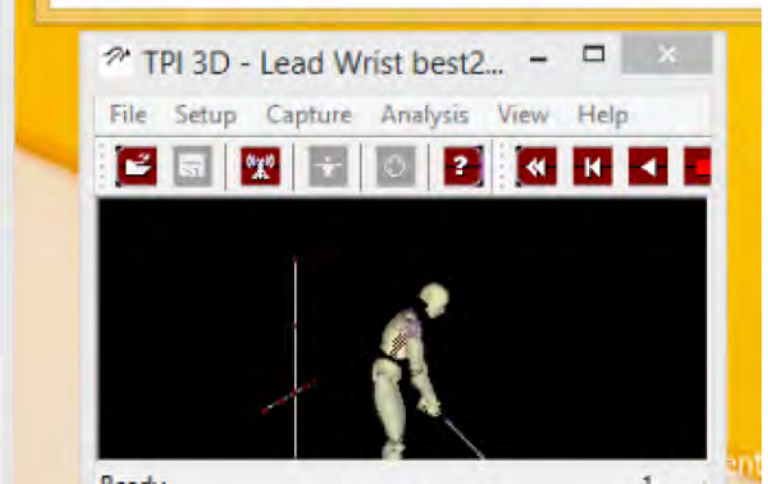
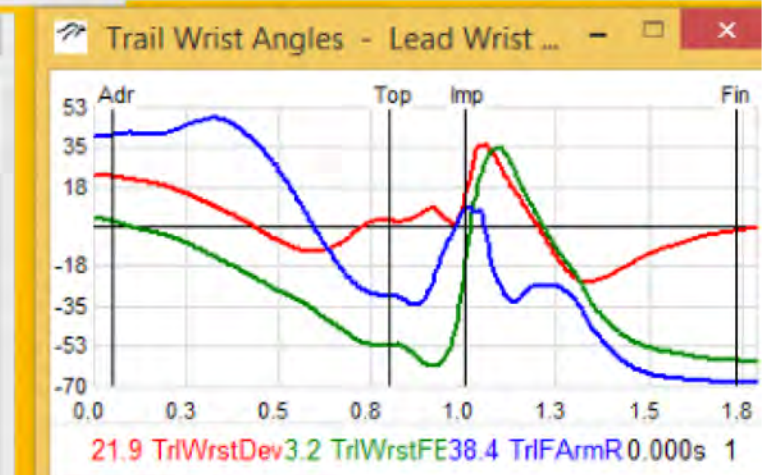
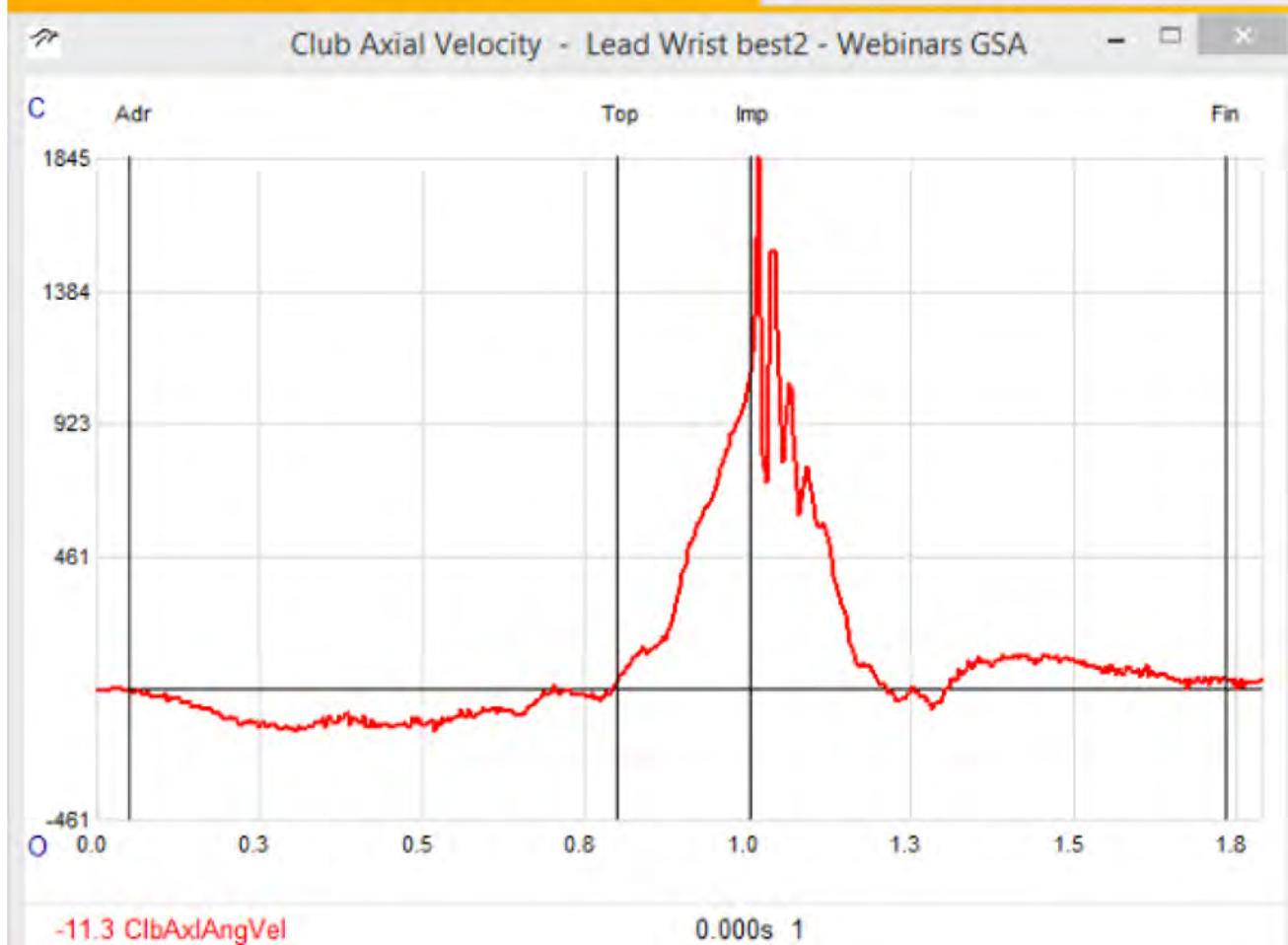
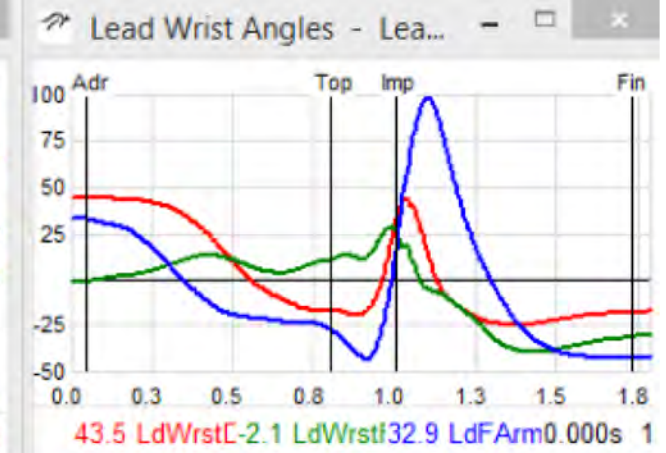
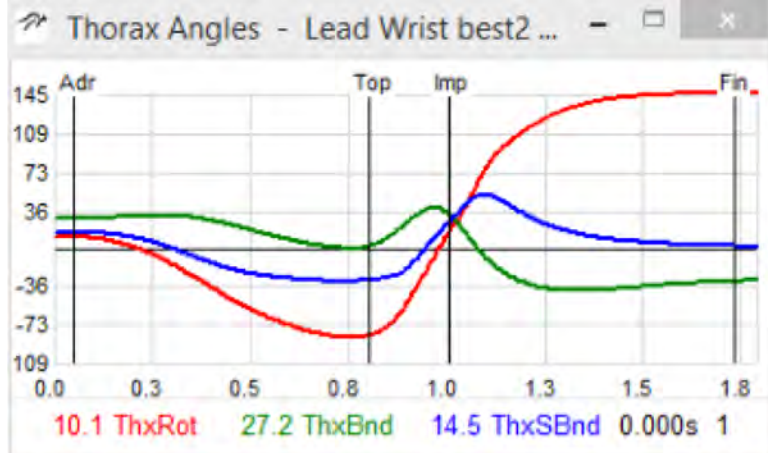
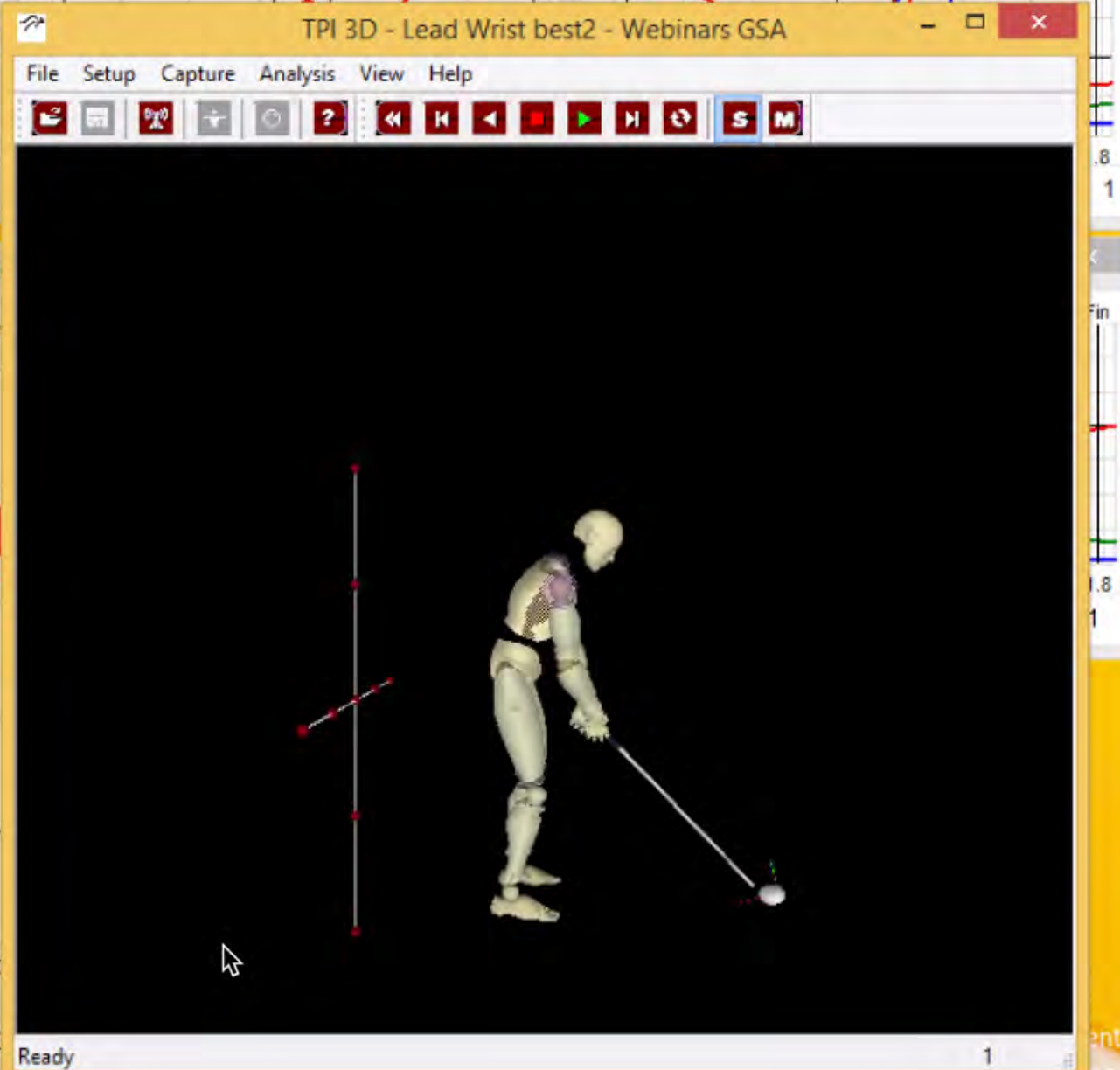
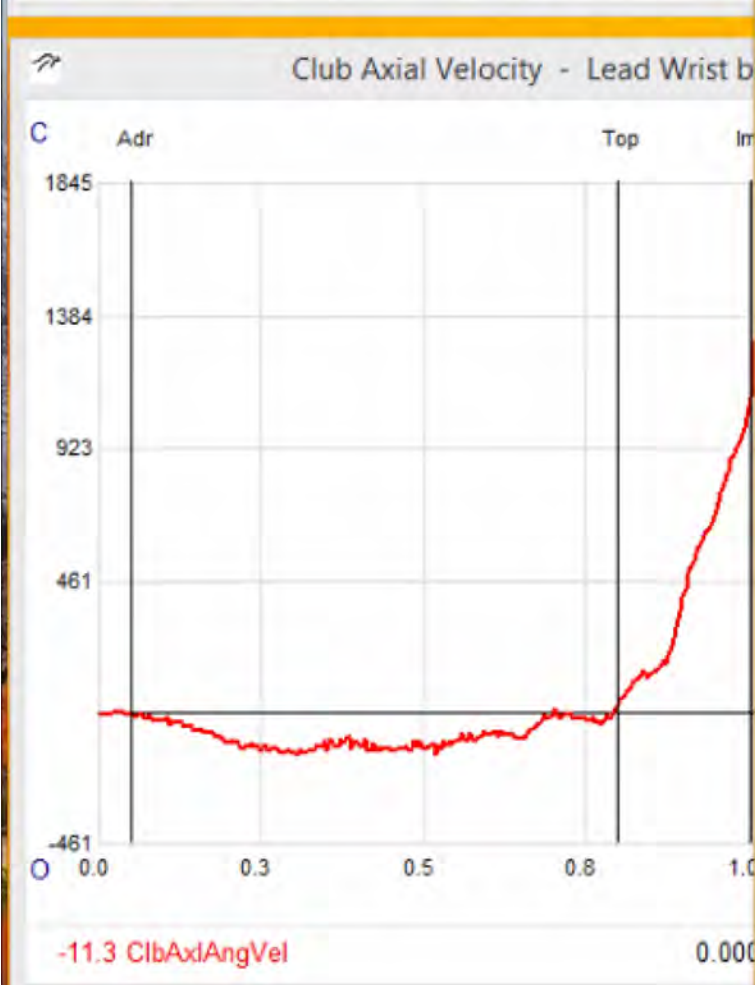
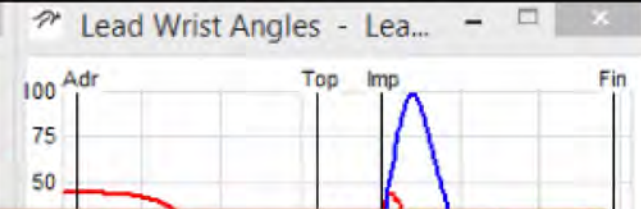
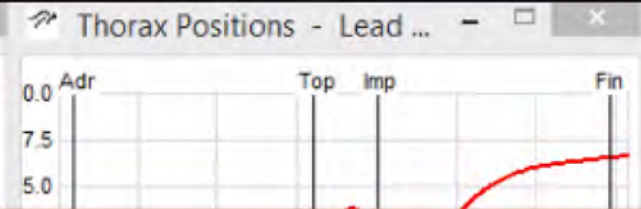


