

# Set Up for Success

Failing to achieve the proper setup position is common among golfers of all ages and ability levels. A poor setup position at address significantly contributes to poor swing performance and the development of injuries. In fact, most professional instructors agree that incorrect posture at address causes most, if not all, of a golfer's inconsistent swing motions.

The most common mistake is bending from the wrong place. Most golfers tend to bend from their waist and/or mid-back rather than from the hips. This mistake causes nagging back pain as well as inconsistent swing mechanics.

Poor posture at setup, due to excessive and/or inappropriate spinal flexion, interferes with a safe and consistently effective golf swing in three primary ways:

- It prevents ideal balance.
- It limits a complete turn.
- It reduces optimal swing motion along the swing plane.

When a golfer bends too much from the thoracic spine (mid-back) at address, the center of gravity moves excessively to the heels. The initial positioning greatly affects both static balance during the address position as well as dynamic balance throughout the entire swing. The effects are to make compensations or adjustments wherever possible to maintain balance during the swing that challenges the out of balance golfer's ability to consistently move their hands and club in the proper swing plane. Also, the lack of rotational ability in the spine forces an excessive amount of leg and hip turn during the backswing. This often leads to a reverse pivot on the backswing and a lateral sliding motion during the downswing.

Most every golfer who has ever taken a golf lesson or read an article describing the proper posture at address knows that the spine angle should be straight with an appropriate amount of bend from the hips and knees. The problem comes from a combination of not knowing how to properly get your back straight and/or having physical limitations that restrict your ability to achieve a straight back.

To correct a postural problem at address, golfers need *two* essential things. First, they need to understand how to initiate the proper sequence of body motions to achieve ideal setup posture. Second, they must have the necessary combination of flexibility, strength and control to coordinate their body into the ideal setup position and maintain it swing after swing.

If you have questions about this article or want to find out more about how a **Body Balance for Performance®** customized fitness training program can help your game, please call 800-473-6211 or visit [www.fitgolf.com](http://www.fitgolf.com).