

Standing Pelvic Rotation Test

Week 2

41



Golf Benefit

Shows baseline pelvic rotation. Determines length of arc in backswing and dictates "X" factor potential therefore golf related factor is directional control.

How

Without moving the upper body, internally and externally rotate the hips only. First revolve the right hip inward and the left hip out. Then revolve the left hip inward as the right hip revolves outward. Isolate the hip movement without moving the torso or shoulders. Take note of the amount of movement available in the hips.

Flow

N/A

Modifications

N/A