

GOLF SWING BASICS

Make your golf swing healthy and better than par



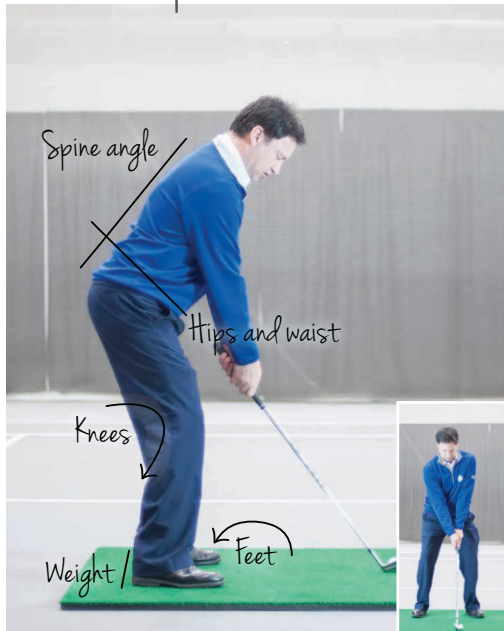
**Marshfield
Clinic**

Don't just live. **Shine.**

To help keep your golf season injury-free, pre-season conditioning and improving the technique of your golf swing are recommended.

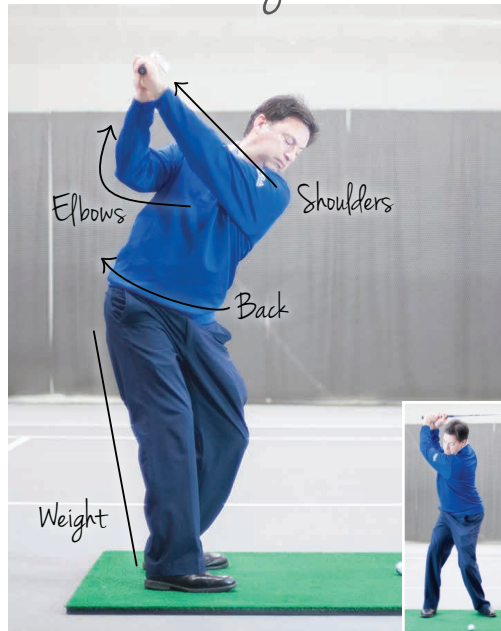
Every season, focus on your technique and think about these four components of your golf swing:

1. Set-up



- Spine angle: Maintain
- Hips and waist: In-line with club
- Knees: Slightly bent
- Feet: Shoulder-width apart
- Weight: Evenly distributed

2. Back swing



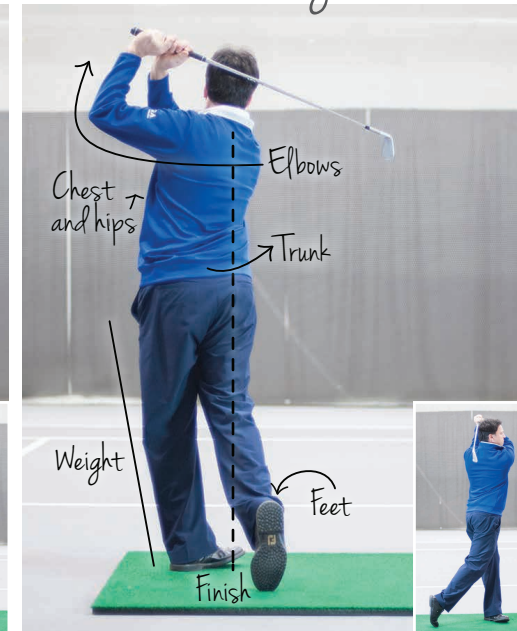
- Shoulders: Bring club all the way back and point toward target
- Elbows: Right elbow bent, left elbow straight
- Back: Turned toward target
- Weight: Transferred to right side

3. Impact



- Spine angle: Maintain
- Elbows: Extended straight
- Hips: Rotate
- Knees: Rotate
- Feet: Right heel off ground
- Weight: Transferred to left side

4. Follow-through



- Elbows: Bent
- Chest and hips: Toward target
- Trunk: Rotate
- Feet: Balanced on right toes, left foot lateral
- Weight: Mostly on left side
- Finish: Upright and balanced position

Right-handed golfer shown. Demonstration assistance provided by golf pro, Brian Dumler.

Source: Marshfield Clinic Physical Therapy
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