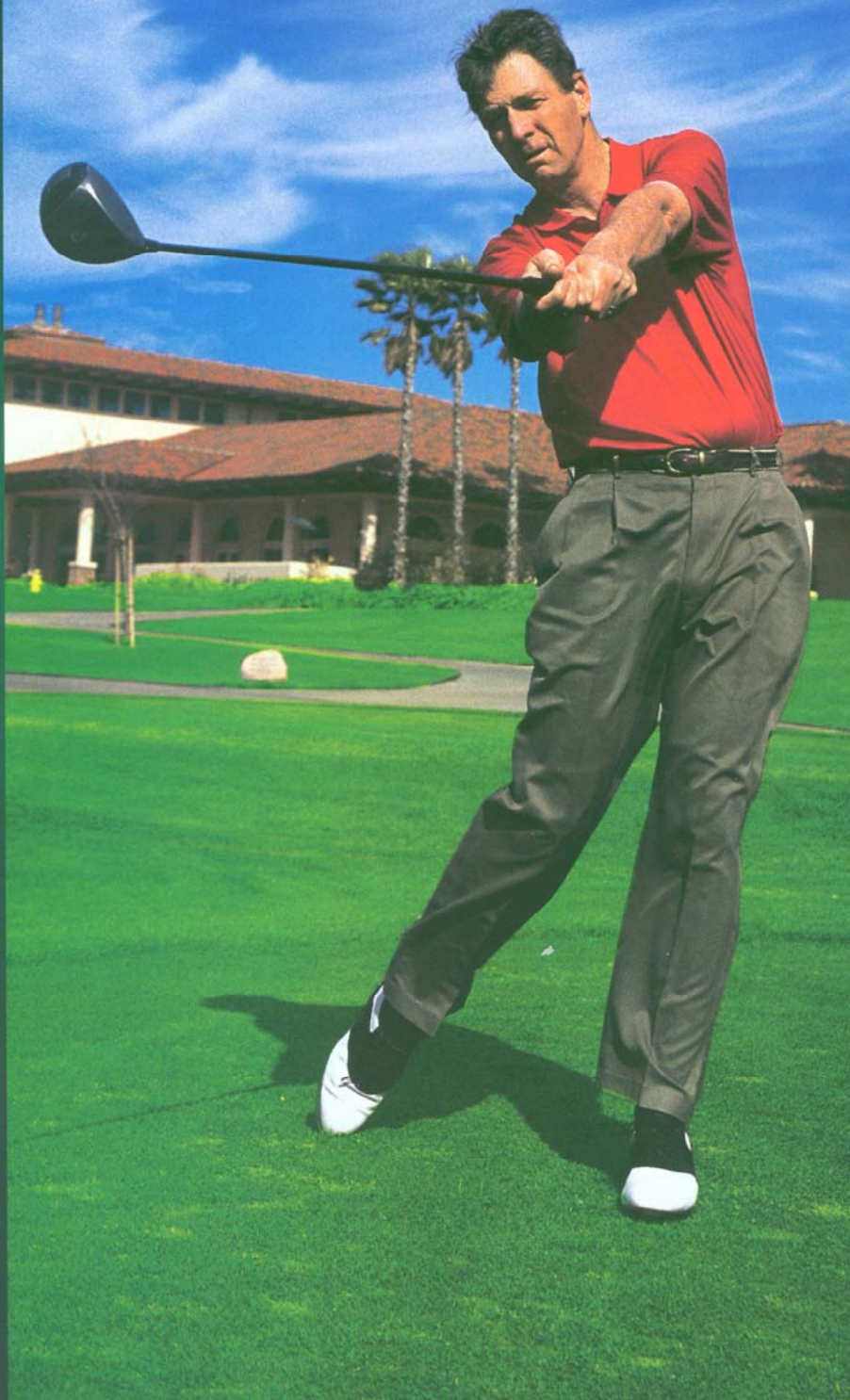




*Taking a wider stance, with the ball positioned inside your left heel will allow you to shift your weight and you will find your body pointing at the target, because you will be swinging forward, not down. The visual effect is a lot like a baseball batter stepping into the pitch.*



narrow stance play outstanding golf. For brief periods of time, their timing and talent blend together. Ben Hogan, the greatest ball striker in the history of the game, was convinced that the shoulders should fall inside the feet for playing a five iron, the ball positioned just inside the left heel on all shots while the width of the stance varies - wider for longer clubs.

