

The Importance of Proprioceptive Training for Golf

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Proprioceptors are nerve endings that are found in muscles, tendons, joints, and inner ear. Proprioceptors relay information about motion or position that makes us aware of where our body is in space and time.

Golf is a sport of precision and balance that requires specific training. Balance and resistance training allow the brain to properly connect with specific muscles to perform a designated task. Many lack the ability to initiate movement from our core and bottom, which in turn produces a very powerless and inconsistent golf swing. For example, weak butt muscles can cause a number of defects in your golf swing such as, swing, slide, or forward thrust with hips. Balance training allows the body to create a stable base during the golf swing by strengthening the butt muscles and teaching them to engage correctly. Your proprioception can be improved with the proper training and will give you control of your body during a particular movement.

Training proprioceptors allow you to eventually perform the desired movement without thinking about it. Proprioceptive training should be done frequently in order to change your old motor pattern. Practice increases familiarity and efficiency of movement. Properly training your body to perform an athletic movement without thought is important for success. With dedication and the correct practice, movement can become an automatic reflex.