

Description:

At the beginning of the 2012-2013 college golf season, a controlled study was conducted using the LA Tech men's golf team as the test group and the University of Louisiana Monroe men's golf team as the control group. The research study duration was eight weeks.

ULM performed their regular exercise and flexibility regimen which included practicing golf on the course, practicing golf at a practice facility, flexibility exercises, weight room, running, swimming, and golf specific power exercises.

LA Tech performed ONLY Rotex Internal Hip Rotation and Rotex Squat exercises. For clarity, NO other exercise or flexibility programs were performed. The ONLY other activity was playing and practicing golf.

Of note, the ULM golf team had negative gains at the left hip which is the primary area of concern for the right handed golfer.

**LA Tech
Controlled Research Study
Dr. David Szymanski**

LA Tech – Test Group

Inward Hip Rotation –

Left Hip 12.78

Right Hip 13.47

Total Inward Hip 26.25

Outward Hip Rotation –

Left Hip 5.34

Right Hip 9.09

Total Outward Hip 14.43

Total ROM Increase 40.68

ULM – Control Group

Inward Hip Rotation –

Left Hip -.05

Right Hip 1.38

Total Inward Hip 1.33

Outward Hip Rotation –

Left Hip -2.56

Right Hip 2.01

Total Outward Hip -.55

Total ROM Increase .78

Note: ROM=Range of Motion, specifically hip ROM in this study.