My Evaluation Findings

MY GOLF FITNESS HANDICAP™: 10.7

MOBILITY

You have great mobility in your lumbar spine and good control of the muscles that help position the pelvis during the golf swing. This will help you transfer energy from your lower body to your upper body during the golf swing.

You have difficulty rotating your lower body independent of your upper body to the right.
It is hard for you to rotate your lower body independently from your upper body. You tend to shift your pelvis laterally instead of rotating around your spine. We need to work on the coordination of this movement since it may cause sequencing problems on the downswing.
When standing in golf posture, you have the flexibility to separate your upper body from your lower body. This is important for creating power and maintaining a stable posture between your upper and lower body during the swing.
It is easy for you to perform a full deep squat while keeping your heels on the ground and a club above your head.
It is tough for you to perform a full deep squat while keeping your heels on the ground due to limited right side calf flexibility. This can make it extremely difficult for you to maintain good posture through the impact zone. Because of this limited flexibility in your calf, maintaining a flexed posture from the waist down and preventing any forward thrusting towards the golf ball during the downswing becomes close to impossible.
It was quite apparent that you tend to place more stress on your right leg during routine movements, like performing a squat. These imbalances may also show up in your golf swing, causing weight shift disturbances, loading problems, and faulty sequencing.

You have great flexibility in your forward bend mechanics. In other words, you can bend forward and touch your toes with your knees locked. Believe it or not, this is a big plus in golf since it allows you to get into a good set up posture by bending from the hips and not modifying your spine posture at the same time.

You have good extension of your right wrist. This will help you set the club and maintain a good wrist set on the downswing.
You have a good amount of flexion in your left wrist.
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You have limited radial deviation (hinge up) in your right wrist. This may prevent you from setting the club and maintain a good wrist set on the downswing.
You have limited ulnar deviation (hinge down) in your right wrist. This may prevent you from releasing the club through impact.
You have good radial deviation (hinge up) in your left wrist. This will help you set the club and maintain a good wrist set on the downswing.
You have good ulnar deviation (hinge down) in your left wrist. This will help you release the club through impact.
You have over 90 degrees of right rotation in your neck. Normal range of motion is over 75 degrees. You have great right rotation in your neck which will help you maintain your posture during the downswing and should help you fully rotate your shoulders through impact.
You have over 90 degrees of left rotation in your neck. Normal range of motion is over 75 degrees. You have great right rotation in your neck which will help you get a complete shoulder turn during the backswing and maintain a stable head posture.
You have more than 60 degrees of internal rotation (rotating your leg inwards) on the right. Normal internal rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis on the backswing.

You have more than 60 degrees of external rotation (rotating your leg outwards) on the right. Normal external rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis open on the downswing.
You have more than 60 degrees of internal rotation (rotating your leg inwards) on the left. Normal internal rotation on the PGA Tour is over 60 degrees. This will definitely help you rotate your pelvis open on the downswing.

You have more than 60 degrees of external rotation (rotating your leg outwards) on the left. Normal external rotation on the PGA Tour is over 60 degrees. Any reduction in external rotation on the left can lead to an inability to rotate your pelvis on the backswing. This will definitely help you rotate your pelvis

on the backswing.

You have good flexibility in your thoracic spine when rotating your trunk to the right. Normal right rotation is over 45 degrees on the PGA Tour and you had more than 45 degrees. This will help you get a full shoulder turn and maintain a good stable posture during your backswing.

You have good flexibility in your thoracic spine when rotating your trunk to the left. Normal left rotation is over 45 degrees on the PGA Tour and you had over 45 degrees. This should help you get a full shoulder turn through impact and maintain a good stable posture during your swing.

You still have good mobility rotating you thoracic spine to the right when your shoulder blades are stabilized. Normal right rotation is over 45 degrees on the PGA Tour and you had more than 45 degrees. This will help you get a full shoulder turn and maintain a good stable posture during your backswing.

You still have good mobility rotating you thoracic spine to the left when your shoulder blades are stabilized. Normal left rotation is over 45 degrees on the PGA Tour and you had over 45 degrees. This should help you get a full shoulder turn through impact and maintain a good stable posture during your swing.

