

## **The Oblique Subsystems and Golf Part 1©**

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**What are the Oblique Subsystems?** The Oblique Subsystems are muscles that are arranged diagonally and connect the shoulder to the opposite hip. They can be further described as the Anterior Oblique subsystem, or A.O.S.S. (connecting the shoulder to the opposite hip across the front of your body) and Posterior Oblique Subsystems, or P.O.S.S. (connecting the shoulder to the opposite hip across the back of your body). Focusing around the core area, the A.O.S.S is made up of the Anterior Deltoid, Pec Major, Obliques, opposite Hip Flexor and Medial Thigh musculature. The P.O.S.S. is made up of the Posterior Deltoid, Rhomboid, Lats, Erectors, and opposite Glute musculature.

When these muscles are contracted in their separate units, they create either flexion and rotation (A.O.S.S.) or extension and rotation (P.O.S.S.).

**How can we test this?** Stand up with your arms at your side and contract your body to get the front of your left shoulder as close as possible to the front of your right hip. You should have felt the left side of your chest, abs and the top of your right thigh tighten up as you flexed through your spine to reach final position. Now relax and let's test the opposite side.

Stand up tall again, and contract your body to get the back of your right shoulder closer to the back of your left hip. You should have felt the back of your right shoulder, right shoulder blade, right lat and left glute contract as you extended through your spine during the movement.

Ok, time for the trick question, what happens when you try to bring the front of your left shoulder closer to the front of your right hip and the back of your right shoulder closer to the back of your left hip at the same time? You should have stayed up tall and rotated around yourself so you are now facing to the right without flexing or extending through your spine.

**Why is this important for golf?** A proper golf swing is all about acceleration and deceleration; this is seen and proven in 3d swing testing. The kinetic chain must efficiently accelerate the pelvis, torso, arms, and finally the club through impact for optimal power production and getting on the fairway. The Oblique Subsystems work together to take you through rotation without flexing or extending the spine until it is necessary in your swing.

Now what? Let's say you're a right handed golfer and I want to look at your golf swing. You grip your club, posture up and address the ball. What's next...the backswing.



Let's look at the movement. What is happening to carry the club back? In a basic term, it is rotation. But looking deeper, the A.O.S.S. from left shoulder to right hip, and P.O.S.S. from right shoulder to left hip are working together simultaneously to rotate your torso without excessively flexing or extending the spine until it is needed in the swing.

The opposite is true for your downswing and follow through. The A.O.S.S. from right shoulder to left hip are going to fire along with the P.O.S.S. from left shoulder to right hip to rotate without flexing or extending the spine until it is needed in your swing.

Check back for [The Oblique Subsystems and Golf Part 2](#), we will discuss possible swing faults related to immobility and/or instability through the Oblique Systems.

