

## GOLF AND TENNIS BIOMECHANICS



Tightness in the shoulder, hip joints, and spine can cause common swing faults in tennis and golf. When shoulder rotation is restricted the body compensates by increasing spinal rotation. This can result in a back injury. This will also cause other problems for golfers including:

- Problems keeping an eye on the ball
- Problems keeping an optimal swing resulting in fat or thin shots. If a golfer attempts to compensate at the shoulder joint, there is an increase in hooking and slicing the ball.

Tightness in the hip puts more strain on the spine and shoulder as a golfer rotates through their swing. This golfer will often lift up on the backswing and chop down on the ball to compensate, resulting in a fat shot.

Tightness in the shoulder prevents the shoulder from rotating normally. This will cause the elbow and wrist to compensate with excessive motion increasing the chance for injury.

Elbow injuries occur when the body cannot compensate for the restrictions in the hip, back and shoulder. By addressing the restrictions, we are able to prevent elbow problems from occurring and resolve ones that have occurred. In addition, performance will improve!

If you are experiencing any of these problems or notice any tightness during your swing, seek out a certified Active Release provider for help.