You have great functional hamstring flexibility on the right and good iliopsoas flexibility on the left, as well as lower abdominal stability.

You have great functional hamstring flexibility on the left and good iliopsoas flexibility on the right, as well as lower abdominal stability.

The total external rotation in your left shoulder is over 90 degrees while standing tall. The average range of motion for players on the PGA Tour is over 90 degrees. You have good external rotation in your left shoulder, which should allow you to rotate your left arm properly through impact and the follow through.
You tend to lose the ability to fully externally rotate your right shoulder when getting into your golf posture. This is usually due to lack of stability in the shoulder blade on the right when bending from the waist. In other words, your right shoulder blade tends to move or shift excessively when you get into golf posture and this directly limits the total range of motion in the shoulder joint itself.

STABILITY

You maintain the degree of external rotation in your leftt shoulder when getting into your golf posture. Some people tend to lose their total range of motion in their shoulder due to lack of stability in their shoulder blades when bending from the waist.
You have good strength and stability in your right glute muscles. This will help you maintain good lower body stability in the backswing and power on the downswing.

You have good strength and stability in your glute max muscles on the left. This will help you maintain good pelvic posture and lower body stability during the downswing.

The total external rotation in your right shoulder is over 90 degrees while standing tall. The average range of motion for players on the PGA Tour is over 90 degrees. You have good external rotation in your right shoulder, which should allow you to set the club and rotate your right arm into any position that you want during the backswing.
You are good at stabilizing your lower body and rotating your upper body independently in both directions. This is important for creating power and maintaining a good spine angle between your upper and lower body during the swing.

When testing your ability to tilt your pelvis back and forth we noticed some vibration and shaky movement in your abdominals. This usually means that those muscles are not used to activating in this fashion and may be slightly weak.

You have a good ability to stabilize your upper body when asked to rotate your lower body independent of your upper body. This will help you generate power and create a proper downswing sequence.

BALANCE

We tested your ability to stand on your right leg only with your eyes closed. This is testing a trait called proprioception or your "feel balance" on the right side of your body. You could only stand for less than 5 seconds before having to open your eyes. 25 seconds is considered good balance for the elite golfer. This limited balance on your right side can limit your ability to load into your right side or cause you to lose stability during the backswing.

POSTURE

You have too much arch in your lower back at set up. We call this a S-posture and it can put excessive stress on your lower back and cause instability of your lower body throughout the golf swing.

POWER

By testing your ability to sit-up and throw a medicine ball, we know that you need to improve the overall power output from your core. Your total throw was 10-14 ft., while the average distance for the PGA Tour player is between 18-22 feet.
We tested the overall power output from your upper body using a seated chest pass. The averge distance an elite player can throw the ball is between 18 and 22 feet. You threw the ball between 10 and 14 feet. This limited power in your upper body can lead to loss of speed and overall poor distance in your ball striking.
The average vertical jump height for elite players is above 20 inches, your height was 14 inches. If your upper body has good power this could become a problem in your swing. Your upper body may overpower your lower body and create a sequence problem during the downswing.

STRENGTH

We tested your right hand grip strength using a dynamometer. Your reading was between 21-30 kg. The average PGA Tour players grip strength is over 40 kg.
We tested your left hand grip strength using a dynamometer. Your reading was between 21-30 kg. The average PGA Tour players grip strength is over 40 kg.
Your 8 repetition maximum weight for a seated cable chest press was 31-40% of your body weight. This test evaluates the strength in the push (chest & triceps) muscles. Average strength for this test on the PGA Tour is 41-50% of their body weight. Since your score was below 41% we feel you need to try and strengthen these muscles.
Your 8 repetition maximum weight for a seated cable row was between 51-60% of your body weight. This test evaluates the strength in the pull (rhomboids & lats) muscles. Average strength for this test on the PGA Tour is 51-60% of their body weight. Since your score was above 50% we feel you have adequate strength in those muscles.
Your 8 repetition maximum weight for a seated leg press was 121-140% of your body weight. This test evaluates the overall strength in the leg muscles (glutes and quads). Since your 8 rep max was below 200% we feel you need to try and strengthen those muscles.