

Instructor Corner

Pretzels, Anyone?

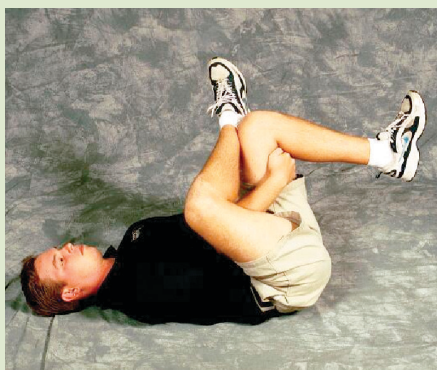
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Body Balance for Performance



Three of the main backswing faults can stem from the same physical restriction: tight right hip internal rotation. This can lead to swaying, lifting, and/or a reverse weight shift.

Here's a test: Can you keep your right kneecap pointed straight ahead at the top of your backswing, with weight on your instep, and with the same amount of knee bend you had at address? If not, you may have a tight right hip issue.



Not being able to load into the right side with a proper coil is a significant power leak for any player. We build power by rotating onto and into the right leg. You should feel the coil from the outside of your right buttocks, across and down the front of the thigh, to the inside of the knee, down into the instep of the foot.

Gaining great hip rotation can lead to a much better and consistent game! Here is a simple stretch to help you on your journey: The Pretzel.

Cross your right ankle over your left knee, and slowly bring both knees toward your chest. You should feel a deep right buttocks stretch. Hold until you feel the intensity ease off a bit. (If the stretch is initially too intense, you can rest your left leg up on a chair or exercise ball. You can also use a towel wrapped around your left thigh to help you lift the legs.)

In an effort to keep your body balanced, stretch both hips. We didn't get into how a tight left hip limits your impact zone!

If you would like more information about a specific hip issue or any other aspect of golf health and fitness, please contact

Body Balance for Performance

at 312-214-9079 or visit
bodybalancegolf.com