

## Early extension and lead hip mobility

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### Early extension



Early Extension is defined as a forward movement of the lower body towards the golf ball during the downswing. This swing fault can cause the arms to get stuck behind the body which can cause blocked shots (ball flight that goes straight right for a right handed player), and hook shots (ball flight that starts straight and curves left for a right handed player). If you struggle with these shots, video analysis can easily pick out this swing fault.

If you are still struggling with early extension you may want to look closer at your lead hip mobility.

### Lead hip mobility requirements

As we begin the downswing, the lead hip pushes back, and internally rotates as the leg straightens. This move needs to be accomplished while maintaining your posture. In order to maintain posture and get this lower body move, we need to optimal lead hip mobility. TPI's self evaluation tests, overhead deep squat and windshield wiper test will give you some indication if you have the mobility in the lead hip to create this paramount lower body move.

### Overhead Deep Squat – self evaluation test



A proper overhead deep squat should have hips below your knees at the bottom of the squat, in balance, and your arms should be straight above your head with the dowel in line with the middle of the foot. From the side your shin should be parallel to your back. Your heels should not come off the ground and your hips need to pass parallel to have the proper amount of hip mobility to pass this test.

### Windshield Wipers - self-evaluation test



The windshield wipers test evaluates the internal rotation of the hips which is extremely important on the downswing in the lead hip and on the backswing in the trail hip. Lie on your back with your hips and knees at 90 degrees. Make fists with your hands, put them together and put them between your knees. Staying relaxed, rotate your feet out as far as they will go. To pass the test we are looking for 45 degrees of rotation in both hips.

Try these tests and see if your hip mobility is limiting your golf swing potential. If your hip mobility is limited, check out hip mobility exercises at [www.dynamicmotiongolf.com](http://www.dynamicmotiongolf.com) under the exercise library tab.