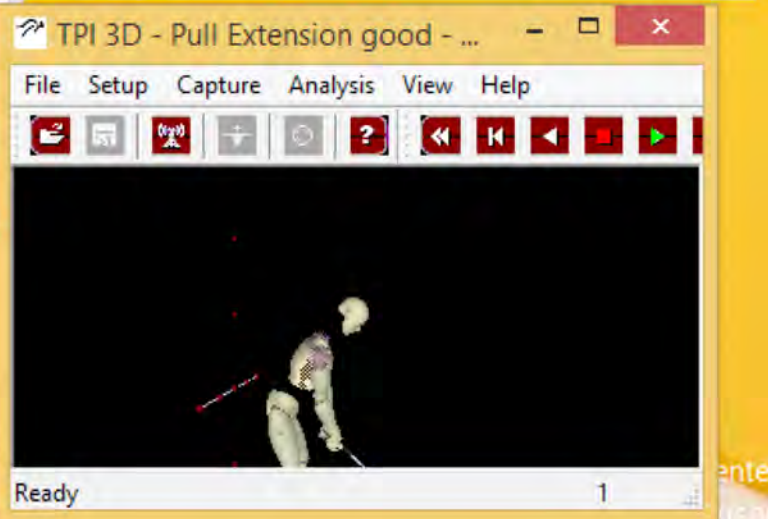
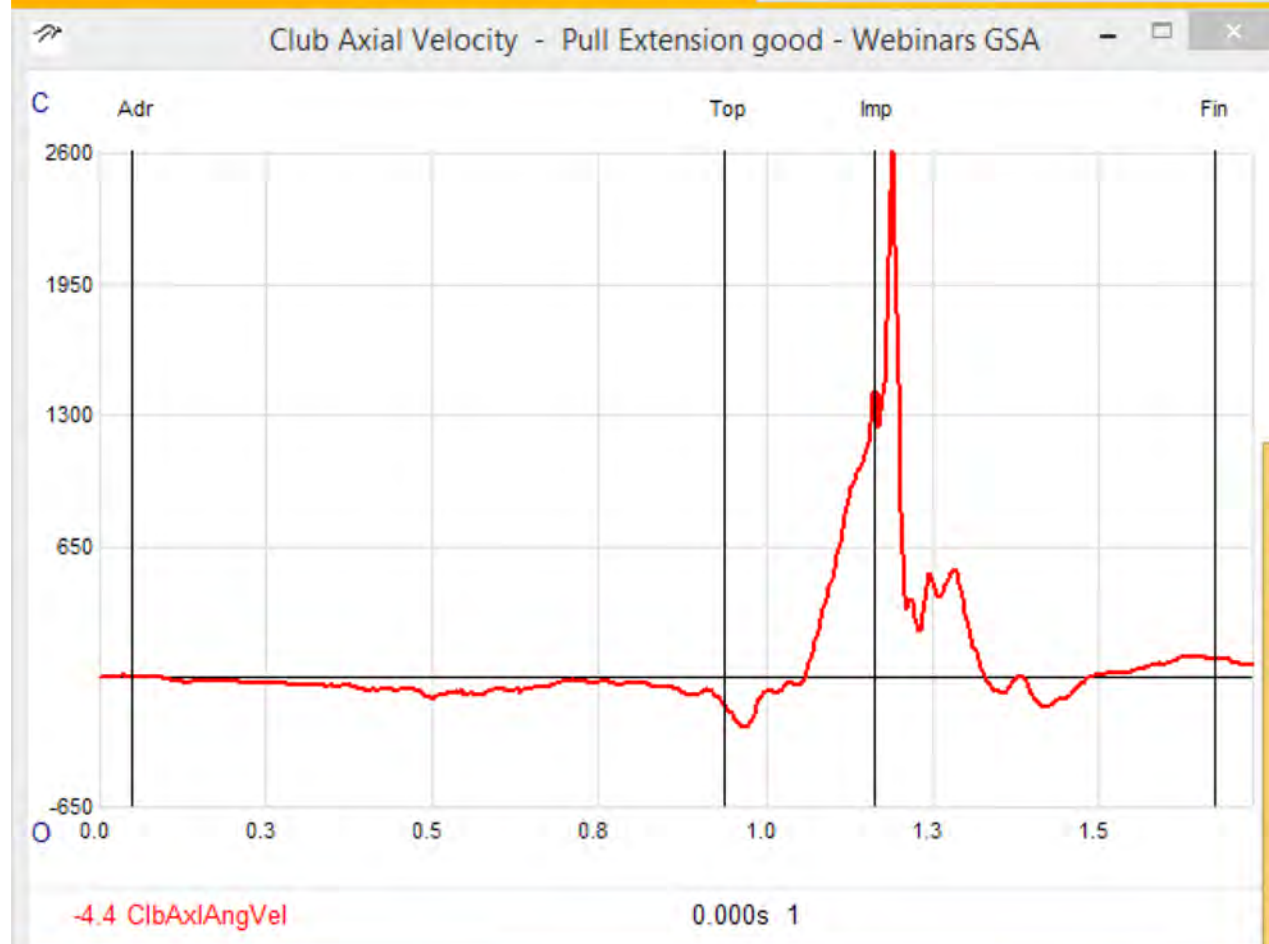
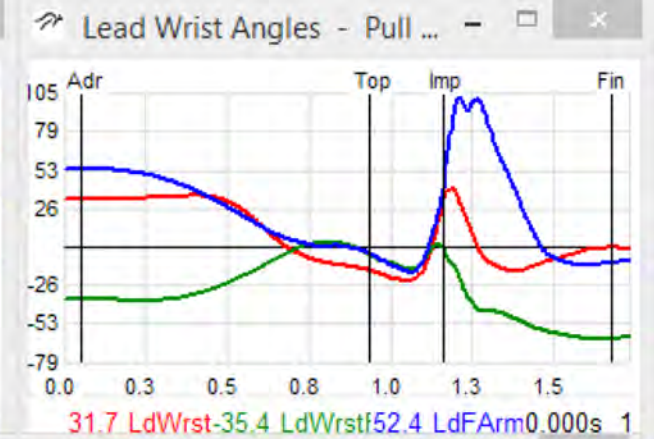
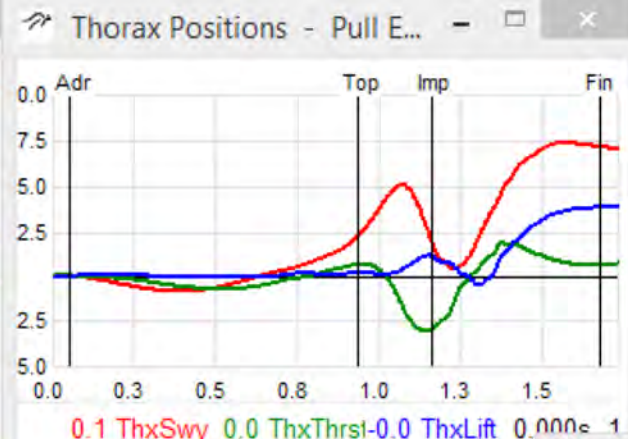
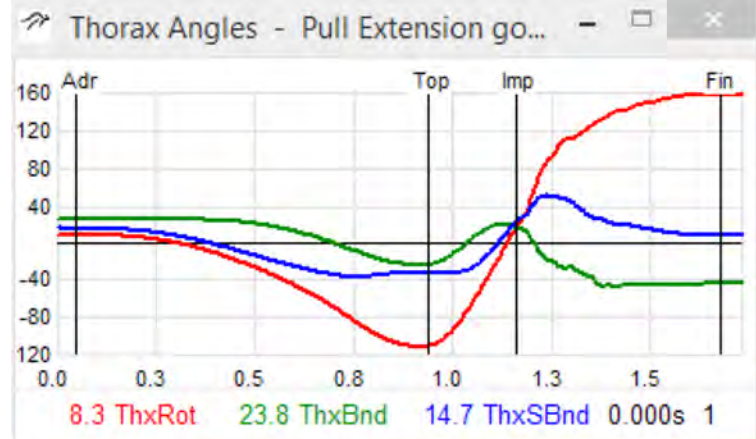
Topics

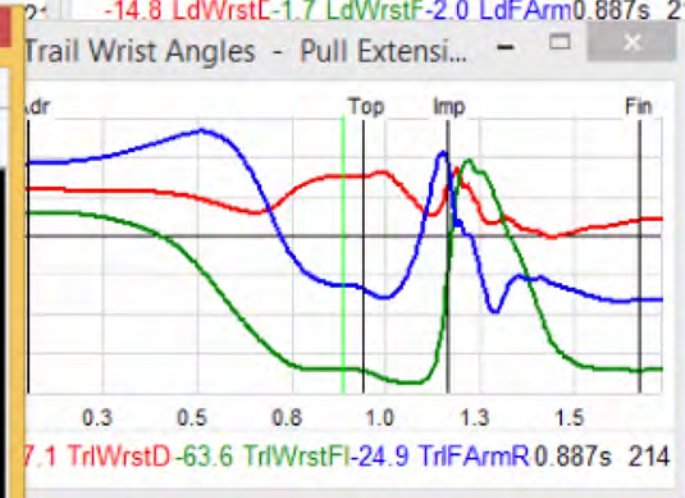
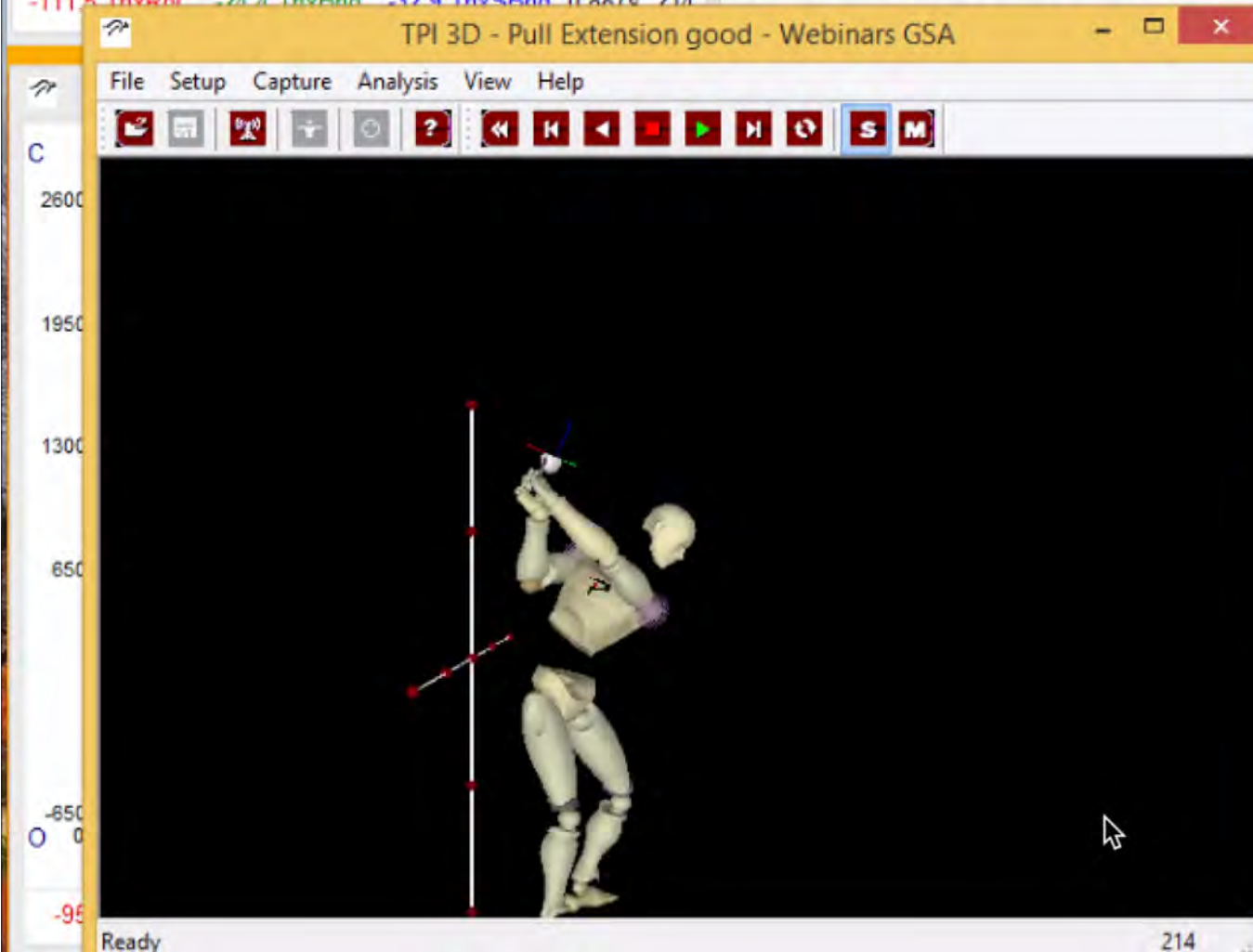
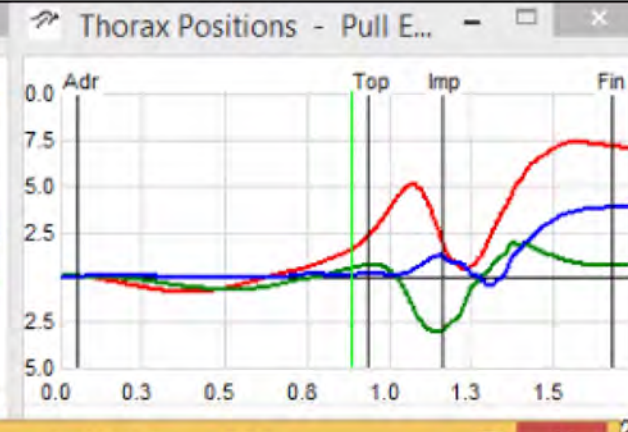
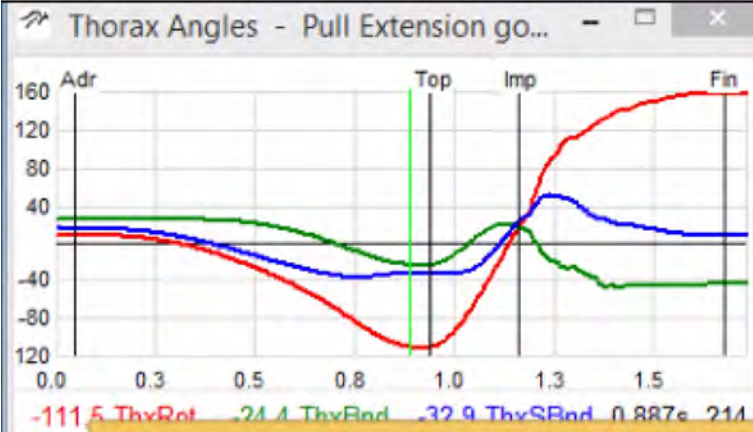
- 3D – Motorcycle
- Anatomy – Sacroiliac Joint (SIJ)
- Coaches Questions/Swing Discussions

