

S&C for Golf

Stability, strength and range of movement are all fundamental to golfing performance. First and foremost the body must be able to tolerate the demands of playing multiple hours of golf every day and resist injury. To do this the musculoskeletal system needs to comfortably achieve the required movement pattern with the control that does not expose joints, muscles or bones to unnecessarily high mechanical load. Considering the speed of a high performing golfer's swing, considerable levels of strength and resistance to fatigue are essential to maintaining a healthy body.

Given a healthy athlete, how can strength help improve a golfer's game? Consider the body a complex system of small interconnected individual engines (muscles), the power of which are called on intermittently to achieve the outcome of tasks as commanded by the brain. If one or more of these engines lack power, limits are placed at certain points of the body and only a low standard of performance can be achieved. Another way of thinking of this is as 'bandwidth' whereby underperforming muscles reduce the bandwidth of the body to achieve the demands of the task placed on it. Strength training optimises the function of individual engines and allows the body many more options (or bandwidth) to achieve the tasks that are asked of it. The functional significance of this for golf is that a strong, stable and well-functioning player has much more ability to realise their technical potential as they have more physical resources at their disposal.