



Improving Your Golf Game – It’s Not as Hard as You Think, Part 2

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So here we are, midway through the golf season, and you are still getting laughed at by your “buddies”. But fear not. If you followed my first article in improving your game, you have some greatly improved thoracic and hip mobility and are ready to move on to the next component of a potent golf swing: joint stability.

Joint stability, especially of the pelvis and lumbar spine, is critical for maximizing your swing potential. If you are stable in your lumbar spine and pelvis, you will be able to more efficiently and effectively transfer the energy produced by loading the back leg and thoracic spine into your golf club. The more efficient the transfer, the less energy is lost, and the more powerful the swing becomes.

A lot of people think that golfers rotate through their lumbar and thoracic spine when they draw the club back. But the truth is they move through their thoracic spine while their lumbar spine stays stable which produces the coiling-type effect that in turn produces their rotational power.

If we look at Tiger’s backswing (#2), you can see his pelvis and lower spine has rotated together over his back leg while his chest has rotated tremendously. In order for this disassociation to occur, he needs good thoracic spine mobility along with good lumbar spine stability.



To help build your pelvis and lumbar spine stability, I have included my top three exercises.

Cable Chops

Begin in a split knee position with the inside leg up and your inside shoulder even with the arm of the cable apparatus. Grab a tricep rope as shown in picture 1. While keeping your legs, hips, and spine still, slowly “chop” the rope down and away (picture 2). Maintain that control as you return the rope to the starting position and repeat for 2-3 sets of 10 reps.



Cable Lifts

The lift is the complete opposite pattern from the chop shown previously. Here you will begin in a split knee stance with the outside leg up and your inside shoulder even with the arm of the cable apparatus. Grab a tricep rope as shown in picture 1. While keeping your legs, hips, and spine still, slowly “lift” the rope up and away (picture 2). Maintain that control as you return the rope to the starting position and repeat for 2-3 sets of 10 reps.



Cable Push-Pulls

Using a two handle cable apparatus, begin with your inside arm straight and your outside arm by your ribs. Your feet will be even and your knees will be slightly bent similar to an athletic stance (picture 1). Slowly pull your inside arm towards your ribs while simultaneously pushing your outside arm away from your body. The key is to push and pull without any movement from your legs, hips, and spine. Slowly return to the starting position and repeat for 2-3 sets of 10 reps.

