

# The Golf Physical Therapy Corner

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So last month was the first of a two part series regarding gluteal musculature and its effects with the golf swing. When it comes to hip and pelvic stabilization the glute medius is king. Essentially this muscle keeps your pelvis level when walking and this in turn reduces stressors on your low back. In the golf world it also reduces swing flaws like sways and slides in the backswing and downswing. I can assure you as you start to train and strength this muscle appropriately you will notice a big uptick in how stable you feel over the ball. In addition if you are taking lessons and your instructor would like you to keep your weight forward this will be easy to accomplish with this musculature strengthened. Cheers golfers enjoy the great weather we're having!