



Honsberger Physiotherapy Golf Testing Results 2007

During the 2007 Golf season Honsberger Physiotherapy performed testing on 49 players who were seeking golf instruction.

The prime purpose of this clinical study was to determine the percentage of tested players who were predisposed to injuries or performance limitations due to structural, biomechanical faults - including pelvic imbalances, abnormal foot function, spinal posture, movement deficiencies, inflexibility and inappropriate strength as it relates to the game of golf.

Our summary of findings indicated:

- Average age 53 94% male
- Average handicap 12
- Highest area of ongoing medical history – backs 39%
- Pelvic imbalances 86% left sided 10% right sided
- Loss of thoracic –(mid-back) extension 73%
- Weak lead hip strength 82%
- Weak lead shoulder strength 88%Failed functional core strength test 69%
- Abnormal foot function resulting in pronation 71%
- Number of players utilizing orthotic correction 16%

This Study indicates:

1. 96% presented with a biomechanical issue affecting their ability to play golf.
2. 73% could not achieve proper mid-back posture to play golf safely – C posture
3. 67 % of all players presented with ongoing / unresolved orthopaedic problems.
4. 96% of clients presented with at least one or all areas of weakness – involving lead shoulder, lead hip and glut max
5. 8% of clients presented with a true leg length discrepancy.

The study demonstrates that:

1. Pre-screening would be an important and effective tool to identify pre-existing conditions that would affect one's ability to learn and play golf.
1. A majority of golfers were unaware that they presented with a postural fault that would affect their ability to learn and play the game of golf.
2. A majority of golfers are unaware that they lacked the necessary strength to execute a sound repeatable golf swing.
3. That there is a poor understanding of the role of the feet in developing a stable platform for the game of golf.
4. 67% of all players tested were committed to taking lessons and playing golf with some form of unresolved physical ailment.

In summary, our research indicates the continued need to combine medicine with golf instruction. By increasing this awareness within the golfing community and the golf instructor community we can only enhance a healthy enjoyment of the game of golf.