



Honsberger Golf

GROUND FORCE 1

Learn how to gain more power and consistency
by utilizing your lower body

Our fascination with club head and ball speed begs the question where do we get it from?

While for most of us golf is a game of feel, there has to be an underlying source of power generation to allow the golf swing to happen.

Golf utilizes Newton's 3rd Law of Motion or more commonly known as the Law of Reaction - for every action there is a reaction.

All athletes who perform their sport in contact with the ground are considered to be operating in closed kinetic system. The source of the golfer's force then comes from the interaction with the ground – hence the term ***ground reaction force***.

The body then must conserve and transfer this force up through the body to be used in the end stage athletic event.

This process is referred to as one's kinetic sequence and represents the co-ordination or linking of segmental kinetic events involving the process of stretch / shortening to create segmental rotational velocity.

In a closed kinetic system the ability to effectively create and transfer rotational velocity then becomes the underlying issue affecting sports performance.

The factors that affect this ability then become the foundation of any assessment of the potential of athletic performance. These key components include available joint range of motion, sport specific strength, postural alignment and proper sport specific motor patterns as they relate to each body segment.

Poor athletic performance can be linked to any one of the above within a given segment and then render that segment dysfunctional which may in turn affect the connecting segment. A dysfunctional segment does not optimize the

transfer of rotational velocity putting more ownness on the neighbouring segment, which can overload that segment creating an injury scenario.

In golf, we view the **foot / ground** interface as critical. If a golfer struggles to create a stable foot then they negatively affect the amount of ground reaction force that they can create and transfer up through the legs to the trunk. Failure to stabilize the lower legs then leads to compensations and swing flaws.

The challenge of any golf teaching professional is to correctly identify the cause of the swing flaw. Is it embedded in the body or is just bad motor mechanics? Or...does a bad body create the need to compensate and create the bad mechanics.

In our clinics, we address any body issue first. We then address motor learning issues and complete the process by evaluating the clubs. So often we see club fitting that perpetuates the body flaws.

Understanding where and how the body creates power will go a long way to helping you create good sound golf mechanics and consistent powerful shots.

Feel free to contact me and pass on your comments. If you feel your game has plateaued and you feel you would benefit from an assessment send me an email.

Kevin Honsberger BSc.P.T.
Honsberger Golf
honsphysio@rogers.com