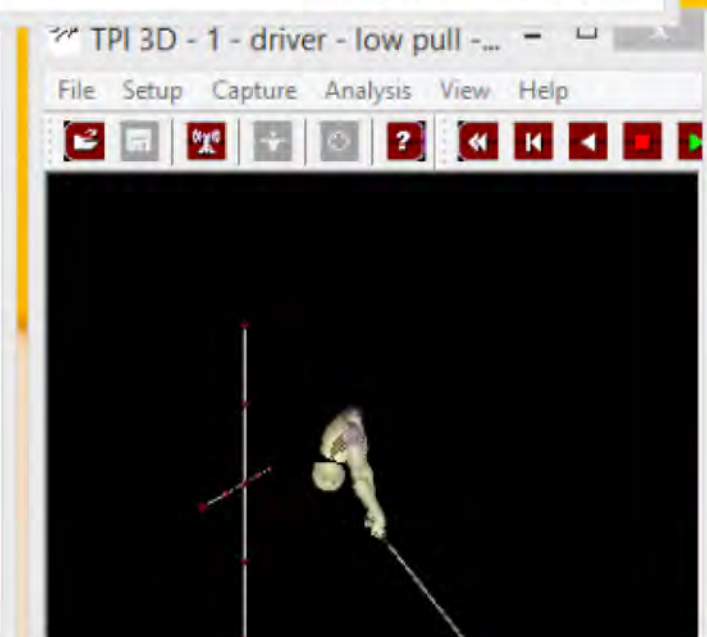
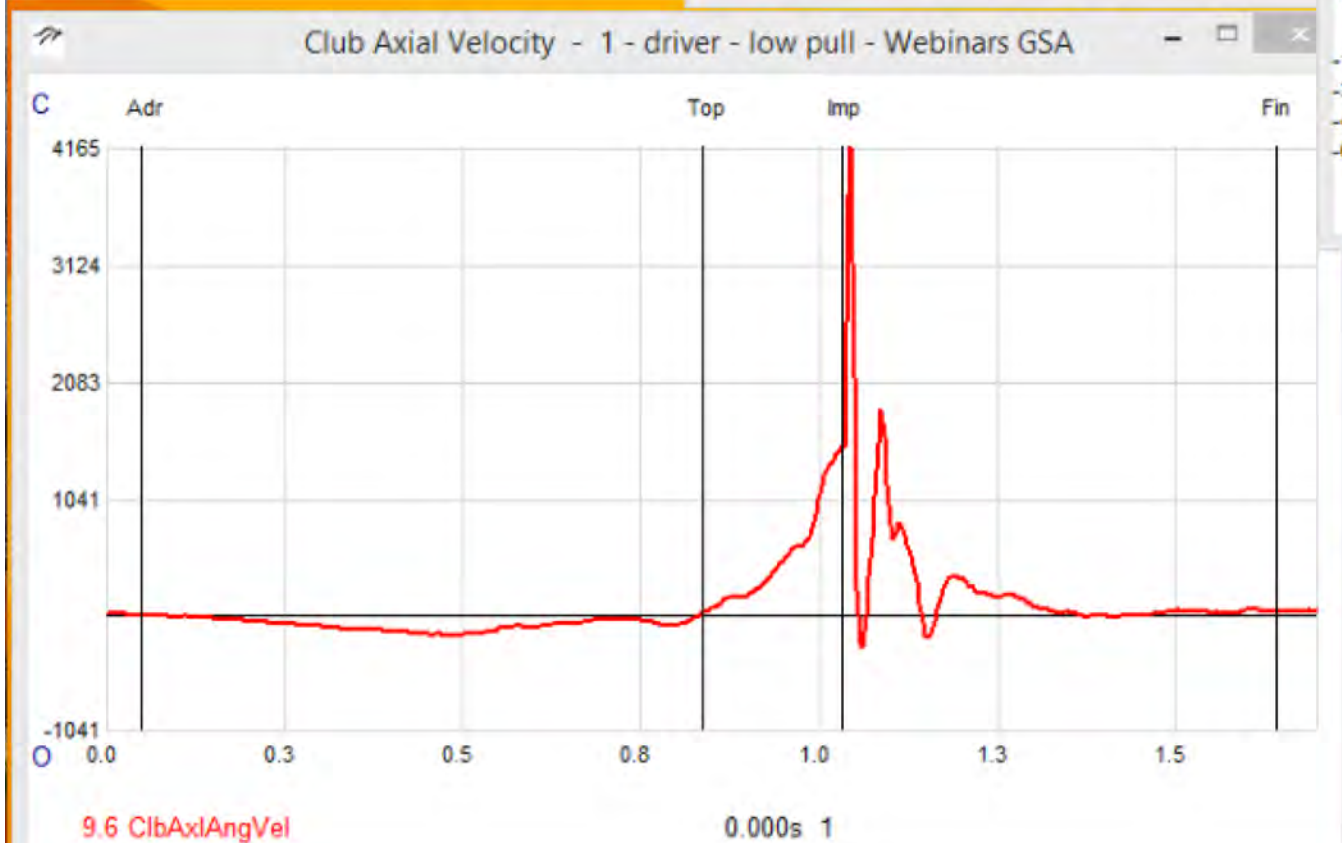
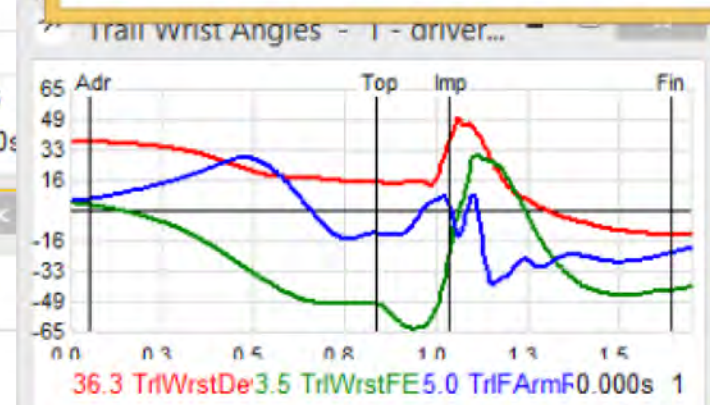
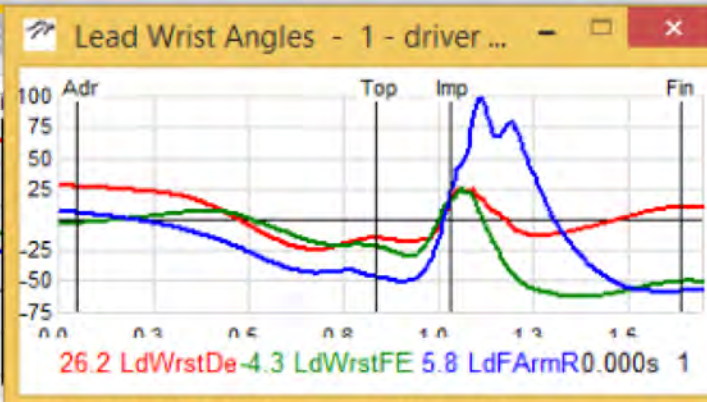
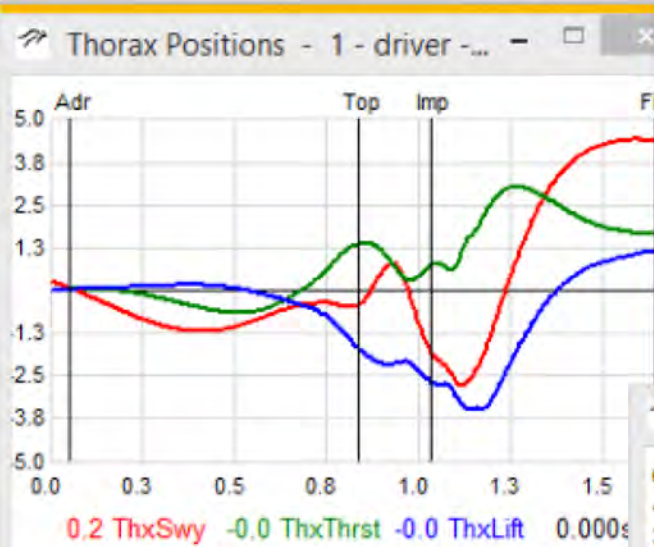
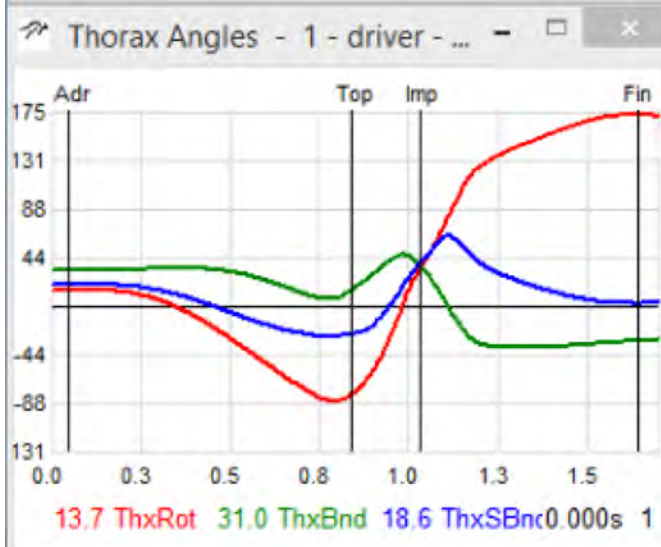
The motorcycle move – gradual face closing

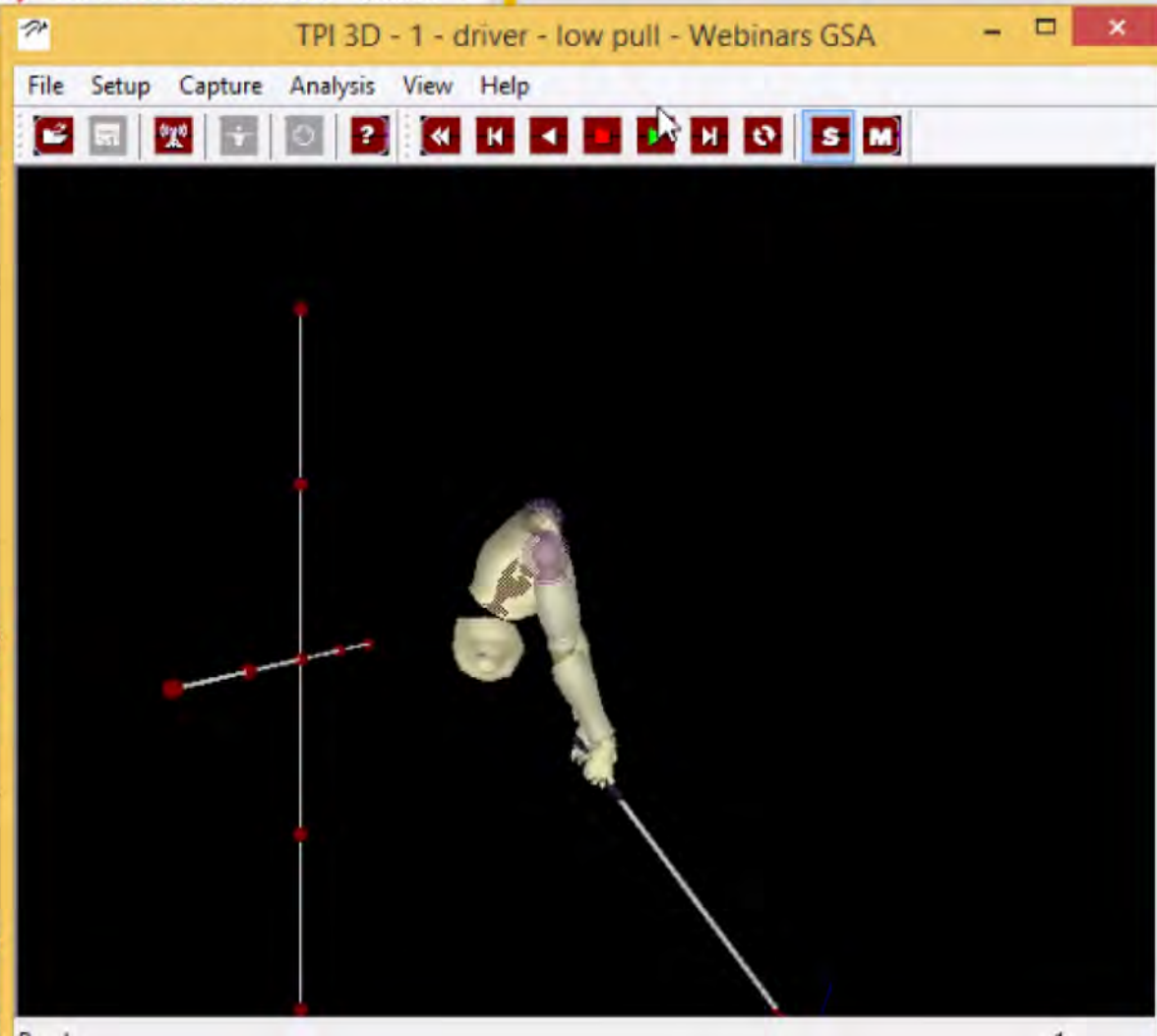
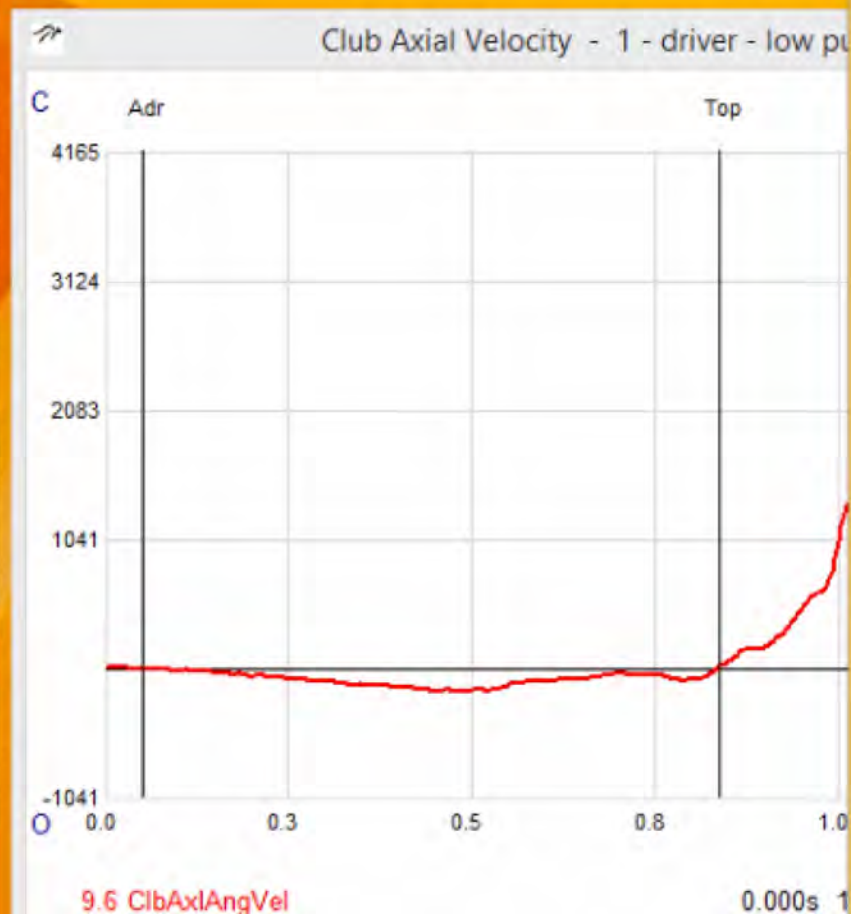
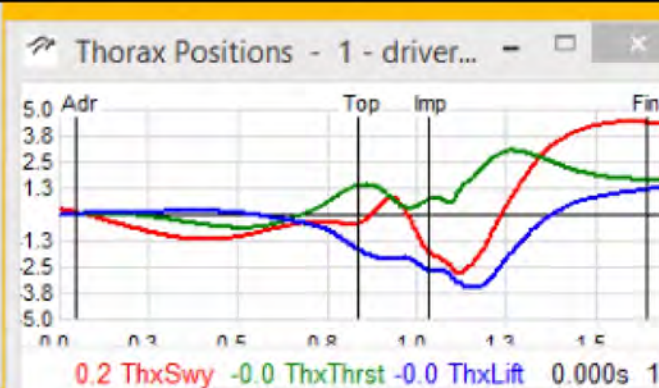
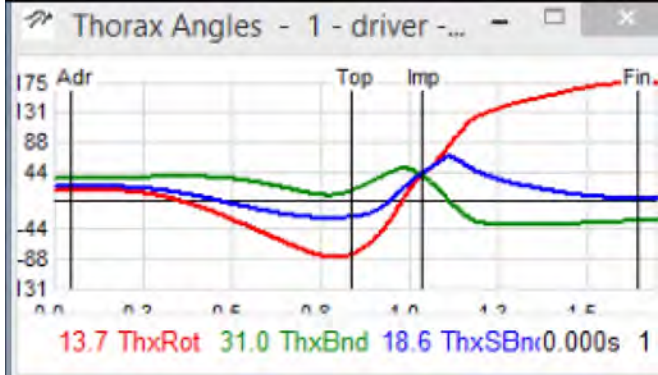


