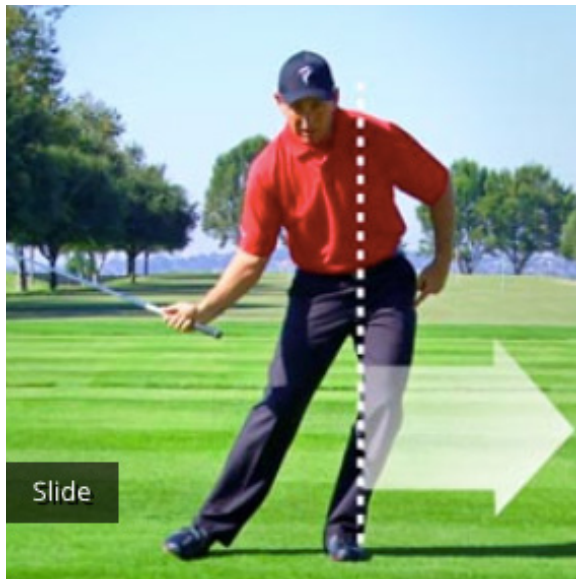
Hip Mobility - When it comes to the body-swing connection, there aren't many things more important than hip mobility, which is one of the more common restrictions I see amongst golfers I work with. So let's take a closer look at how the hips move during the golf swing. For a right-handed golfer, the right hip has to internally rotate during the backswing—at least 60 degrees—while the left hip externally rotates.



It switches during the follow through: the right hip externally rotates, and the left hip internally rotates at least 60 degrees.

Looking at the amount of rotation both hips need during the full swing, it's easy to see how poor hip mobility can impact your golf swing. Many players will either sway during the backswing or slide during the follow through because they lack appropriate hip internal rotation. Limited mobility at the hips also makes it very difficult to separate the upper body from the lower body during the downswing transition, leading to other compensation patterns such as *over the top* or *early extension* at impact.





Use this [Lower Quarter Rotation Test](#) created by the Titleist Performance Institute to determine if you have a backswing or follow-through restriction in your hips.



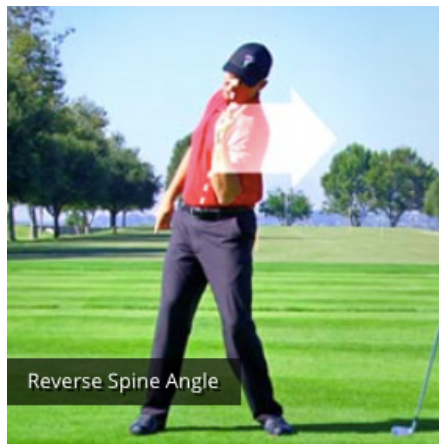
Shoulder Mobility - The final area of mobility restriction commonly seen in golfers is in the shoulder.

For a right-handed golfer, the right shoulder gets put into max external rotation at the top of the backswing, and the left shoulder gets put into max external rotation at the end of the follow through. Players need *at least 90 degrees* of external rotation, but even more is preferred.

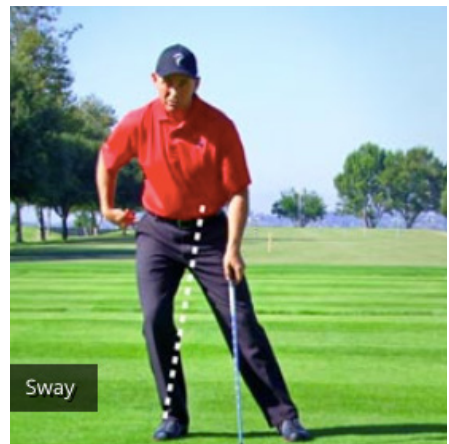
Similar to both the hip and thoracic spine restrictions, players will see a few different swing compensations. If there are any restrictions in shoulder external rotation during the backswing, you'll notice players losing posture (or flat shoulder plane), coming in over the top, swaying, or reversing their spine angle. You'll typically see a chicken wing on the follow through as the left shoulder avoids moving into external rotation after impact. One or all of these different compensation patterns are common when shoulder mobility becomes limited.



Flat Shoulder Plane



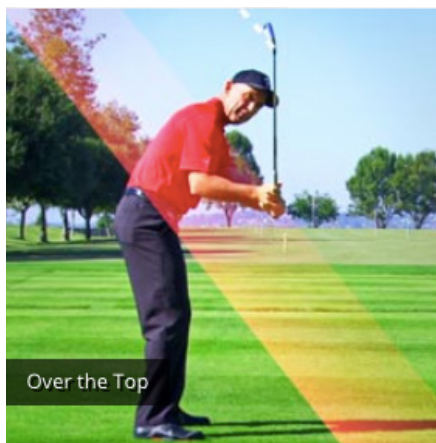
Reverse Spine Angle



Sway



Chicken Winging



Over the Top

Use this [Shoulder 90/90 Test](#) created by the Titleist Performance Institute to determine if you have a backswing or follow-through restriction in your shoulder external rotation.



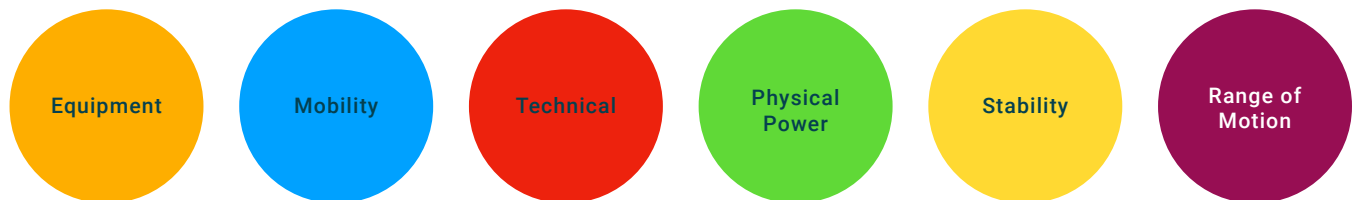
I KNOW, LOTS OF INFO. LET'S BREAK IT DOWN.

HERE ARE YOUR NEXT STEPS:

1. Take the Top 3 Mobility Restrictions assessments to identify areas of improvement
2. Set up a strategy call with a certified golf performance specialist (ahem, that's me!)
3. **The Golf Lab** - Execute a clear program tailored to your specific needs and goals
 - Hands-on mobility work from a licensed TPI Medical Certified Physical Therapist (me again!)
 - Custom training targeting strength, mobility, and stability.
 - Body movement evaluation to identify critical areas and make an immediate impact on your game.

ASSESS DON'T GUESS

6 Game Development Areas that we look at when creating a player profile for a our programming



WHAT CAN YOU EXPECT FROM THIS PROGRAM?

- 10 more yards off the tee in less than 10 weeks
- Increased rotational mobility in less than 6 weeks
- No more pain when you golf!

Say bye-bye to bogeys. No matter what mobility restrictions are holding you back, I'm here to restore your rotational mobility and get you to your golfing A-game.

Before you spend time and resources perfecting techniques, begin training the most important tool in your bag: your body. **Schedule a 90-minute golf performance evaluation**, and we can pinpoint your mobility restrictions and have you swinging to a tee in no time.

See? A happy ending after all.