As you begin to experiment with a wider, more athletic stance, it will feel as though the legs are so far apart as to look ridiculous, but one look at the videotape is very revealing. It is wonderful to watch a student see him or herself for the very first time in that powerful athletic position which makes their old stance now look ridiculous. You will wonder how you ever played from that old narrow set-up.

Another model for great balance is long-hitting John Daly. Yes, he has that big, "unique" wrap around swing, but his balance is so remarkable that he can get away with a swing like that.

Tiger Woods says that the ability to maximize power when the situation calls for it has been a big part of his overall game since junior golf days. He learned early on that there is more to hitting the ball farther than swinging harder. The secret is in the set up. With one simple adjustment, he widens his stance by moving the right foot back a few inches. This moves his head farther behind the ball and pre-loads his right side; so all he does is turn away from the ball, then back through it.

In 1978, I had the good fortune to work with Nancy Lopez on her game as she exploded onto the golf scene. She used a wide base from which to execute her powerful swing. Nancy achieved the unthinkable because she understood the relationship between the proper balance and a solid performance.

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Golf is about learning how to get around the course in the least number of shots. Hitting that little white ball is a real challenge if we stand on a narrow base with our arms doing all the work and our

## Ask Your Doctor About These CONDITIONS & DESCRIPTIONS

**T.M.J.** The temporomandibular Joint (TMJ) is a joint much like the ankle, and responds to injuries with inflammation causing the joint to swell, stretching pain sensitive nerves within the joint capsule (envelope around the joint). On occasion, pain sensitive structures stabilizing the joint are caught between the bones of the TMJ leading to swelling. This may cause a protective spasm of the masseter muscle (a powerful muscle responsible for closing the jaw) which can be a significant source of jaw pain. Proper treatment for TMJ dysfunctions such as locking, popping, clicking or cracking may require cooperative care between your chiropractor and your dentist.

**ADD/ADHD** (attention deficit disorder/attention deficit hyperactivity disorder) is a very controversial and highly emotional health condition. There are basically two camps for theories on this condition. One theory proposes a drug approach for treatment, and the other proposes a natural alternative (nutritional and behavioral). There are many side effects to the current medications recommended for this condition such as stunting the child's growth, and predisposing them to statistically higher potential for drug abuse, to name a few. Studies show that alternative treatments (nutritional, behavioral and chiropractic) may be effective in treating ADD/ADHD.

**Osteoporosis** affects 9 million Americans, and is a major health care problem in the world today. Osteoporosis is defined in general as a reduction in an individual's bone mineral content (BMC). Osteoporosis weakens the bone structure and leaves the patient susceptible to fractures. Your BMC can be measured by an instrument called a bone densitometer.

reference: Melton JL. How many women have osteoporosis now? *J Bone Miner Res* 1995; 10:175-177

## Short Leg Syndrome

Short leg syndrome (SLS), as the name implies, is a condition where an individual has one leg shorter than the other. Although there are many causes for SLS, the effect on the body is the same. It results in an unbalanced pelvis which can cause curvatures in the spine. There are several causes for SLS including leg fractures and foot pathologies (such as fallen arches and chronic ankle sprains). If your SLS is due to foot pathology, a full length orthotic that corrects your heel and arch may be the best solution. Ask your doctor to evaluate the status of your leg length.

legs become underutilized. Your legs are the real source of power. With some exceptions, golfers stand on both feet, and the best-kept secret seems to be that a wider stance promotes stability. Why is the Eiffel Tower still standing? Because it is anchored on a solid foundation. Using a wider stance, the legs and hips rotate and the ground becomes your ally. The arms and shoulders no longer feel as though they had bench pressed 350 lbs. As you adopt this new athletic setup, it will only be a matter of time before your friends will be using you as their model.

Proper posture and foot placement allow you to maintain your balance throughout the swing. Great players are balanced from address to finish, which allows them to hit the ball squarely in the center of the clubface. Balance is the key to consistent ball striking, with the weight on the balls of the feet, not the heels or toes.

A good at home exercise is to stand with both feet together, arms extended straight out to the sides (like airplane wings). Practice lifting one leg off the ground, timing how long you can balance yourself on one leg. Then change legs and repeat the exercise. It will be obvious which one is the weakest and regular practice will strengthen that. Start off in sets of 5 and build up to 30. If you want to take it to the next level - start back at 5, this time with your eyes closed!

When balance is the challenge, put these tried and tested methods to the test. You will swing with balance, poise and athleticism. The real reward will be consistency! **W&F**

Dr. Jerry Elwell, PGA - PGA of Southern California Golf Club