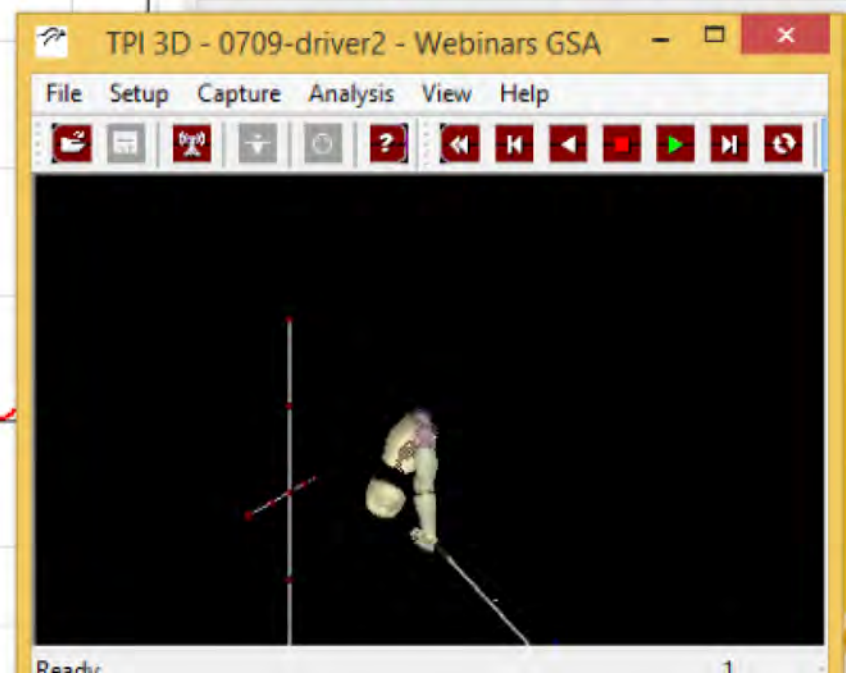
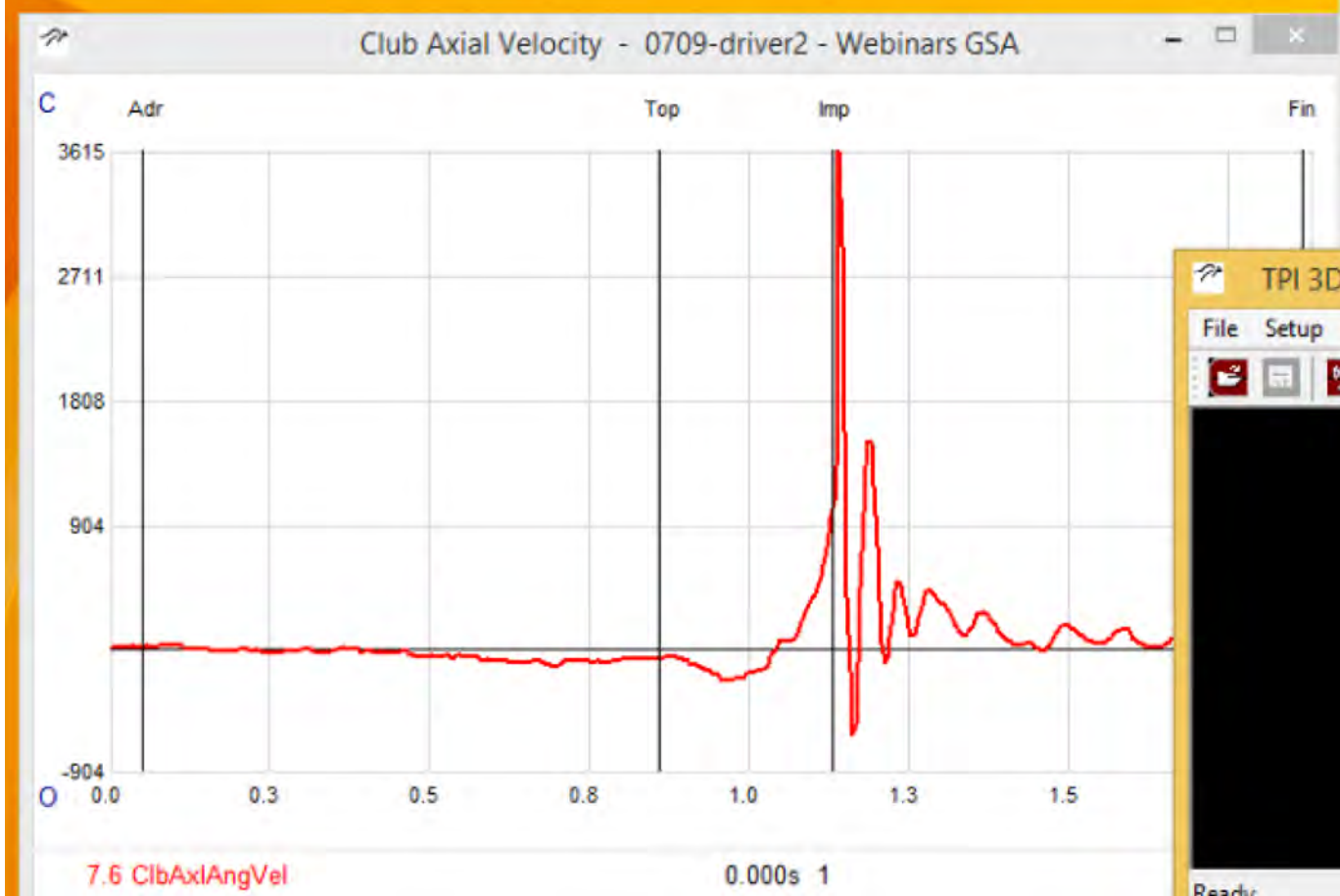
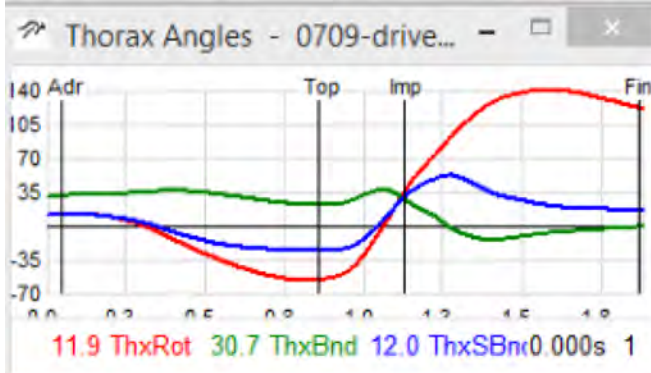


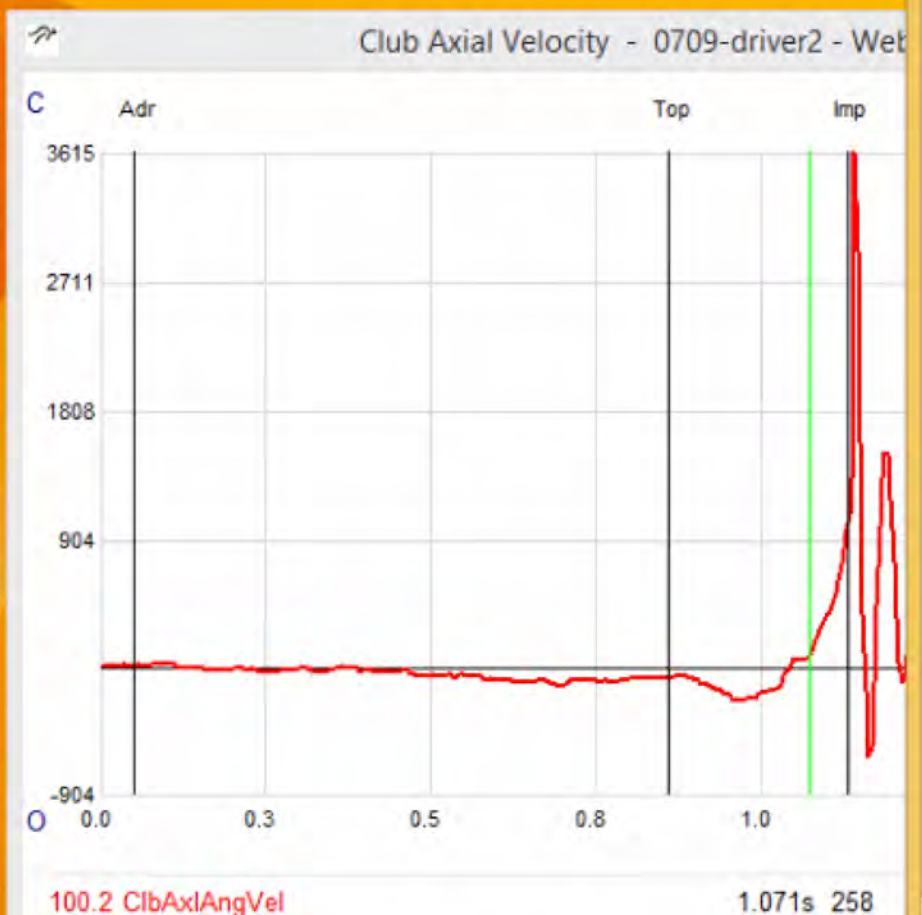
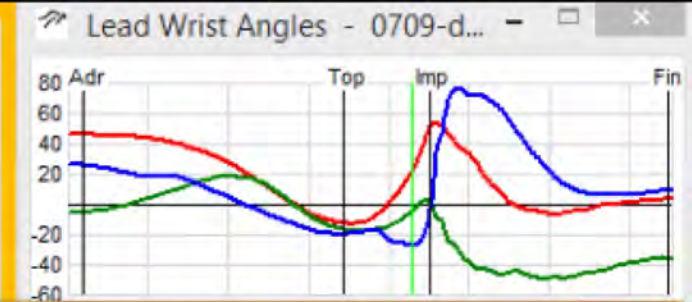
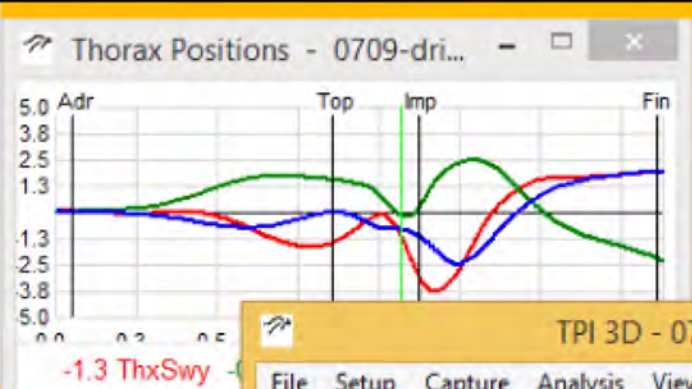










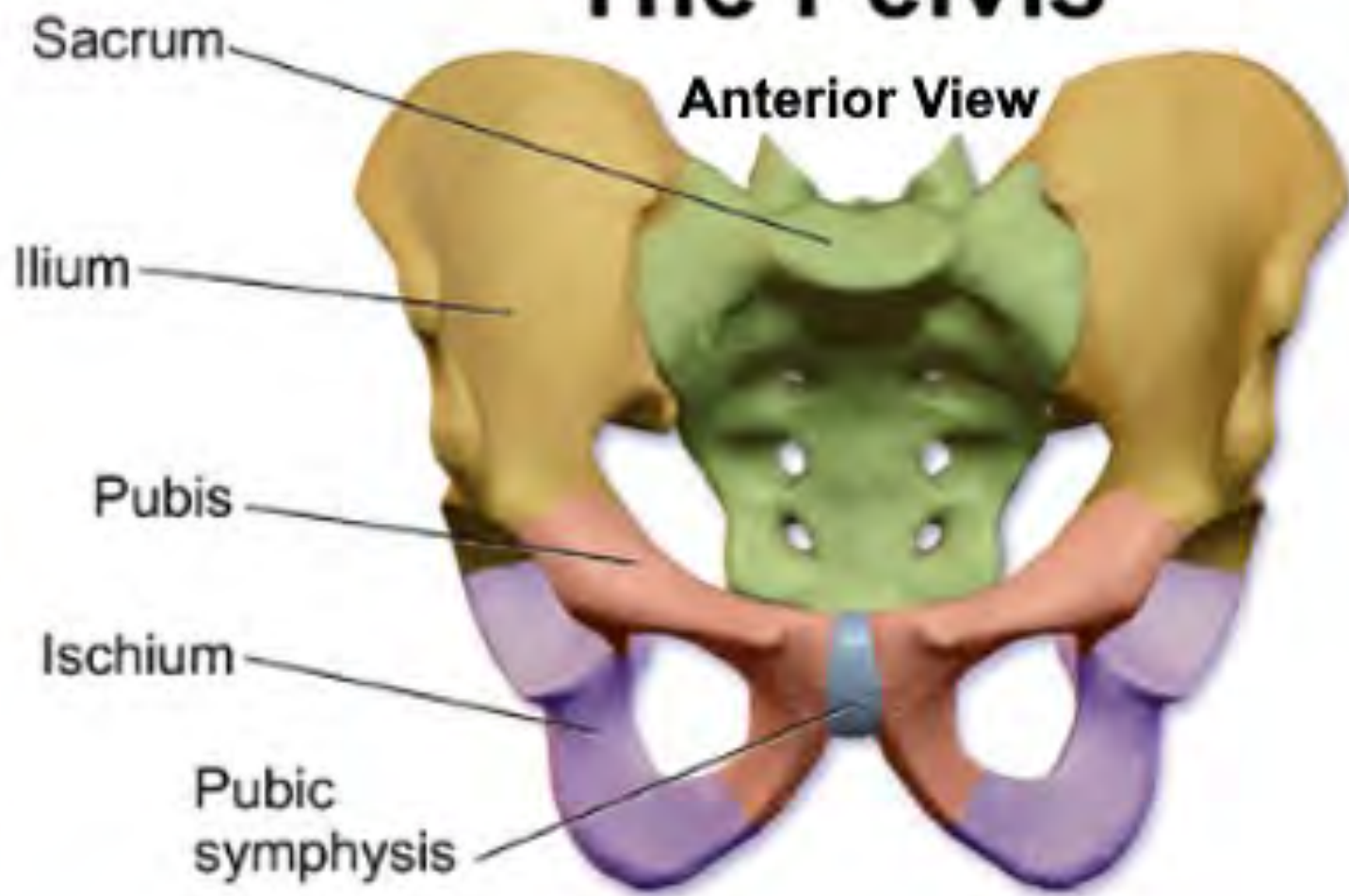


The Sacroiliac Joint

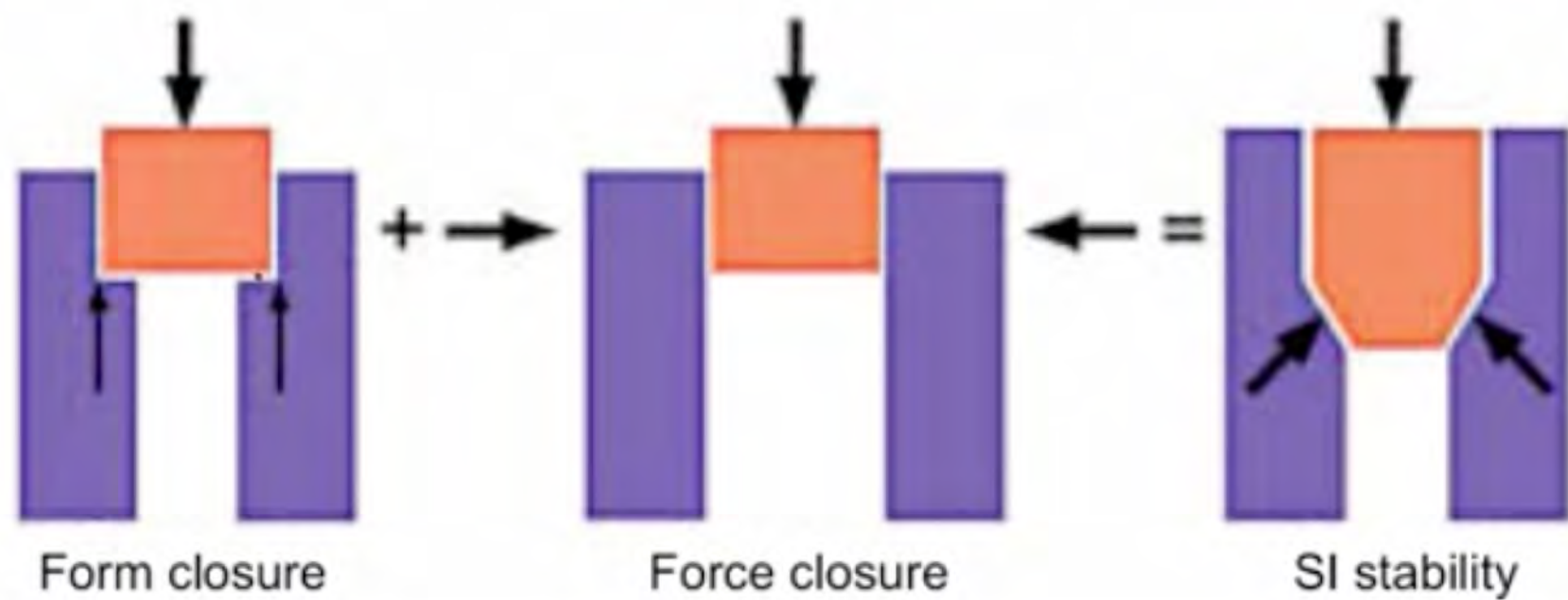
The Pelvis



Image: [Blausen.com](#)
[Wikimedia Commons](#)



