



Case Study

This is a sample case study of a golfer seen at Saratoga Health and Wellness for our Titleist Performance Institute golf improvement program.

Background:

Age: 54

Sex: Male

Handicap: 26

Years Playing Golf: 4 years

Right or Left Handed: Right

Do they exercise currently: Treadmill 30 min. 3 times per week

Medical History: Bilateral frozen shoulders

Screening Results:

Pelvic Tilt Test: Client exhibits C-posture with limited range of motion

Pelvic Rotation: Good torso stability, Good pelvic mobility with better range of motion to the right

Torso Rotation Test: Good pelvic stability, Good torso mobility

Overhead Deep Squat: Arms down limited with limited ankle dorsiflexion (less ROM on the right)

Toe Touch Test: Limited toe touch bilateral

90/90 Test: Standing: Less than spine angle, Golf Posture: Equal to standing

Single Leg Balance: Left 6-10 sec. Right 0-5 sec.

Lat Test: Covers nose

Lower Quarter Rotation: Internal Rotation: Left- Less than 60 Right-Equal to 60

External Rotation: Left-Less than 60 Right-Equal to 60

Seated Trunk Rotation: Left and right equal to 45 degrees

Bridge with Leg Extension: Weak glutes bilateral

Reach Roll Lift: N/A

Swing Findings:

C-Posture

Early Extension

Sway

Hanging Back

Casting/Early Release

Attack Plan:**Gym:**

First, we focused on improving his ability to control the tilt of his pelvis supine, standing and in golf posture. We felt this would help his awareness of proper setup when addressing the golf ball. We also focused on improving lat. mobility. We believe his loss of posture during his backswing was greatly affected by his poor lat flexibility. Finally, we added some ankle mobility exercise, to improve his deep overhead squat, giving him the physical ability to prevent early extension.

Exercises Prescribed:

Pelvic tilt (supine), pelvic tilt in golf posture, torso acceleration, Supine Arm Reaches, foam roller-lat, Foam roller-mid back, butterfly stretch with golf club, search and destroy, calf stretch, and toe touch-toes up.

Swing (TPI Certified Level PGA golf professional-Saratoga Springs, NY):

Our subject demonstrated C-posture at address, so the first order of business was to correct his address posture and instruct him on how to establish neutral posture during setup to allow for more thoracic spine rotation during the backswing. In addition to C-posture, he had difficulty disassociating his lower body from his upper body during the downswing and had a tendency to early release or scoop on his downswing. Both these issues were addressed during his second lesson and swing drills (Merry Go Round, Impact Fix) were prescribed.

Swing Drills:

Pivot Swing Drill, Merry Go Round, Neutral Posture, Impact Fix

Re-Exam

Screening Results:

Pelvic Tilt Test: Client exhibits neutral posture with limited range of motion

Pelvic Rotation: Good torso stability, Good pelvic mobility with better range of motion to the right

Torso Rotation Test: Good pelvic stability, Good torso mobility

Overhead Deep Squat: Arms down limited with limited ankle dorsiflexion (Improved since first test)

Toe Touch Test: Limited toe touch bilateral (Improved since first test)

90/90 Test: Standing: Less than spine angle, Golf Posture: Equal to standing

Single Leg Balance: Left 6-10 sec. Right 6-10 sec.

Lat Test: Covers ear

Lower Quarter Rotation: Internal Rotation: Left- Less than 60 Right-Equal to 60

External Rotation: Left-Less than 60 Right-Equal to 60

Seated Trunk Rotation: Left and right equal to 45 degrees

Bridge with Leg Extension: Weak glutes bilateral (Improved)

Reach Roll Lift: N/A

Physical Summary:

There was an improvement in posture and initial set up, as our subject now demonstrates neutral posture and a natural ability to pelvic tilt. In addition to posture, there was a measurable change in lat. mobility which will reflect in his backswing. His ankle mobility, toe touch test, and gluteal strength have improved, but is still short of normal limits. We will continue to improve lat mobility with a greater emphasis placed on improving hip hinging, glute strength and ankle mobility over the next month.

Swing Summary:

Our subject demonstrated a remarkable improvement in posture at address. During his second lesson, we focused his attention on understanding separation of the torso from the pelvis on the backswing, and pelvis from torso on the downswing to improve his kinematic sequencing. By understanding this concept, he should improve his shaft lean at impact and improve his ball striking. He has noticed an improvement in his scoring during the early part of the spring and we expect him to continue to decrease his average with continued practice and understand of the principles discussed.