

## DID YOU KNOW?

- Over 25 million people play golf
- One in every three amateur golfers is playing with an injury
- Back pain occurs in approximately 50 percent of all golfers, including professionals
- The “Modern Golf swing” (which was developed to create more power while maintaining balance) can be a major factor in the development of low back pain. This method promotes a higher trajectory to the ball and is deemed ideal to hit elevated greens, but demands increased twisting through the spine which can predispose you to an injury
- In contrast, the “Stabilized Golf Swing” decreases torsion, compression, and shear through the lumbar spine which reduces the chance of injury
- Most back pain can be avoided by practicing with a few simple back-care techniques, and by working with a physiotherapist or golf pro to learn the proper body mechanics of a “Stabilized Golf Swing”

For treatment of your golf injuries and advice on the stabilized golf swing,

**CALL OR VISIT US AT:**  
[www.expertphysio.ca](http://www.expertphysio.ca)

**Burnaby Heights  
Physiotherapy Clinic  
210-3970 E Hastings  
604-294-3911**



**Eight Rinks  
Physiotherapy Clinic  
1-6501 Sprott St.  
604-294-3376**

### **Our Mission Statement:**

**Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.**

## **Back Care Basics For The Golfer Using The Stabilized Golf Swing**



**Physiotherapists  
Your Body Specialists**

## The Stabilized Golf Swing

Initially developed by H.J. Ferrante PT, and Tommy Nix (PGA Class A Professional), the stabilized golf swing allows golfers to be able to swing without injury. The body oriented swing reduces the side bending and rotation of the spine, and uses the muscles of the trunk, hips, and legs to produce a powerful golf shot. There are two major principles of a stabilized golf swing.

### **Rotation should occur in the joints designed for these motions**

The golf swing is a rotary action, and the lumbar spine (low back) is not well suited for rotation. The hip joints, shoulder joints, and thoracic spine (mid-back) are built to withstand rotational forces. Therefore, most of the rotary motions of the golf swing should be taken through these joints instead of twisting through your low back. A physiotherapist can teach you how to get the most mobility out of your hips, thoracic spine and shoulders, and how to strengthen the large trunk and leg muscles responsible for generating a powerful golf swing.

### **Maintaining the lumbar spine in a neutral position can prevent injury and low back pain**

Recent back pain research has shown us the vital importance of our trunk “core muscles” in stabilizing the spine and avoiding back pain.

These are your pelvic floor muscles, the deepest layer of abdominal muscles, and the small stabilizing muscles of your back. Traditional abdominal and back exercises do not train these “core stabilizers”. A physiotherapist can assist you in learning how to properly recruit these muscles during your golf game.

## An Introduction to “The Stabilized Golf Swing”

It is important to realize that a golf swing is a very individual maneuver, and that it should flow naturally. Do not be so overly concerned about the specific mechanics of the swing that you lose a fluid motion. The following tips serve as a general guideline only.

## Four Basic Steps For A Great Shot Every Time

### **1. A good golf swing starts with the grip**

Your grip on the club should be balanced between both hands, using a slight amount of pressure and producing a V pointing down the shaft of the club. Avoid the “grip of death” and your arms and neck will thank you.

### **2. Your stance is equally important**

Place your feet shoulder width apart, and bend your knees slightly. Pull in your “core muscles”, holding your back and pelvis in neutral. Keep your head down and maintain eye contact with the ball at all times.

### **3. Concentrate on your backswing as well as the downswing**

The back swing is primarily derived from the shoulders. Keep your core muscles pulled in as you turn your shoulders and upper back to the right (for a right-handed swing) while maintaining a straight left elbow. You may also get some motion by slight rotation through your hip joints. You should maintain a stable stance with both feet on the ground, your weight shifted slightly to your right foot, and your hips pointing in the same direction as your belly button.

During the down swing, do not try to kill the ball. With your core muscles activated, begin to shift your weight back to your left foot while keeping your eyes on the ball and head still. Allow the momentum of your arms and upper back to accelerate the club head down to contact the ball. Resist the urge to rush the shot. As you approach contact with the ball, your core muscles should still be pulled in, and your arms and hips should be pointing in the same direction. You will end up back where you were when you addressed the ball.

### **4. Don't forget to follow through**

As you accelerate through the impact area, your arm and hips should now pull you through, and you will complete an arc. It should feel like a natural motion, with your hips, shoulders, and knees pointing toward the target at the end of the swing. With your core muscle contraction maintained, your hips should do a natural pivot motion, and your right foot should be lifted slightly from the ground. You should not feel a twisting motion or sense of strain through your low back or pelvis.