

What is Good POSTURE ?

For the game of golf, static posture would be represented as the body's position while addressing the ball, before any movement has been initiated. It would be safe to say, if you start your swing in the wrong spot it will end up in the wrong spot.

Ben Hogan States: "Incorrect stance and faulty posture greatly affects the success of the entire swing"

Not only will good posture improve your ability to strike the ball more consistently, it will also improve power, stability and eliminate chronic golfing injuries.

*Get evaluated today and
Receive your personalized
BioPrint Report
For more information call
(613) 688-1036*



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Your posture means the world to you
Get evaluated today and
improve your game



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**HOW TO IMPROVE YOUR SWING
IT ALL STARTS WITH
"YOUR"
POSTURE**



Get your BioPrint today!

Golf and Posture

Posture is the term used to describe how a golfer stands to the ball. Posture is how you stand before and while you hit the ball. Our understanding of this position evolved with the aim of enhancing balance, performance and minimizing fatigue and injury.

Incorrect Posture When Playing Golf

Incorrect Posture leads to a loss of balance, co-ordination and control in the swing which inevitably produces poor golf shots. This improper posture can also lead to injury and pain by putting additional strain on muscles and joints. Balance and co-ordination are the key to good golf shots.

Correct Posture When Playing Golf

A consistent routine should be adopted to find and maintain the **correct posture**. The routine used must be the same for all clubs even though the angle of the spine will change slightly with club length. Remember, you bring your body's alignment to the swing, so it is important to create optimal posture for the golf swing. The BioPrint allows you to create this optimal postural base that is necessary for accuracy of the swing and shot.

Technique and Posture GO TOGETHER

The following photographs show poor and near optimal posture positions, from side and front view.



Incorrect posture side view

Low back is flat and upper back is rounded. This allows the shoulders and head to move too far forward.



Good posture side view

Shoulder is over the base of support (foot), spine is extended and head is in alignment with the rest of the spine.



Incorrect posture front view

Arms are rotated inward, which lets shoulders and head come forward. Head and shoulders are deviated from midline of stance.



Correct posture front view

Head, shoulders and club head are in good alignment. Arms are rotated outward which keeps shoulders and head back.

The Key to Your Postural Evolution

Your personal **BioPrint** is an accurate reflection of your current postural state. In this report you will find:

- Pictures of yourself taken from side front and back views, identifying your postural deviations.
- A customized exercise program to help you regain your postural health.
- A logbook schedule to keep you on track.

Your BioPrint gives you control over the improvement of your posture by providing you with a personalized exercise program. These exercises will stretch and strengthen specific muscles of your body to help bring your posture back into balance. As you regain postural balance, this will control your swing and improve your golf game.

Throughout the course of your program, you will be treated and evaluated by your health care professional to monitor your progress and modify your exercises, as necessary.

Talk with your health care professional TODAY about getting your posture evaluated. Continual Biotonix and Chiropractic care is the key to helping you get back in the game!