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TopGolf

Professional Tips

to improve your golf game

Sportphysiotherapeutically and
Biomechanically substantiated



www.SportMed-Prof.com

Golf-
swing

Setup

Backswing
phases

Downswing
phases

Finish

Golf
professional

Frequent
error causes

Tips
and aid

Important
setup positions

Tips according
to swing phases

Functional
golf anatomy

„5 Tibetans“

Golfpower
exercises

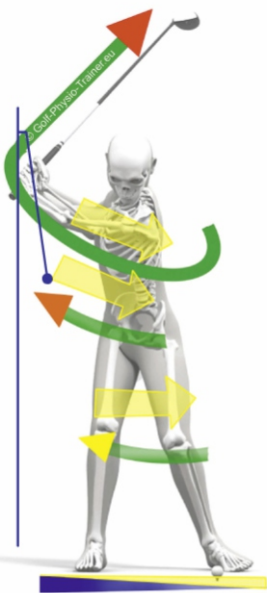
3D golfschwing
stabilisation

K-active pre cut
impulse transmission

Topical themes
/ information

Before the end of the backswing phase

The tension in the spirally effective musculature begins to unload before the end of the backswing. The beginning shifting of weight to the left strengthens the initial tension.



Frequent error:

The downswing begins with the arms and with a lateral shifting of the pelvis towards the target. (Lateral flexion, also known as shifting).

Tip:

Begin by shifting your weight in connection with a rotation of the pelvis towards the target. Use the tensioned musculature, pay attention to smoothness and timing.



Image source: Getty Images

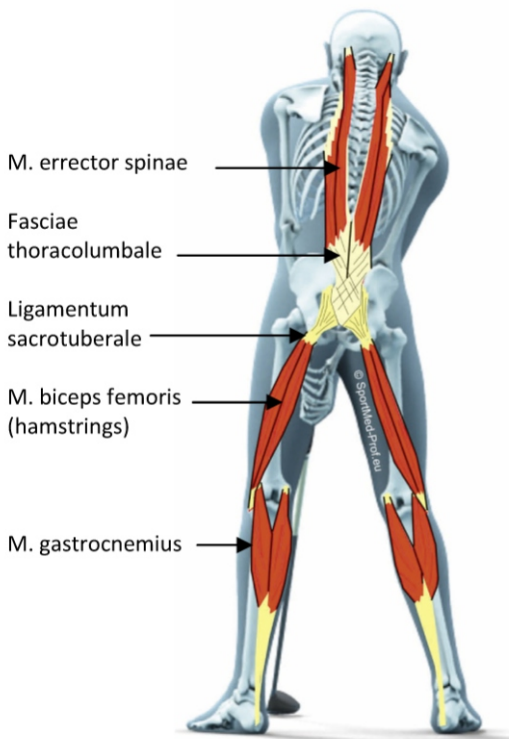
Video analysis of the practice round from a biomechanical and functional anatomical aspect

***Image 1: left, Rolf Klötttschen, Golf-Physio-Trainer^(EAGPT)
right, Martin Kaymer Golf-Professional***

A golf-physiotherapeutic consultation by a Golf-Physio-Trainer^(EAGPT) is essential for every golfer to enable him to successfully participate in professional golf without complaints. In this way, unnecessary signs of wear and tear in the ligaments, tendons and joints will be prevented. However, this does not only apply to professional golf, it also applies to the amateur, youth and children sectors. For prophylactic and technical reasons, golf trainers and youth leaders are requested to let the new findings on golf physiotherapy flow into the children and youth training sectors. This will create the

Balance line, back in the golfswing

Setup position



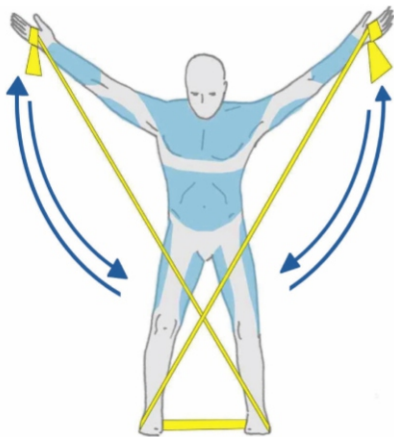
Functional
golf anatomy

Tips
and aid

Golf-Physio-Trainer Power Exercises

Station 10

Arm, shoulder, torsion - and leg musculature



benefits

- the strengthening of the stabilising musculature in the setup position

prevents

- leaving the required body angle

Conclusion

Improvement of stability in the setup position and in backswing and downswing

Tips
and aid

Golfpower
exercises

K-Active Tape Pre Cut

Impulse transmission
3D Golf-Physio-Trainer

Downswing and acceleration phase
-acceleration-



Impulse 1: Pressing the right foot down with shifting of weight towards the target

Tape:

- > *Aponeurosis plantaris*
- > Achilles tendon
- > *M. gastrocnemius*

Tips
and aid

K-active pre cut im-
pulse transmission