

Golf Swing Fault of the Week: "S" Posture

Written by AZFoothills.com

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Please consult a physician before exercising. Stop exercising if you feel dizzy, lightheaded and/or nauseas. Also, stop exercise if you experience muscle or joint pain.

There are 16 swing faults that can rob you of a great experience on the golf course. Swing faults can occur because of either a lack of skill or a lack of physical ability. I can help your lack of physical ability, while a teaching pro can help you improve your skills.

Here we review the "S" Posture, how it affects your golf swing, and exercises that you can do to fix it.

You might know the "S" Posture as someone having a "sway" in the lower back. "S" Posture is noted by having excessive inward curvature of the lumbar spine or lower back. The increased curvature can cause a loss of posture and reverse spine angle in the backswing, while the sequence of motion will be disrupted in the downswing. The result is missed shots, and worse, "S" Posture is the number one cause of back pain on the golf course.

Basically "S" Posture is caused by mobility and strength imbalances around the hips. Typically, golfers with "S" Posture experience tight hip flexors and lower back muscles. Their hamstrings might even feel tight, although the perceived tightness in the hamstrings is a result of anterior pelvic rotation that puts the hamstrings in an abnormal pre-stretched position. To get more mobility in your hip flexors, do alternating supermans and for your lower back do Supine Pelvic Tilts

In addition to the mobility issues in the hip flexors and lower back muscles, "S" Posture is caused by weak glutes and abs. The glutes and abs are so important they are considered the king and queen of the golf swing. To strengthen the glutes, perform Deer in the Headlights exercises and to strength the abs, perform Dead Bugs Opposite Arm and Leg. Yes, those are actually names of exercises and can be found on the MyTPI website.

You can reference all of this material by going to www.mytpi.com. As a matter of fact, if you go to the MyTPI website, you will find all of the information about S posture and all of the other 15 swing faults. Go to the website, click on improve my game, and then on swing characteristics. It is there that you will find a listing of the swing faults.



You might be asking yourself why I am sharing the very information that I could charge you for. Well, as I stated earlier, I want you to improve your golf swing and enjoy your game. I also want to demonstrate my knowledge and expertise in helping golfers maximize their efforts. However, if you would like my knowledge and expertise, in addition to my coaching, please contact me at 480-620-3000. I have helped hundreds of golfers develop their bodies for a pain free swing, increased yardage, and a more enjoyable game. I know that I can help you as well.

Cory Schidler is a [personal trainer](#) with 20 years of experience and has been sculpting the bodies of North Scottsdale's elite for over 15 years. He received his Bachelor of Science degree in [Exercise Science](#), from the University of Nebraska and is certified by the [American Council on Exercise](#), as well as Titleist Performance Institute. His clients include physicians, international business owners, busy stay-at-home moms, teenagers and retirees. Cory owns and operates Core Fitness AZ, a personal [training studio](#) in North Scottsdale. www.CoreFitnessAZ.com [Facebook](#) [Twitter](#)