



The Power in the Golf Swing!

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So you want to lower your golf scores. You end up spending millions on buying better designed clubs and balls, try the latest exercises to better strengthen our muscles, and look to different therapies to help relieve our pain from the repetitive rotation in the spine. Here are a few things to think about on how to improve on the “power” of the golf swing.

- The **US Masters** was won in 1939 with a total score of **279**. 55 years later, the **US Masters** was won with the same score of **279**.
- In 1958, the **US PGA** was won with a score of **276**. 34 years later, in 1992 the **US PGA** was won with a score of **278**.
- 15 years ago, amateur golfers had an average score of **16.2** for males and **29** for females. Today, the scores are the same. What happened to all this expensive high technology that was developed to hit the ball farther, straighter and help lower scores?
- Baby elephants are conditioned to believe when they are tied to a small stick in the ground that they can't break free. As an adult elephant, the same stick is used but the elephant has grown to believe it can't break free. Golfers are lead to believe better equipment and increased practice is all that is required to play better.
- **C.C Cunningham** (PhD in Motor Control and Learning) said it best when she said, *Regardless of how you train the body to “learn” movements, the body is limited to the capabilities it has for the muscles to produce or sustain force.* It is a well known in the biomechanics world that adding load to resistance will in fact destroy the skill. For example, research has shown that how fast you perform a simple movement, like rotating your spine, is dependent, in part, on the strength of the muscles that are responsible for stopping the motion.
- “*Simulation training should form no part of an athlete’s routine*”, said the late **Mel Siff** who wrote the book “**Supertraining**” while discussing the subject of adding load to the skill. He further went on to say, when loading the skill you instead destroy the skill.
- “*I dislike the word functional. Everybody is really talking about transfer!*” **C.C Cunningham**. The latest craze in the fitness industry is Functional training, a cliché used in our industry to define exercises that mimic the activity required of work, daily life or sport.
- **Transfer** is the key to an exercises influence upon and applicability to a goal. Virtually any motor pattern or challenge that is in any way a piece of the goal will transfer to some degree.
- *Functional exercise* simply should not violate the function of the anatomical/neurological components (its tolerances, limitations, structure, and abilities). That being said, having a better understanding of the spinal facets and rotation will help understand why exercises with rotation and inertia have more of a risk and no better benefit when selecting many “functional” exercises to improve the swing phase in golf.
- Understanding **Pronation** (lesser foot arch) and **Supination** (greater foot arch) will also play a big roll in assessing where power in the swing is coming from. Most forms of therapy will prescribe Orthotics without regards to proper foot function. However, when foreign objects prevent structural movements in the Kinetic chain, when one area improves the other areas digress. You need to have each joint function properly in order to gain the best swing. Sometimes hip imbalances can effect foot function and vice versa.
- If you want to better understand more about the M.A.T. system of addressing muscular imbalances and improve on range of motion, set up your free evaluation.