Form and Force Closure

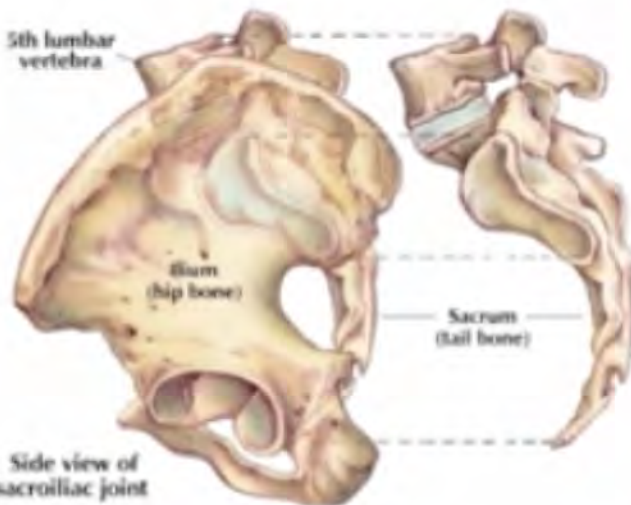


Form and Force Closure

Form Closure

Articular surfaces

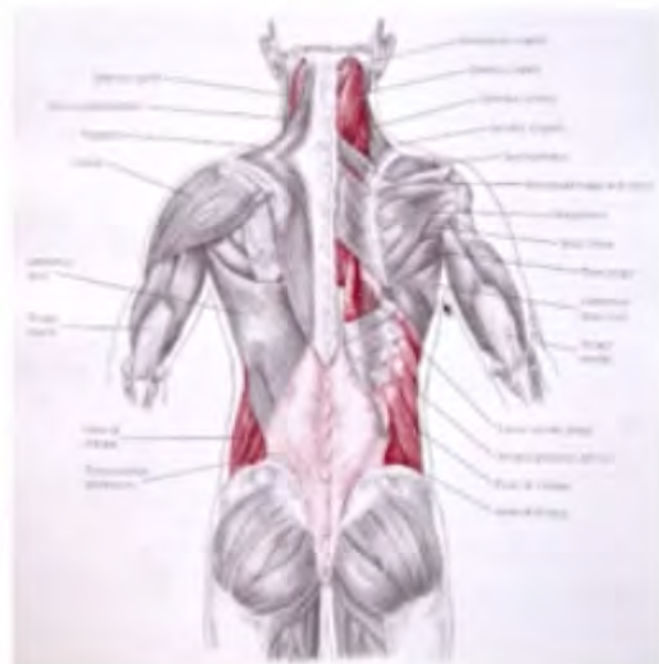
- Proper size, shape and attitude
- L shaped joints



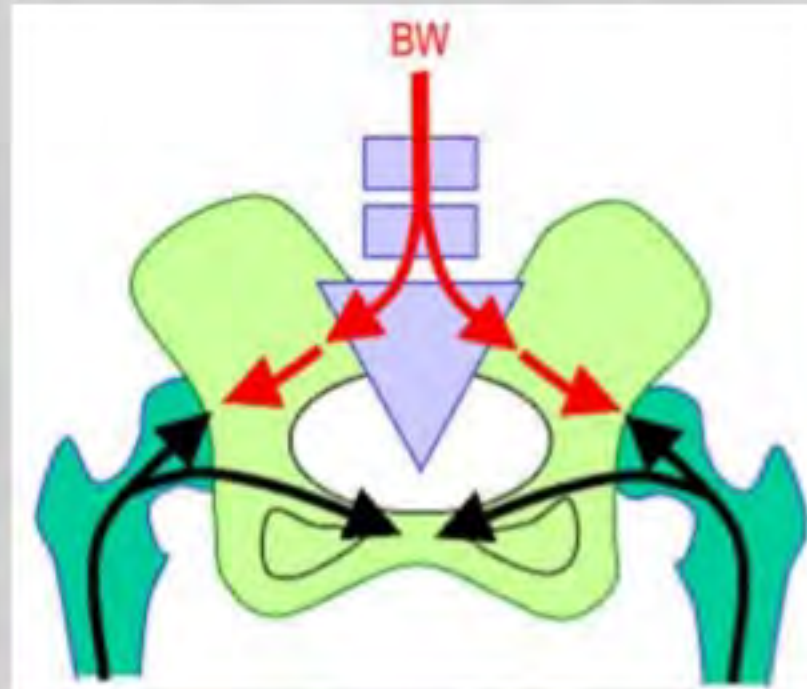
Force Closure

Compression produced by body weight, muscle action and ligamentous force

- Glutes, piriformis, Latissimus Dorsi



- Connects spine to pelvis
- Absorbs vertical forces from spine and transmitting them to pelvis and lower extremities



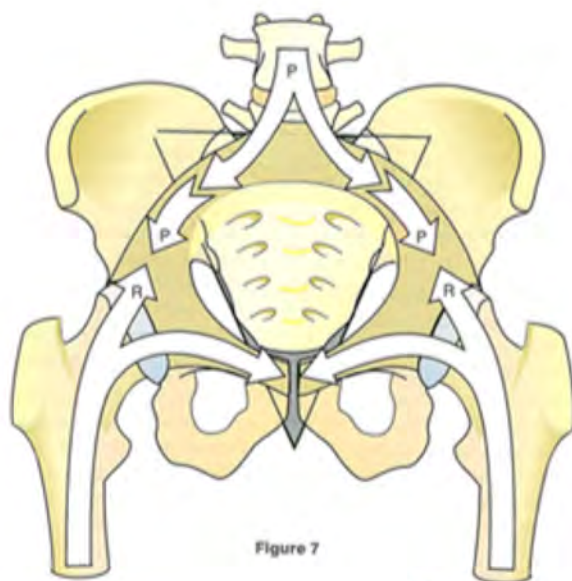


Figure 7

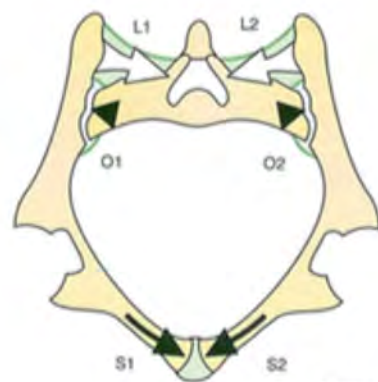


Figure 8

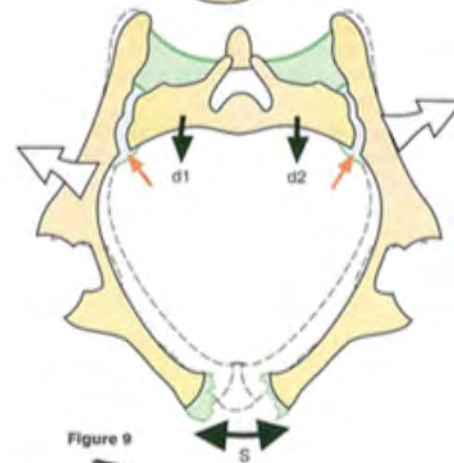


Figure 9

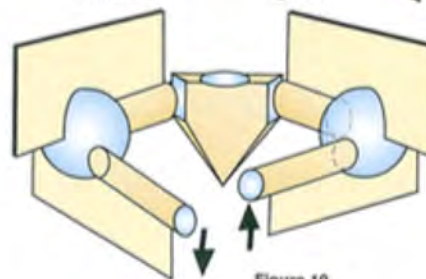
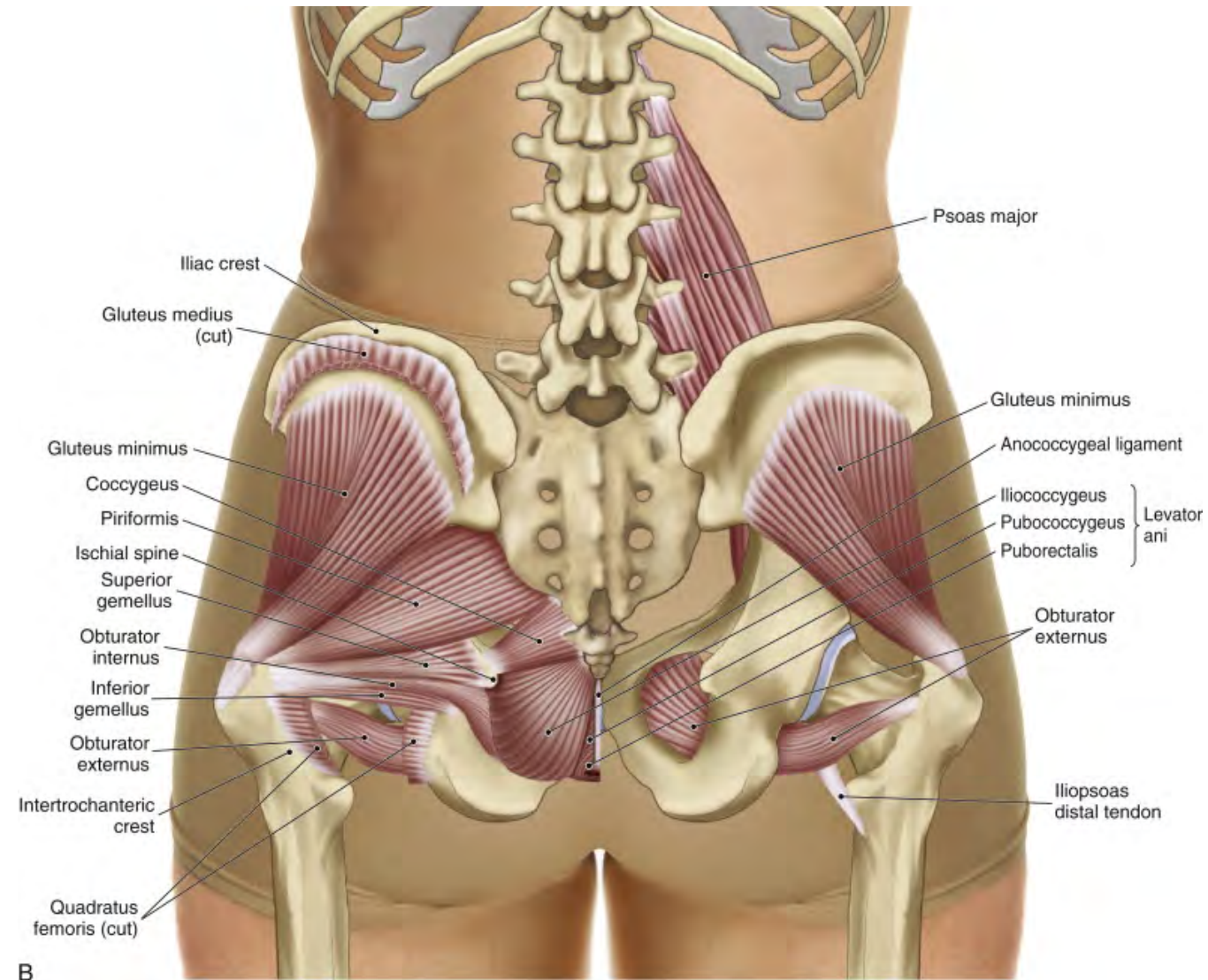
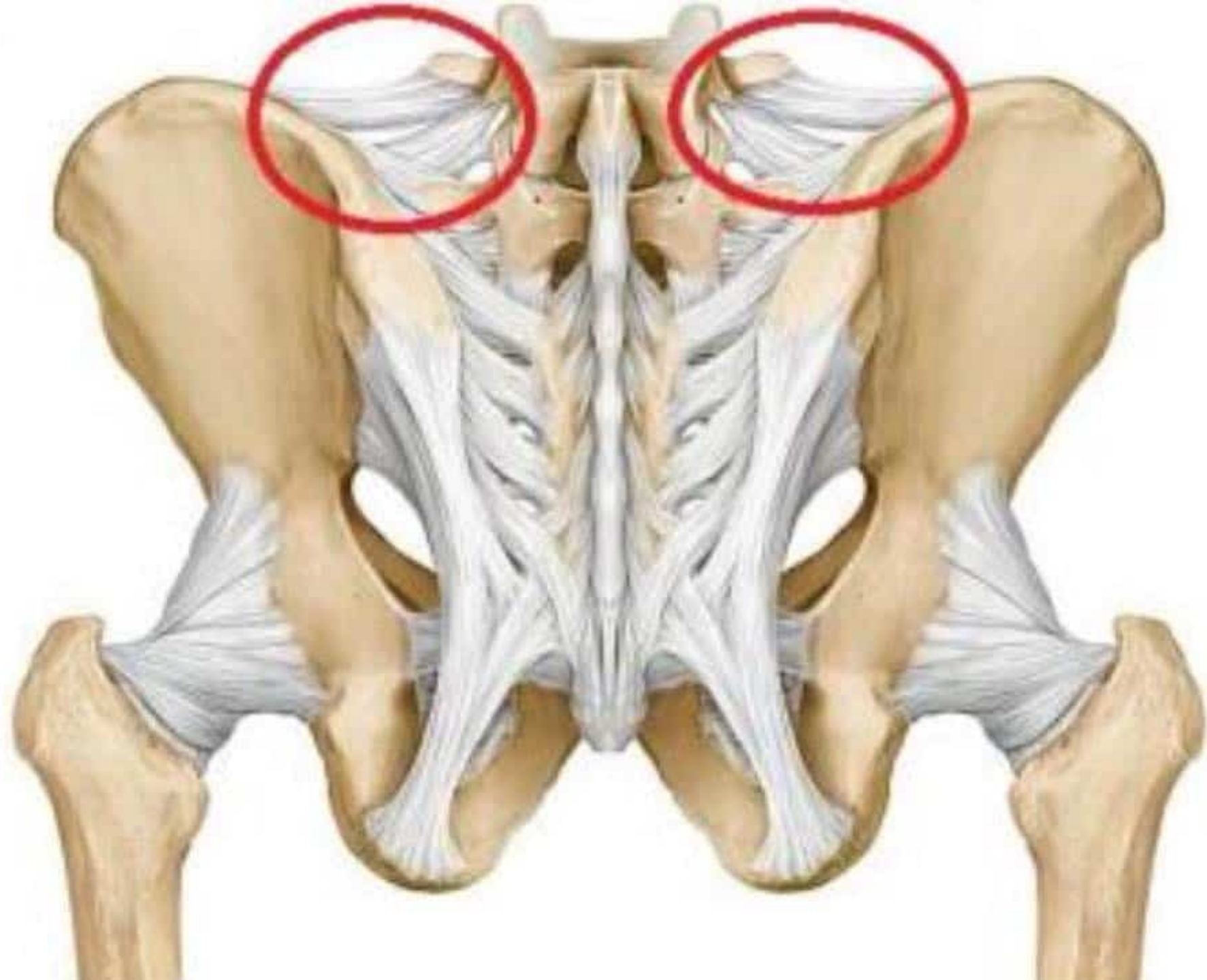
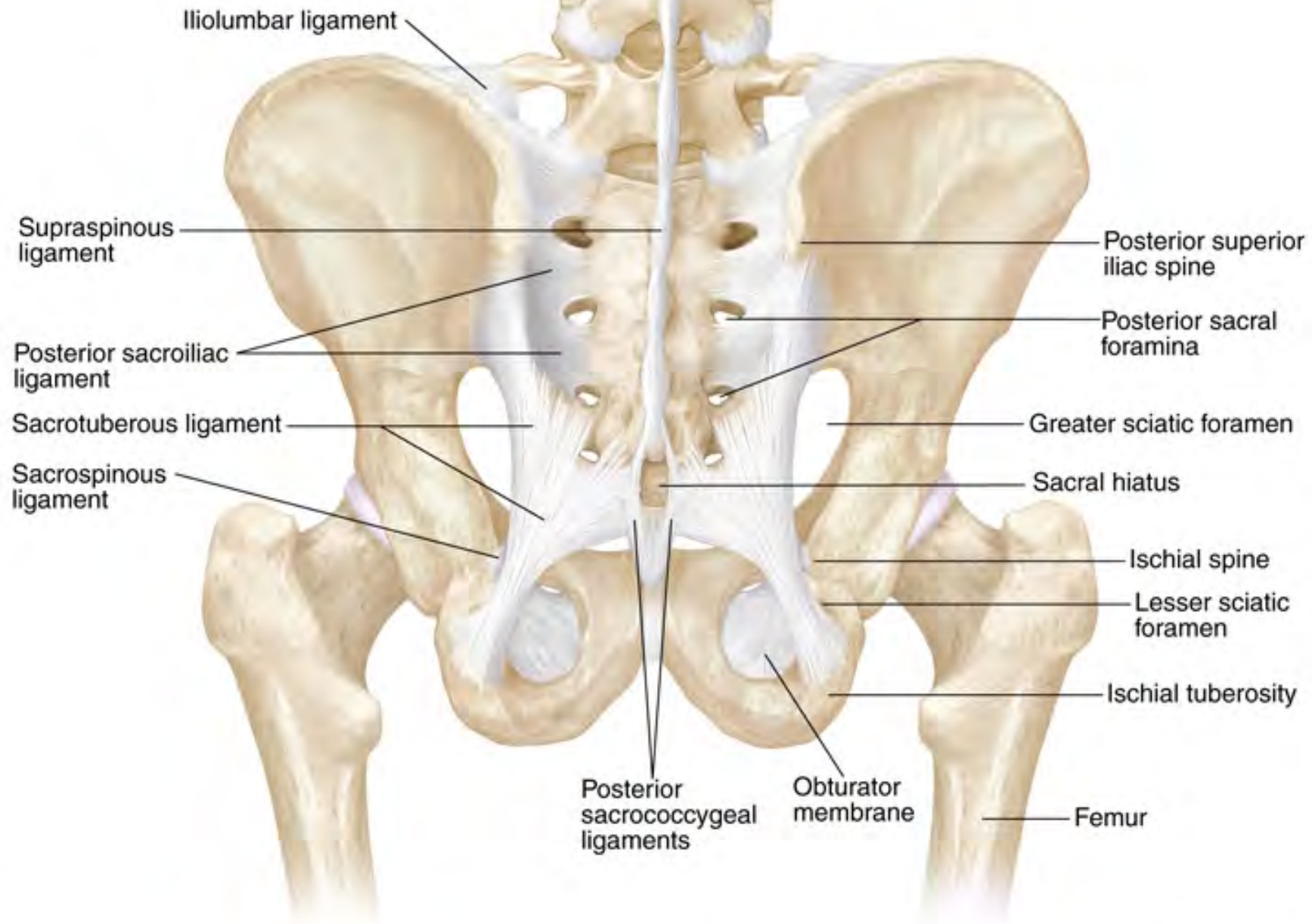


