



## How to Find Your Ideal Golf Posture

Good posture is essential for good golf!

By adopting correct posture in your address position, and maintaining it throughout your swing, you not only improve your chances of swinging the club well, you also greatly reduce the chance of injuring your back while playing golf.

Positioning your spine in correct posture reduces the stress through the discs, ligaments and joints of your spine, as well positioning your core muscles in an advantageous position to control the movements of the spine. This not only reduces the risk of injury, but is also a very efficient way for your spine to move in a complex activity such as golf.

So how do you find your ideal golf posture?



Figure 1



Figure 2



Figure 3

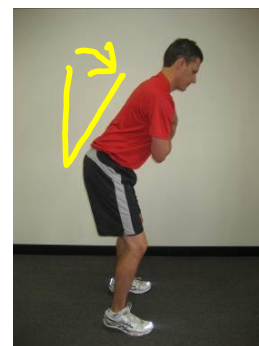


Figure 4

Stand with your feet at a width if you were addressing a 5-iron, with your arms folded across your chest. Keeping your upper body and legs still, tilt your pelvis under as far as it will go (figure 1.). Next, tilt your spine as far as it will go in the opposite direction (figure 2.). Now tilt your pelvis **1/2 way back in the original direction** and hold in this position (figure 3.). Keeping your pelvis in the same position, bend your knees and hinge forward at the hips (figure 4.).

This is now your ideal golf posture.