

ITS Golf Seminars

[Personal trainers](#) and [fitness instructors](#) can work seamlessly with golf coaches to provide a great combination of skills for their golfing clients. It is important that the client is screened regularly to ensure the conditioning programme is suitable for them and is moving forwards as they progress. This will also help guide them through an exercise programme that will not only help improve their golf swing, but will also help reduce their risk of injury.

[Biomechanical screening](#) and training techniques helps clients improve their biomechanics, flexibility, muscle performance and joint stability. Make no mistake, although these principles are used to help the pros, this programme is suitable for any golfer, takes a very simple form and is easy to follow.

Clearly it's vital for clients to see a qualified PGA professional to ensure that they're working on the right technique for their swing peculiarities. Often though their technique is compromised by poor biomechanics, which includes lack of flexibility and inadequate strength, often from inadequacies that they don't know that they have and currently their PGA professional is not qualified or able to identify or help. People are often left thinking: "I understand what I'm being told to do, but my body just won't do it".

For example, one top coach talked to us about a European Tour Player who he'd been working with on a weight transfer problem for some time with little success. Beyond a certain point at the top of the back swing, the player's centre of gravity started to shift abnormally towards the target too early. It made him lift his arms on a higher plane at this point and pull him off line at the top. When we looked at his results it became clear that the reason for his problems were linked to the lack of mobility in his upper back. So in his effort to increase his shoulder turn beyond his natural range of motion, the golfer was compensating using his arms and hips, and so upsetting his plane. As he was a professional he could often compensate for this, but even at his level, the consistency of his swing was being compromised.

The mechanical problems that can interfere with the mechanics of your client's golf swing include – one leg being longer than the other, tight nerves in your legs, poor 'core'

(trunk) muscle control, poor flexibility, inflexible pelvis and incorrect positioning of the pelvis. These mechanical issues can not only compromise the way they swing a golf club, as you have to compensate for them (and that's very difficult to do consistently), they can also cause injuries in the structures that are compensating.

So although technique is important, your clients have to have the right tools to ensure they can perform the tasks their golf coaches are recommending. In sports so far it's been left more to luck than knowledge, but as technology improves, so we can offer clients more information than ever before to improve their game by providing their body's with the building blocks for the correct movements.

In addition to improving their ability to perform the correct mechanics to swing a golf club, improving their mechanics will help prevent (and in some cases cure) injury. The mechanical problems that they can have with their pelvis and spine which compromise the way they swing a golf club, will also cause problems with the joints and muscles that compensate. People often say, "Why can I swing a golf club well one day and the very next day, I can't hit the ball to save my life?" The reason invariably is because one day you have a series of compensations for mechanical issues that exist, and your body and brain adapts to those compensations – in other words it learns how to move with them. Then something happens to change either the problem, or the compensation, and the body and brain then have to learn a completely different way of moving to deal with the change, and that takes time to learn.

For example, if one group of joints in your spine are stiff and tight, you often get compensations in the opposite side of your pelvis and the opposite shoulder. Then you play one day with your body having adapted to these set of conditions. Overnight you then sleep awkwardly, perhaps your pillow is not positioned correctly, and you can wake up with a different set of conditions for your body to compensate for. Sometimes you can be aware of some more extreme stiffness in your back for example in the mornings, but more often they are imperceptible and your body adjusts without you even knowing. But although this adjustment is immediate, it usually takes the body and brain some time to adapt. If you play golf before you've fully adapted, then the swing thought that applied yesterday, will no longer help you today.



Learn about [biomechanics coaching](#) to help you understand this better.

ITS is running a seminar on Golf Biomechanics at the end of July, [click here](#) for more information.

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