Figure 10





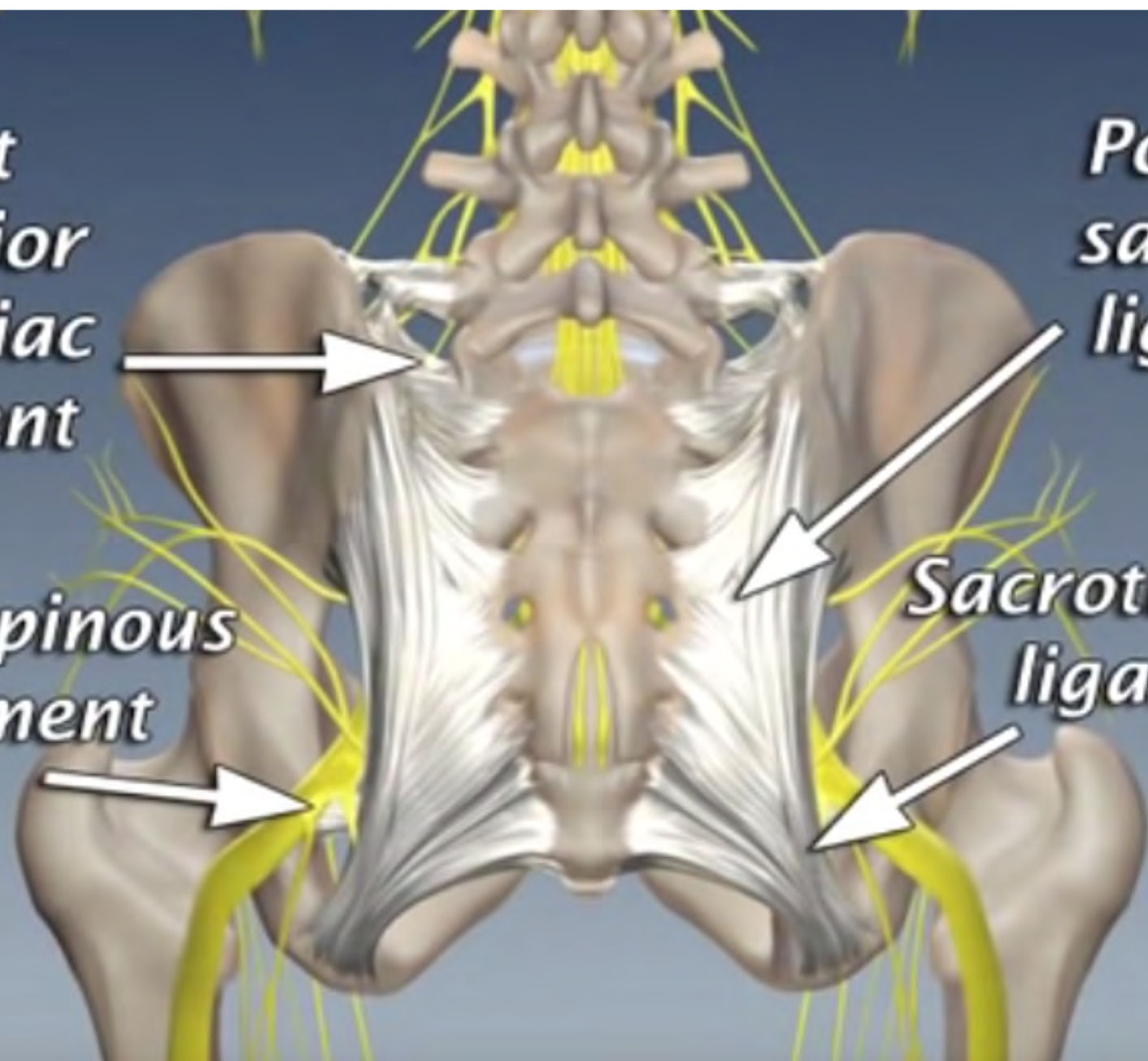


*Short
posterior
sacroiliac
ligament*

*Posterior
sacroiliac
ligament*

*Sacrospinous
ligament*

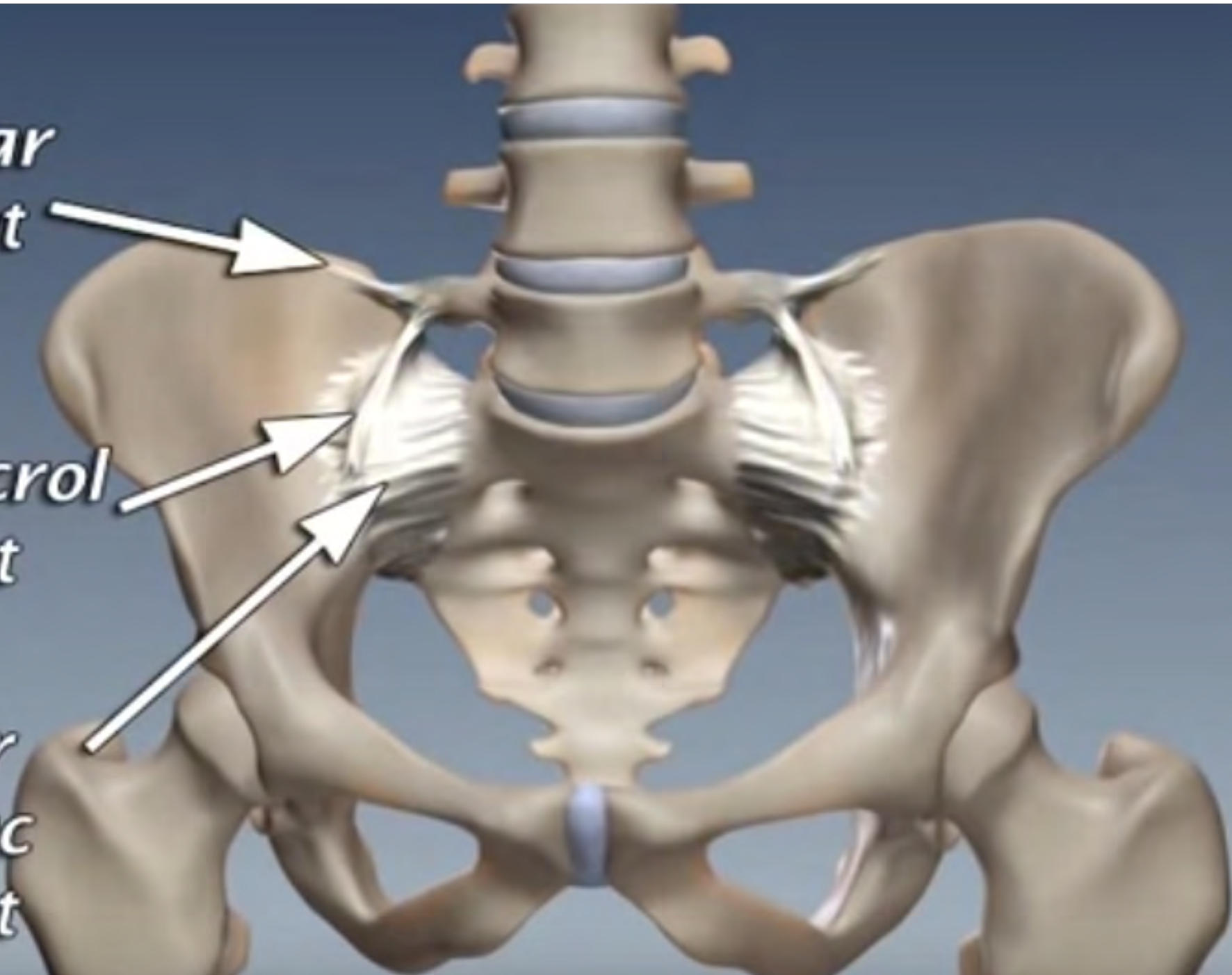
*Sacrospinous
ligament*

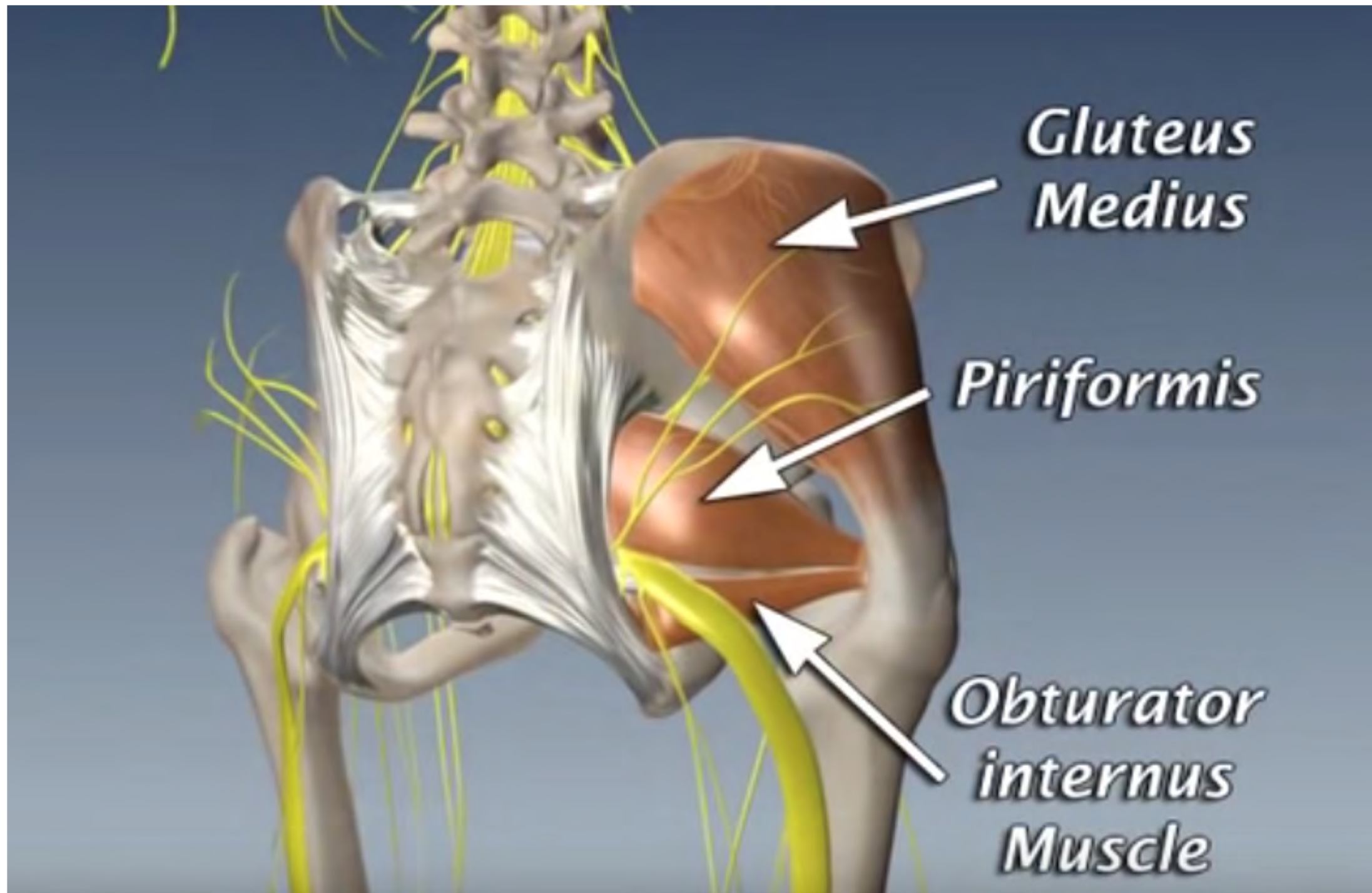


*Iliolumbar
ligament*

*Lumbar sacrol
ligament*

*Anterior
sacroiliac
ligament*







This anatomical diagram illustrates the musculature of the right hip and thigh. The Gluteus Medius is shown as a fan-shaped muscle originating from the anterior superior iliac spine and inserting into the greater trochanter of the femur. The Gluteus Maximus is the largest muscle, originating from the posterior superior iliac spine and inserting into the gluteal tuberosity and the greater trochanter. The Hamstring muscles are shown originating from the ischial tuberosity and extending down the posterior thigh. The femur is visible on the left, and the spine is at the top. Nerves are depicted as yellow lines.

