

The Pursuit of Athletic Happiness?

By Betsy Voyles, MSPT

In every athletic pursuit, transferring weight from one side of the body to the other is required for maximum performance and biomechanical efficiency. Those of us in the golf injury-prevention and performance industry are sometimes in a battle with current teaching trends.

One recent trend is to start with the golfer's weight more on the left leg at address, keeping the weight more on the left throughout the backswing, and then finishing fully on the left side. We have started to see an increase in injuries over the last few years in players who are working on this technique.

When you consistently keep more weight on one side of the body, eventually some part of the body will suffer. Often it is on the weighted side (often knee, hip, lower back), but also on the other side from compensatory moves (often upper back, shoulders, elbows, wrists). Professional and amateur players have dabbled in and out of this technique. Some have had real success and some have had serious injuries.....so the controversy continues.

One reason for this teaching trend may simply be the lack of right hip internal rotation. So many players do not have the rotation available to properly load and coil into their right leg. (This is often an



easily correctable physical issue.) One way to work around this limitation is to just stop trying to get there.

If you are serious about playing golf throughout your later decades, you might consider getting a full orthopedic physical evaluation from a medical professional with a golf performance specialty. Very often simple changes can have a dramatic impact on your game and prevent career-ending injuries.



For golf health and fitness questions or more information about the Body

Balance for Performance program, contact us at 312.214.9079, bvoyles@sprynet.com or www.bodybalancegolf.com.

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Brian King



Brian King is a Class "A" member of the PGA and has been teaching golf for over 20 years in the Chicagoland area and has coached golf at the high school and collegiate levels. Brian teaches golfers of all ages and abilities. He specializes in the development of junior golfers and has coached many players on to both college and the professional level. Having played golf at every competitive level including the Motorola Western Open at Cog Hill, Brian knows what it takes to develop players both on the range and golf course.

Brian uses the V1 video technology to enhance the learning process for students and is an expert in clubfitting.

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