

## NEW: Dynamic Motion Golf Fitness Forum

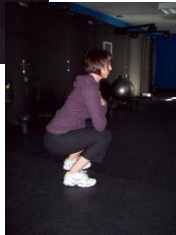
In addition to the articles I write each month, I have created a FREE golf fitness forum for golfers of all ages and skill levels to ask questions about golf fitness, golf performance or just golf in general. In this forum I will also post some new information about golf fitness in hopes of starting some discussion about each topic. I believe that this is an opportunity for all golfers to begin to understand how golf specific fitness can influence their golf game and their golf performance.

The article below is a post in the Dynamic Motion Golf Fitness Forum and is an example of the type of information that I will be posting on a regular basis. If you have any questions about the article or would like to discuss the information provided you can register for the forum at [www.dynamicmotiongolf.com](http://www.dynamicmotiongolf.com).

### The overhead deep squat test and the golf swing



In order to complete a full overhead deep squat, optimal mobility is needed in the ankles, knees, hips, thoracic spine, and shoulders. Core stability is also a necessity in this movement to maintain balance and an upright position of the thorax. If there is a physical limitation in any of the joints listed above this movement will not be executed properly and could cause technical issues in your golf swing.



A proper overhead deep squat should begin with your feet slightly wider than hip width and your arms fully extended over the head. As you squat, your knees should follow in line with your big toes, your weight should be in the middle of each foot and your femur (thigh bone) should finish below your knees at the bottom of the squat. Accompanying this lower body movement, your arms should remain above the head with no bend in the elbow and at the bottom of the squat the dowel should be in line with the middle of the foot. From the side your shin should be parallel to your back.

### Common limitations that correlate with golf swing errors

1. **Movement error:** If, as the subject squats down their upper body collapses causing the dowel to end out in front of their feet. This may be caused by instability in the core, or tightness through the upper back (thoracic spine) and shoulders.

**Swing correlation:** Tightness in the upper back and shoulders has been correlated with a loss of posture in the backswing resulting in a flat shoulder plane.

2. **Movement error:** If, as the subject squats down their heels lift, this could indicate instability in the core or a mobility issue in the ankles.

**Swing correlation:** In the golf swing, this subject may have difficulty maintaining his/her posture through the golf ball which is shown with a thrust forward of the pelvis (early extension).