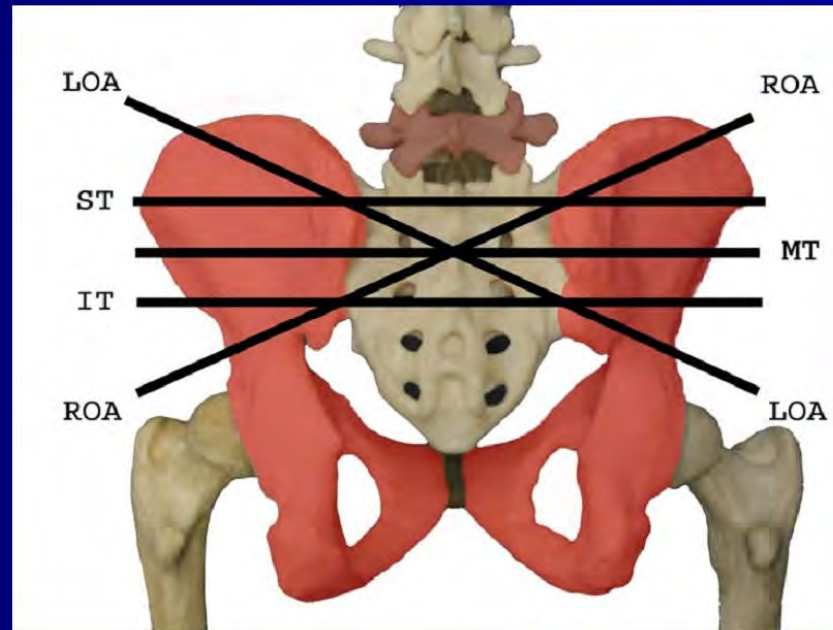
*Gluteus
Medius*

*Gluteus
Maximus*

Hamstring

Sacroiliac Joint Axes

- Superior
- Middle
- Inferior
- Right Oblique
- Left Oblique

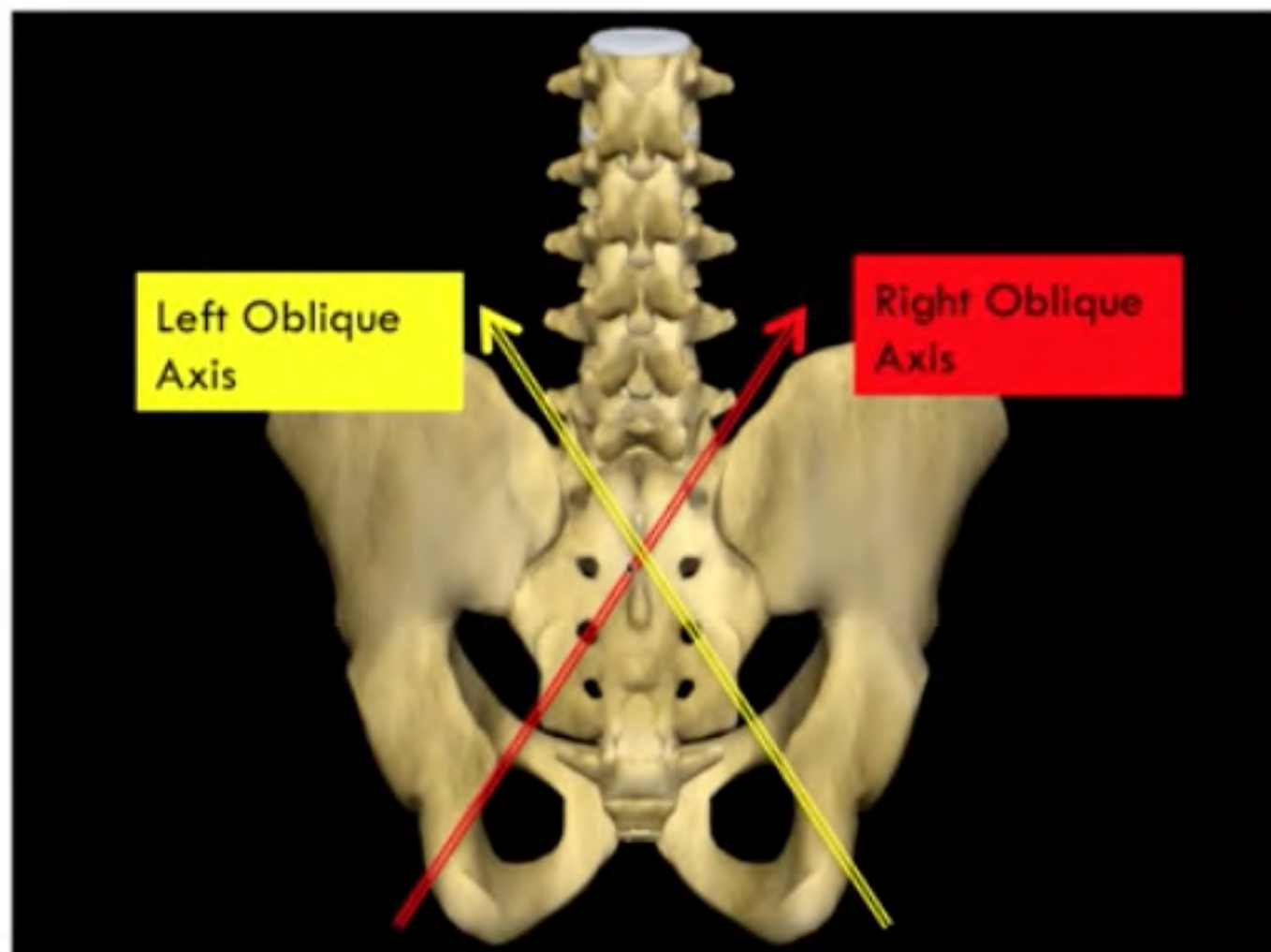


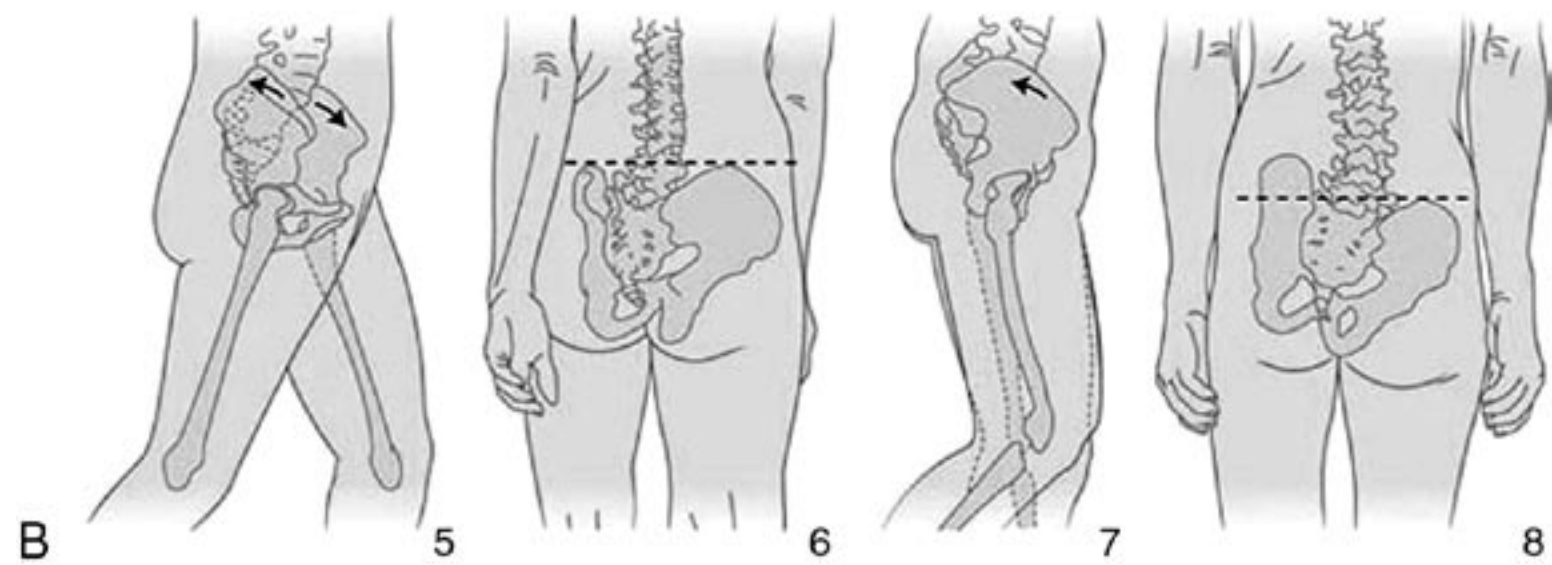
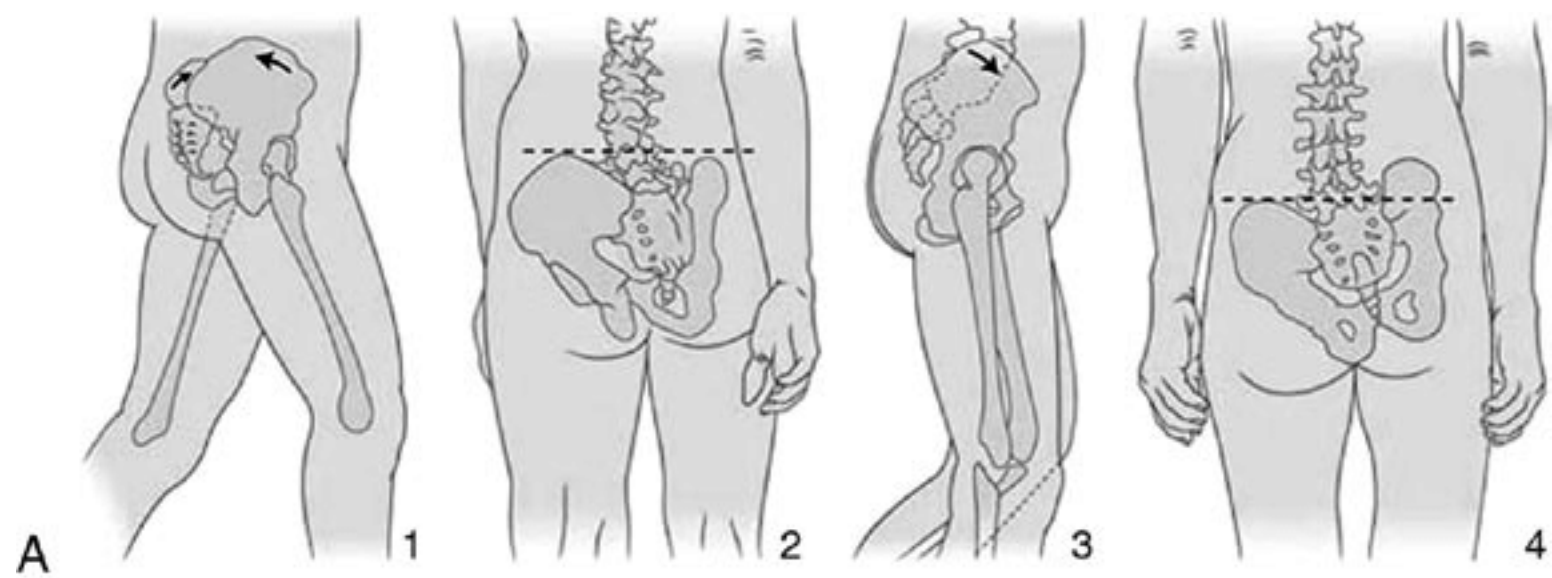
Motion about an Oblique Axis

Named for
the superior
pole.

