

Get In Step With Your Instep

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Power, power, power. There are a lot of power leaks in our golf swings. Finding and plugging those leaks is the subject of article after article out there. One of the quickest ways to plug a power leak is to *start* and *stay* on your instep throughout your backswing. Many players transfer their weight to the outside of their right foot (for right-handed players) and start on the outside as they transition into the downswing.

Try to move from your right foot to your left starting with your weight on the outside. It's a very weak move. Now try moving from your instep...instant power. Every athletic move begins with a transition from one instep to the other, and golf is no different.

There are several reasons why a player does not get to their instep:

- They don't know they're supposed to.
- Their right hip rotation is tight.
- Their iliotibial band, on the outside of the right thigh, is restricted.
- Their thoracic, or mid back, rotation is limited.
- They have foot pronation/supination problems.
- Combinations of the above.



The loading and coiling in the backswing should be felt through the right glute, around the outside of the hip, across and over the thigh to the inside of the knee, down to the instep of the foot. If you are unable to feel that coiling through the leg, see if you can find it. If not, in order to gain new or lost power, you'll need to find out why not.

Here are a couple of simple tests to check a couple of the above issues:



Seated Trunk Rotation Test Hip Internal Rotation Test

You do not necessarily need a professional to test these two restrictions on yourself. If you do feel tightness in your right trunk rotation or your right hip internal rotation yourself, then you might want to see a professional to help you improve your range of motion. There are a lot of power leaks to plug out there! Please feel free to contact **Body Balance for Performance** if you have any golf health or fitness questions at bodybalancegolf.com or 312-214-9079.