

## Dr. Paul Callaway's Golf Health and Fitness Tips

### **“Bring Balance Back Into Your Swing”**

Good balance is an essential ingredient to a consistent and accurate golf swing. Golfers with poor balance typically swing with excessive lateral movement (lateral sway) and/or incomplete weight transfer (reverse pivoting) during either the backswing or follow-through.

#### **Single Leg Balance Drill**

A simple way to improve your balance is by practicing the “Single Leg Balance Drill”. To perform this exercise, simply:

- Stand on a firm, flat surface and lift one foot off the floor by flexing the hip and knee to 90° (see Picture 1).
- Hold your balance on one leg for up to 15 seconds.
- Then, switch feet and repeat the balance drill on the other foot.
- Repeat the balance drill 10-30 repetitions on each foot.
- Once you have mastered this drill with your **eyes open**, then advance your balance skills by practicing the same exercise with your **eyes closed!**

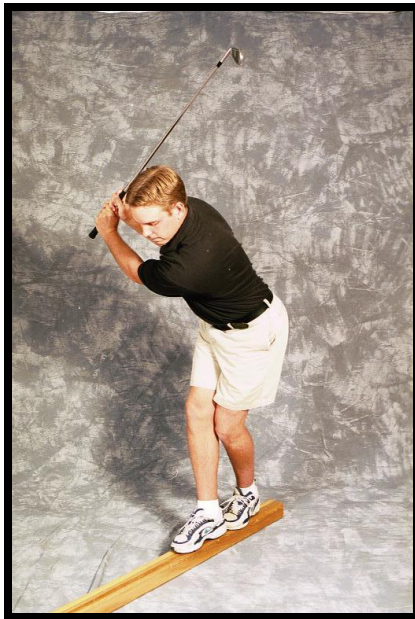


Picture 1: Single Leg Balance Drill

## Balance Beam Swing Drill

To integrate your improving balance with your golf swing, try the “Balance Beam Swing Drill”. To begin this drill:

- Take no more than a wedge
- Stand with one foot behind the other on a 4”x 6” wood balance beam
- Assume your normal posture at address
- Practice 10-20 slow, partial back swings (see Picture 2A) and forward swings (see Picture 2B) while maintaining your balance on the beam.
- Then, reverse your foot position and repeat the drill.
- When you have mastered your ability to balance on the beam with partial swings and shorter clubs, advance to fuller swings.
- You can then challenge yourself even more by progressing to longer clubs and attempt to perform the drill with your eyes closed.



Picture 2a: Back swing



Picture 2b: Forward swing

Improving your balance with the “Single Leg Balance Drill” and the “Single Leg Swing Balance Drill” can help you achieve dramatic increases in your golf swing accuracy, consistency and control.

Make certain, however, that before you attempt these suggested drills, that you first consult with your local PGA professional as well as your golf-specific fitness specialist to make sure that you are performing the proper, golf-specific and customized exercises that will help you stay healthy while reaching your optimal swing performance goals.

*Paul Callaway, PT, PhD is the Director of Golf Fitness at the Cantigny Golf Academy in Wheaton, IL. He was the first Director of Physical Therapy on the PGA Tour and has specialized in golf-specific fitness training, performance enhancement and injury-prevention for the past 25 years. If you have questions for him about this article or any other topic related to golf fitness and performance, he can be reached via email at [paul@callawaygolffitness.com](mailto:paul@callawaygolffitness.com), by calling 630-567-7572 or by visiting [www.callawaygolffitness.com](http://www.callawaygolffitness.com).*