

# Developing the Lateral Sub-system for the Golf Swing



**See why people with deconditioned lateral subsystems may sway or slide during their swing.**

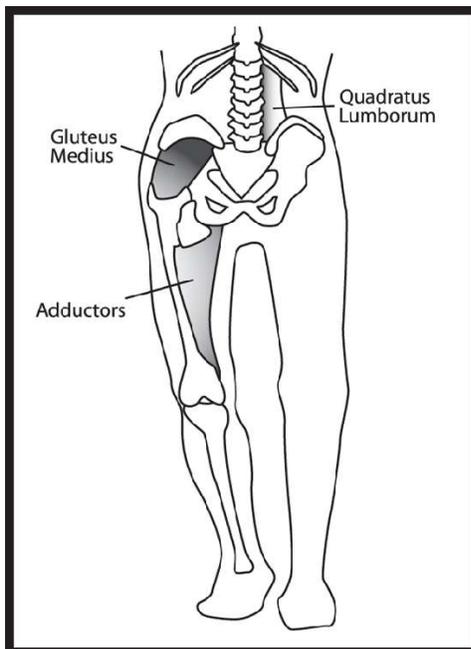
---

Posted by Todd Durkin – May 29, 2008

---

Roy Khoury, TPI Fitness Professional, NASM CPT, NESTA PFT

**What is the Lateral Sub-system?** The lateral subsystem is a group of muscles that help support lateral or side to side stability, and is made up of the Quadratus Lumborum, Glute Medius, Tensor Fascia Latea, and the Adductor complex. Think of it this way, these muscles create an “X” shape from one side of your lower back, across your pelvis, and down the opposite leg. This muscle grouping is taxed for its lateral stability during the backswing and downswing phases.



*Rear view of lateral sub-system (Source: Based from the PES manual by the National Academy of Sports Medicine)*

**What would poor lateral stability do to your swing?** Has your Fitness Trainer or Golf Pro ever told you have lazy hips? The human body was designed to walk, jump, tumble, climb, move sideways, rotate, crawl, etc. Don't believe me? Pay attention to a child playing, and see what kind of movements they do. As we grow up, we are required to move less and less in multiple directions and our bodies have adapted. For that reason, certain muscles maybe deconditioned or become weak, and instable. So how does this affect your swing? People with deconditioned lateral subsystems may sway or slide during their swing.

**So what do you do to improve your lateral stability?** A basic exercise progression would start with 2 variations of single leg stance, a side lunge to balance, and finally a side lunge to balance and torso rotation.

### **Single Leg Stance with Hip Hike**

Start by holding your balance and hip hike for about 30 seconds, and work your way up to 1 minute. When you have mastered this you can move onto dynamic hip hikes.

### **Dynamic Hip Hike**

Stand on a block or step about 3-5 inches off of the floor on 1 leg and while maintaining your balance, hike and drop your opposite hip 10 to 15 times in a controlled manner. Try to keep your spine in a vertical position and move your hip up and down, do not side bend your torso.

### **Lateral Lunge to Single Leg Balance**

Start in a greater than shoulder width stance, and while keeping your left leg locked out at the knee, bend your right knee and slide your hips back to perform your lateral lunge. Before returning to start position, fully extend and stand as tall as possible up onto your right leg and balance. Do not allow your hips to slide past you right knee and foot. Repeat from 5 to 15 reps, and switch legs.

### **Lateral Lunge to Single Leg Balance with Torso Rotation**

Perform the lateral lunge to single leg balance, before returning to your start position perform a controlled lateral "wood chop" motion with the torso in both directions. Start with your arms folded across your chest for optimum torso rotation and increase difficulty by extending your arms in front of your chest. Focus on torso rotation and scapular retraction.

**For more exercise progressions contact your local TPI certified Fitness Instructor.**

---

For exercises, articles and more, visit [www.titleistperformanceinstitute.com](http://www.titleistperformanceinstitute.com)

---