

One of the most common injuries we hear about in golf is lower back pain! In the last article, we talked about the leg action. This is a major component in reducing back pain. Now we have worked our way up to the shoulders after systematically learning how to control the ground or low point, adding foot flare, and then leg action where the left knee bends and the right leg straightens.

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SPINE TILTS!

Here is how some of the most successful golfers of all time set up! Notice how the spine and shoulders are slightly rounded! This setup allows the thoracic to rotate properly in the golf swing creating more speed and pliability!



None of those pictures above resemble a squat or deadlift! Stop setting up like it is. The setup (spine angle) pictured below is where lower back pain starts!! **Avoid this!!**

