

STROKESAVERS WITH STEVEN GIULIANO

FORM FOLLOWS FUNCTION: PERFECT POSTURE

Having the correct posture is a critical element of developing a good swing

Could your posture be holding you back from being the best golfer you can be? Is it really that important to set up with good form and posture?

Posture is possibly one of the more boring areas to work on when it comes to improving your golf game. However,

posturing yourself correctly is very much a critical element as it relates to how your body moves and your ability to generate potential power and speed in the swing. Certainly we are all built differently and so everyone will have an individual look that will suit their body type. Too often

though, I see golfers restricting their ability to move correctly through poor form in their posture.

Generally, we find that golfers tend to fit into one of three categories of posture – either S, C or N (pictured below). Which one is the best match for your current posture?



S POSTURE

If you possess an 'S posture' or anterior tilt where there is too much arch in the lower back – this generally happens when the tail bone is stuck out too much in the set-up position. Although at first glance this can look like quite athletic, the abdominal muscles have actually switched off in this posture and this can lead to many swing deficiencies.

It's important to remember that form follows function – so if your body is holding you back, then creating the right position or form is a tough task.

C POSTURE

If you possess a 'C posture' or posterior tilt, this will see much curvature in the upper back. This type of rounded look to the back can occur if someone is spending too much time over a computer in a hunched position or perhaps using clubs which are too short for them.

From a physical standpoint, the lat muscles of the upper back need to be re-engaged – this will ensure the upper back is pulled back into alignment.

NEUTRAL POSTURE

This neutral posture is ideally what we are looking for, with a neutral spine angle where the player is bending comfortably from the hip joints. Note that from the tail bone to the mid-point of the back, there's no excessive S anterior or C posterior tilt of the lumbar spine. From this nice neutral position, the golfer is free to rotate the upper body much more easily over a stable lower base.



S Posture Corrective Drill – Beginning with your hands on your hips, arch your back as much as you can by sticking your tailbone in the air. From here, I want you to move through a full range of motion until you

create a flat or slightly rounded lower back position – you may feel your pelvis more horizontal to the ground. When you can start to feel the difference between the two, you’ll be able to find the middle ground.



C Posture Corrective Drill – Simply take a club and stretch it across your upper back, gripping it at either end. This will begin to pull your shoulder blades back into alignment with your back, opening up the chest and making it much easier for you to rotate through the upper torso.



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