

Assessing Lift & Forward Spine Tilt (and more)

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In the March 2013 Slowinski at-large, I discuss ways to complete a more in-depth analysis with quantifiable measures. These include measuring lift inefficiency, swing start type and forward trunk angle, approach consistency (foot speed and step length) as well as the downswing angle. By quantifying these movements, we can more accurately illustrate the need for change as well as an objective measure of change.

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