

# GOLF STRENGTH: PART III

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In past articles on the topic of developing “Golf Strength” we presented the fact that traditional training programs do not create the type of strength most often needed for sports. Unfortunately research shows that the more contemporary and popular “functional training” protocols in wide use today are also falling short in developing strength types that will transfer towards improving sports performance or even helping us to meet the demands of an active life style outside the gym. We also detailed the probable reasons for this that related to the need to better design programs with periodization schemes that purposefully manipulate training variables such as intensity, volume, and recovery. This is essential for developing the unique mix of strength types along with the precise blend of other bio-motor abilities such as mobility, stability, speed, and power that will meet the requirements for each person to be successful in their specific sport. However, probably the most important aspect of programming that does not get enough thought or focus upon is that of exercise selection. This oversight is probably at the root for why most “Sport-Specific” training programs fall short and why legitimate “Person-Specific” programs are rare to even find.

Any effective “Sport-Specific” program should also be “Person-Specific”. To improve sports performance each athlete or individual must first correct some of their own distinctive collection of postural deviations, muscular imbalances, joint limitations, and mechanical dysfunctions. To fulfill such demands necessitate a specialized program that includes very specific exercise selections. This again would require the person to partake in a comprehensive movement analysis and detailed joint assessment to determine what exercise movements are the most crucial for improving their overall movement ability. Although it is not within the scope of this article, nor possible to cover all this information in even a series of such articles, there are some common principles relevant to exercise selection that have beneficial application for those wishing to improve “Golf-Strength” that can be presented.

Exercise selection for any specific sport involves identifying the primary “General Movement Patterns” that are compulsory for successful performance in that sport. For Golf this task appears fairly simple to most as the Golfer performs each swing from a similar stance and their feet are relatively stationary compared to sports that demand far more dynamic variations in postures and movement patterns. This being said, it is not simple to design training programs and select exercises that will empower the golfer to produce the slight changes in posture, as well as exhibit the minor modifications in foot, hip, trunk shoulder, arm and wrist movements that make the difference in performance and ability to tap their potential “Golf Strength”.

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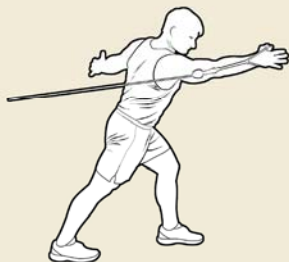
Such progress does not come from selecting exercise movements that attempt to simply mimic the Golf Swing with additional resistance or perform similar exercise movements on unnatural and unstable platforms. Loading a faulty Golf swing can only strengthen the Golfer's present muscular imbalances and further promote compensation. While training a Golf Swing while on wobble boards, stability-disks, foam rollers or a Bosu can only strengthen movement patterns relative to the specific device trained upon that have little carryover once the golfer is required to perform on a natural turf. In fact, such training strategies and exercise selections often produce "motor confusion" and altered balance reflexes that result in new swing faults and decreased performance.

However, properly selected exercises that train the general movement patterns that focus on the rotational movements of the trunk and hips can develop "Golf Strength" that is more transferable towards use on the Tee Box and Fairways. Such exercises can also be modified with precise changes in positioning, alignment and motion and programmed in such a way that would best help correct the specific muscular imbalances, joint limitations and postural deviations of each individual. The following are just a basic sampling of such exercise movements and represent just a few of the 500 plus Ortho-KineticR exercises that can be included in any sport performance and / or corrective exercise program. These specialized exercises train movement patterns that do not target individual muscles but rather train entire muscular subsystems. These subsystems are also used for functional daily movement such as gait and are designed to work in a synergistic and integrated manner. Improving these muscular Subsystems will maximize efficient joint and muscle actions while minimizing joint and tissue stress for most any movement we wish to perform. Below is a comparison of subsystem function during gait and how they can be matched with particular exercise selections that could be programmed and modified to help develop "Golf Strength".



The "Anterior Oblique Subsystem" (AOS) is comprised of: hip adductors, ipsilateral internal obliques, and the contra-lateral external obliques and is also relied upon most during the "Swing Phase of gait"

Unilateral Push Patterns also place a primary demand upon the "Anterior Oblique Subsystem" and will strengthen and improve AOS function.

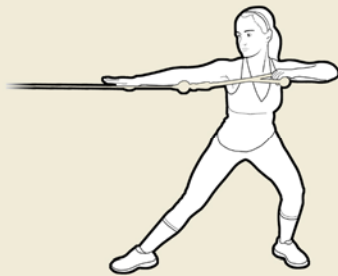
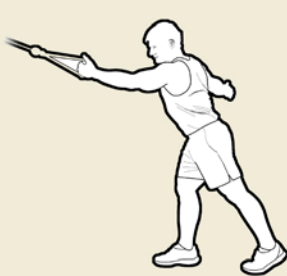


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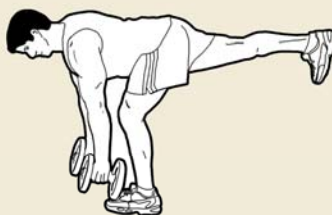
The “Posterior Oblique Subsystem” (POS) is comprised of: hip extensors particularly the glutes as well as the contralateral posterior -trunk rotators such as the latissimus dorsi and lumbar multifidus. The POS is most highly active in the “Propulsion Phase” of gait.

Unilateral Pull Patterns rely mostly on the function of the “Posterior Oblique Subsystem”. Below are a few examples of exercise movements that will strengthen the POS.

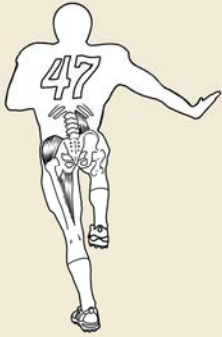


The “Deep Longitudinal Subsystem” (DLS) is comprised of the Tibialis Anterior, Peroneus Longus, Biceps Femoris, Sacrotuberous Ligament, Erector Spinae, and the Thoracolumbar Fascia. The DLS is in highest demand during heel strike and the Transitional Phase of gait.

Hip extension movements as well as certain Lunge type exercises will challenge and train the Deep Longitudinal Subsystem or DLS.



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The “Lateral Subsystem” (LS) is comprised of the Hip Abductors such as the Gluteus Medius and Minimus, the ipsilateral adductors, and the contralateral lateral flexors such as the Quadratus Lumborum and Internal Obliques. The LS is relied most upon during the single leg “Stance Phase” of gait for balance and stability.

Just about any single leg unilateral pushing, pulling or certain lunging exercises are all good for training the Lateral Subsystem or LS and offer a wide selection depending on the needs of the individual.



These again are just a sampling of exercise selections that train and strengthen the primary muscular subsystems of the body. Obviously the specific exercises selected and various technique modifications utilized would coincide to the specific needs and goals of each individual and also be consistent with each planned phase of the overall program. Properly done, such exercise selections will not only develop “Golf Strength” and help correct specific swing faults, but also improve the designed biomechanical and bio-motor function of the entire body making any sport or life movement easier and more efficient to perform. To receive a complementary Ortho-Kinetic<sup>R</sup> assessment and receive direction in selecting the exercises and designing the program that best addresses your unique needs and helps achieve your specific goals, simply call the TELOS Fitness Center at 972-386-2580 and mention the NTPGA.