

Effects of orthotic intervention and nine holes of simulated golf on club-head velocity in experienced golfers_

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Abstract

Objective: This study was an initial investigation evaluating the effects of orthotic intervention on club-head velocity (CHV) among a group of experienced golfers before and after 9 holes of simulated golf. **Setting:** Northwestern College of Chiropractic, Bloomington, Minnesota. **Participants:** Twelve experienced golfers were included in the study. **Method:** CHV was measured with a device used by many Professional Golf Association and Ladies Professional Golf Association teaching professionals before and after wearing orthotics and before and after completing 9 holes of simulated golf. Subjects wore custom-made, flexible orthotics daily for 6 weeks and then were retested with the same objective measurement parameters. **Outcome measure:** CHV (swing speed in miles per hour) was measured in all subjects before and after wearing custom-fit, flexible orthotics for 6 weeks and before and after completing 9 holes of simulated golf. **Results:** There was an approximate increase in CHV of between 3 and 5 mph, or a relative increase in CHV by up to 7%, after subjects had worn custom-made, weight-bearing, flexible orthotics daily for 6 weeks. A 5-mph increase in CHV is equivalent to an approximate increase in golf ball travel distance of 15 yards, a significant increase for the tour player for whom small increases in performance can reflect large position changes on the roster board. In addition, the use of these custom-fit orthotics eliminated the effects of fatigue associated with playing 9 holes of golf (relative to CHV) and therefore may improve the likelihood for more consistent golf performance. **Conclusion:** The use of the custom-fit, flexible orthotics in this study had a positive influence on CHV in experienced golfers. (J Manipulative Physiol Ther 2000;23:168-74)

Sincerely,

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