Involves
anterior and
posterior
motion as well
as

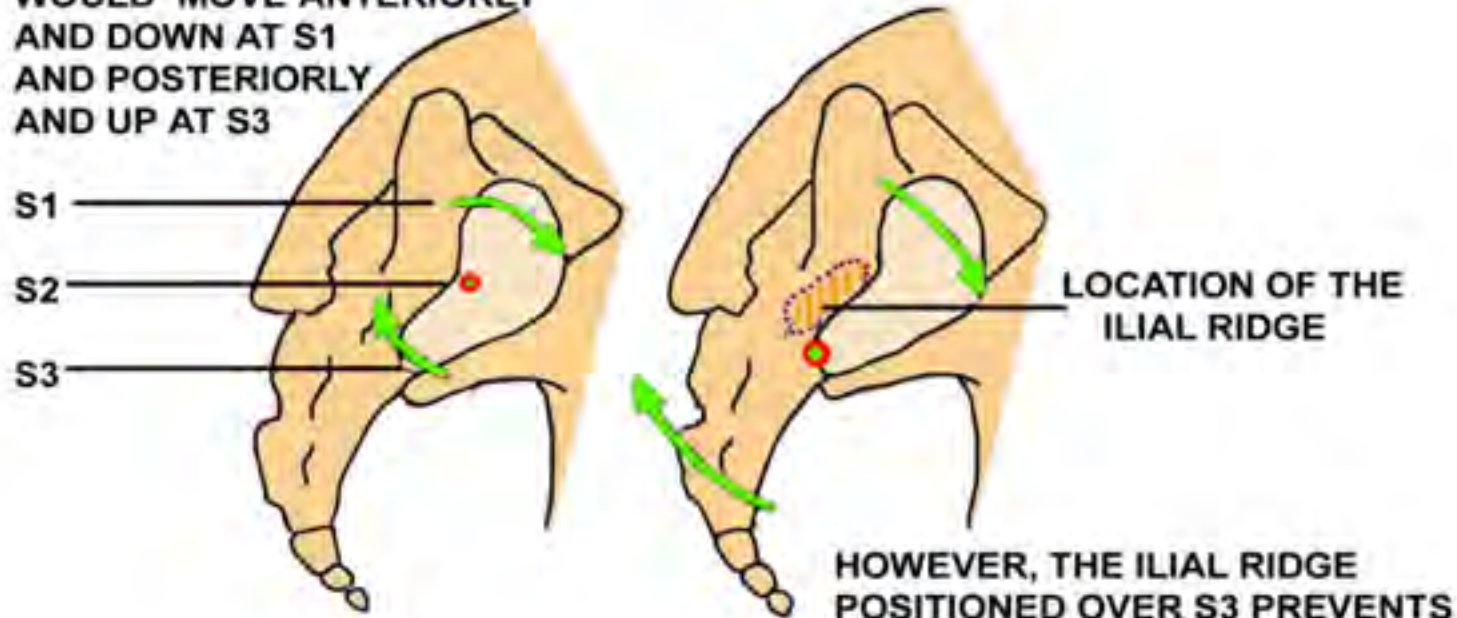
ROTATION



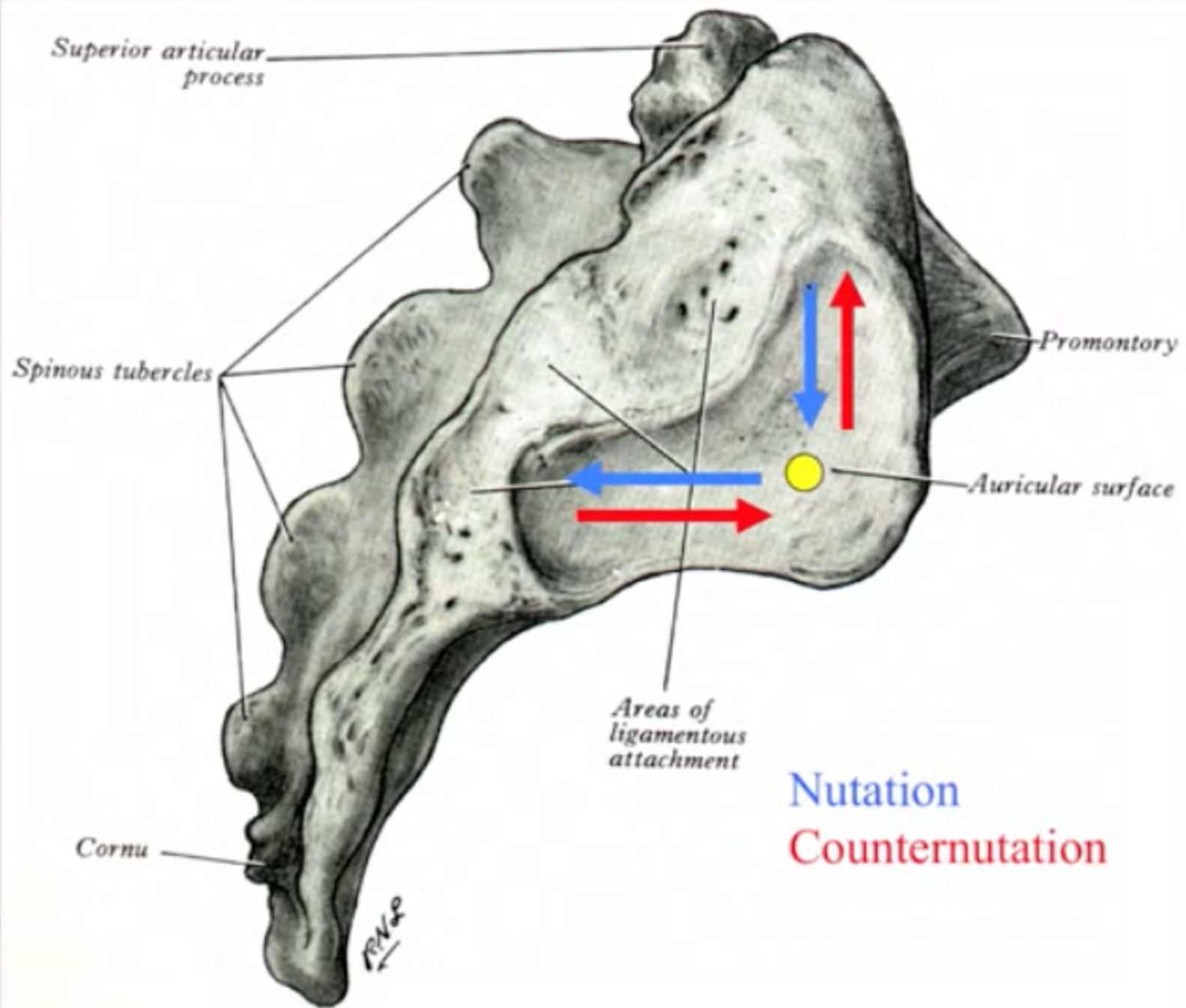


THE FORCED SACRAL AXIS

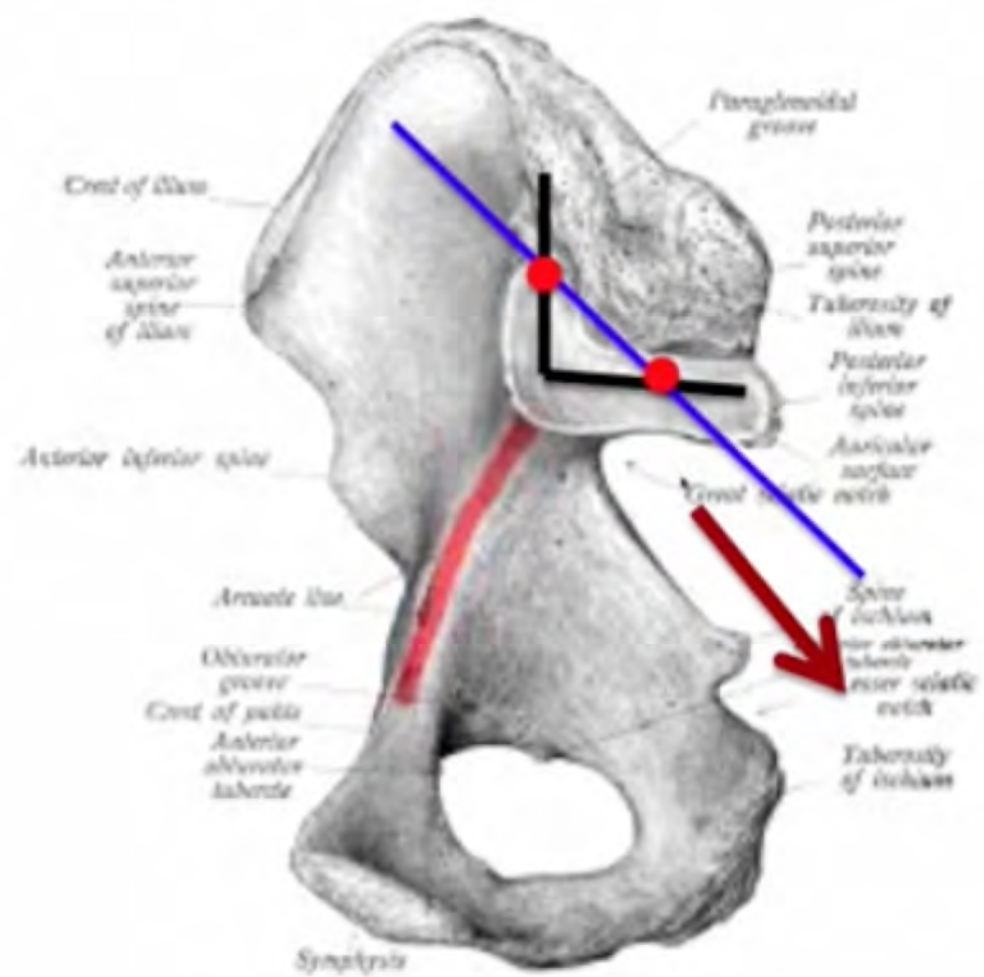
IF THE SACRAL AXIS WERE TO
BE AT S2 THEN THE SACRUM
WOULD MOVE ANTERIORLY
AND DOWN AT S1
AND POSTERIORLY
AND UP AT S3



HOWEVER, THE ILIAL RIDGE
POSITIONED OVER S3 PREVENTS
ANY UPWARD MOVEMENT AT
S3, FORCES THE SACRAL AXIS
POSTERIORLY, AND CREATES
A SACRAL AXIS RATHER THAN
AN AXIS OF THE SACROILIAC
JOINT



Nutation
Counternutation



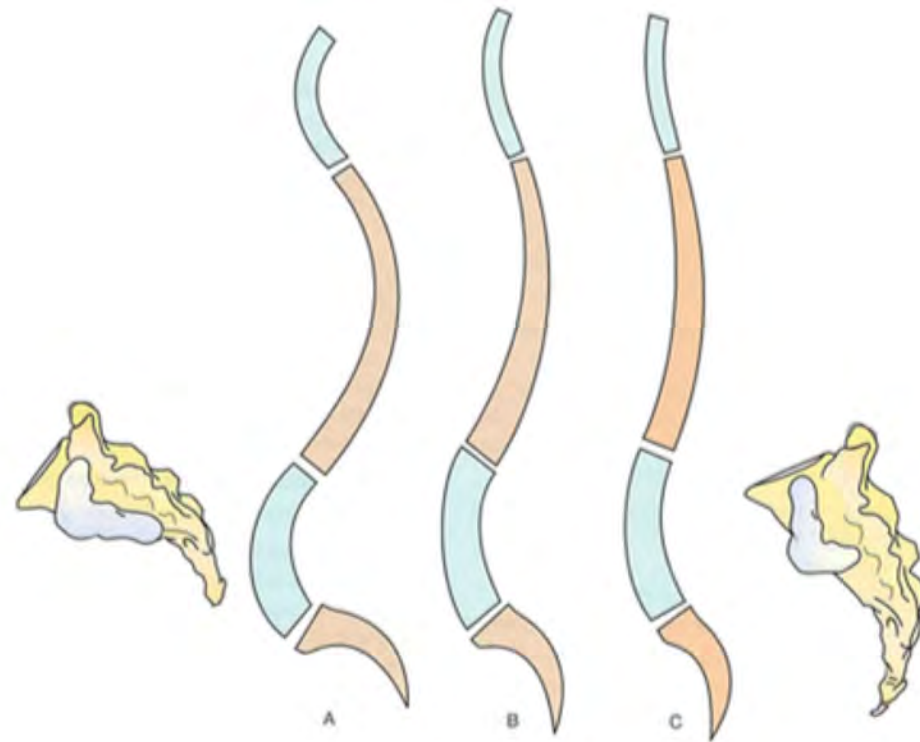


Figure 15

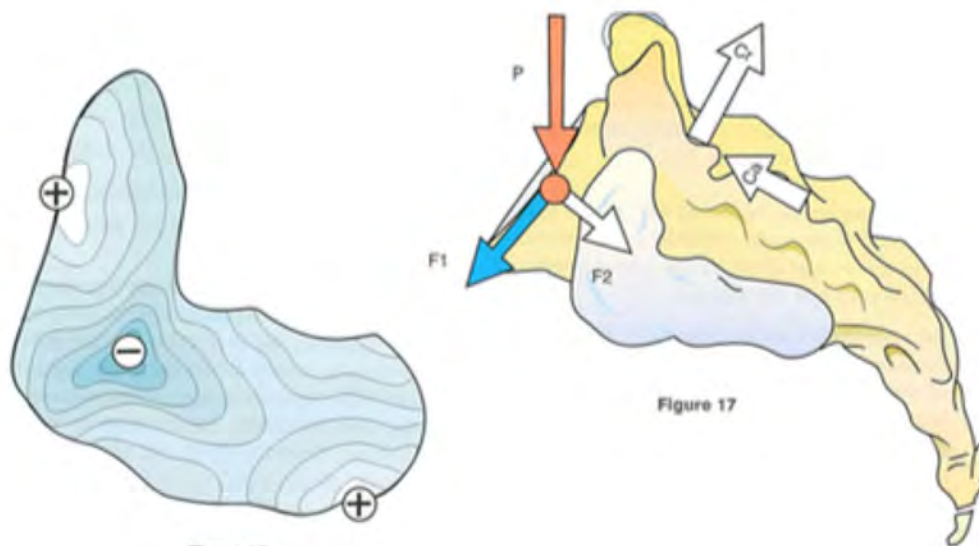
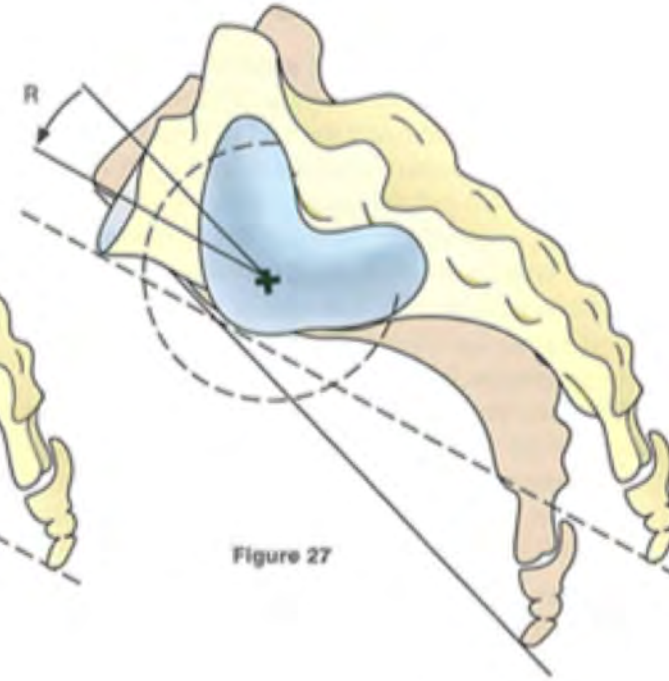
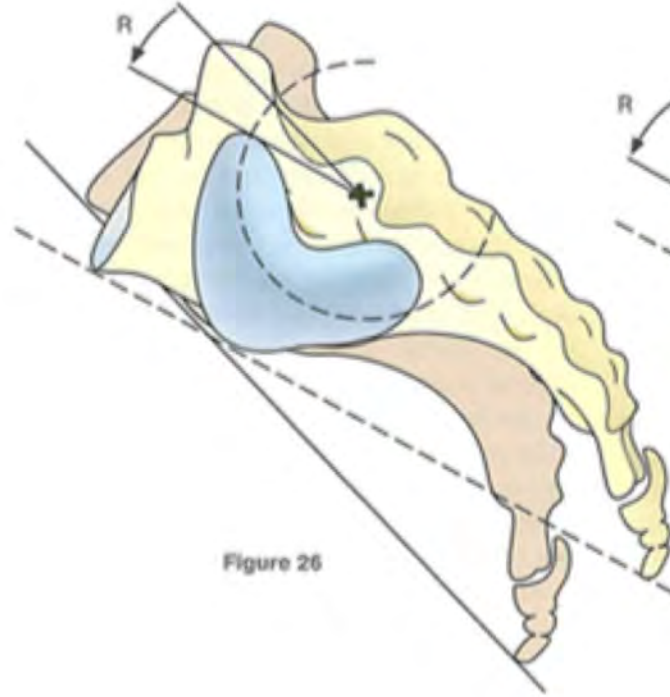


Figure 16

Figure 17

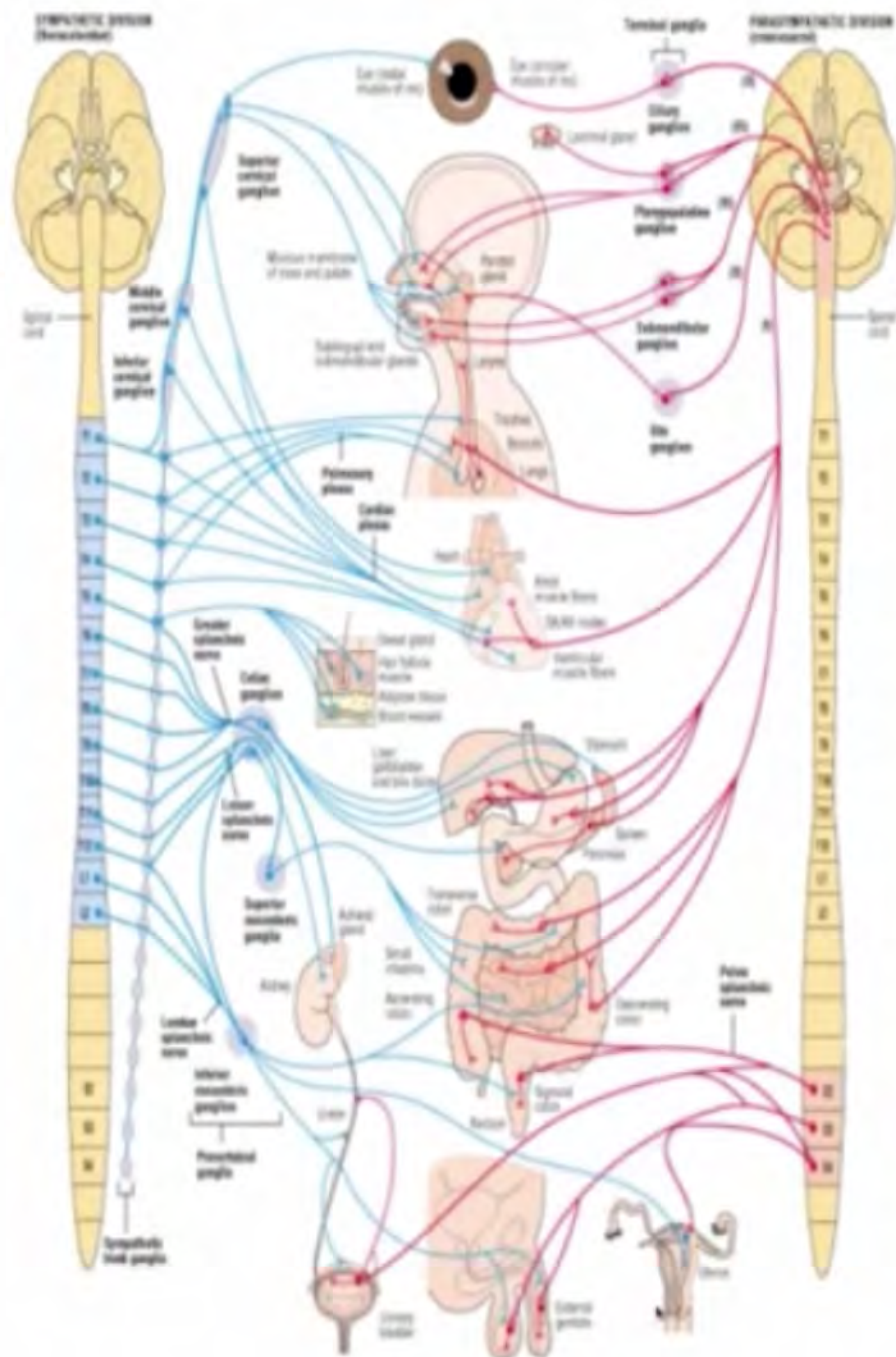


aacom[®]
AMERICAN ASSOCIATION OF
COLLEGES OF OSTEOPATHIC MEDICINE



Autonomics

- Sympathetics: T1-L2
- Parasympathetics: Cranio-Sacral
- Keep in mind
Viscerosomatic reflexes,
and somatovisceral
reflexes



Q &A and Swings

Aiming your shotgun

7 Iron



Total Show all

Impact Height

-11 mm
down

Offset



Dynamic Lie
60.9°






CLUB SPEED	BALL SPEED	CARRY	TOTAL	SPIN RATE	LAUNCH ANG.	ATTACK ANG.	FACE ANG.	FACE TO PATH	CLUB PATH	SWING DIR.	SMASH FAC.
88.4 mph ±1.1	125.6 mph ±2.9	181.0 yds ±4.9	189.5 yds ±4.8	5408 rpm ±255	16.6 deg ±1.0	-4.4 deg ±0.6	1.7 deg ±1.7	-1.6 deg ±1.5	3.3 deg ±1.0	0.2 deg ±1.1	1.42 ±0.03
LOW POINT	SPIN LOFT	DYN. LOFT	SWING PL.	LAUNCH DIR.	SPIN AXIS	LAND. ANG.	HEIGHT	SIDE	SIDE TOT.	CURVE	
4.0A in ±0.6	25.4 deg ±0.8	20.9 deg ±1.0	57.7 deg ±1.8	2.0 deg ±1.4	-3.9 deg ±3.6	47.8 deg ±1.5	102 ft ±7	2' 1"L ±27° 11"	2' 11"L ±29° 9"	21L ft ±19	







Averages - Tyler Ferrell, 7 Iron, Premium, Mar 26, 2019



ation ▾

9 Iron

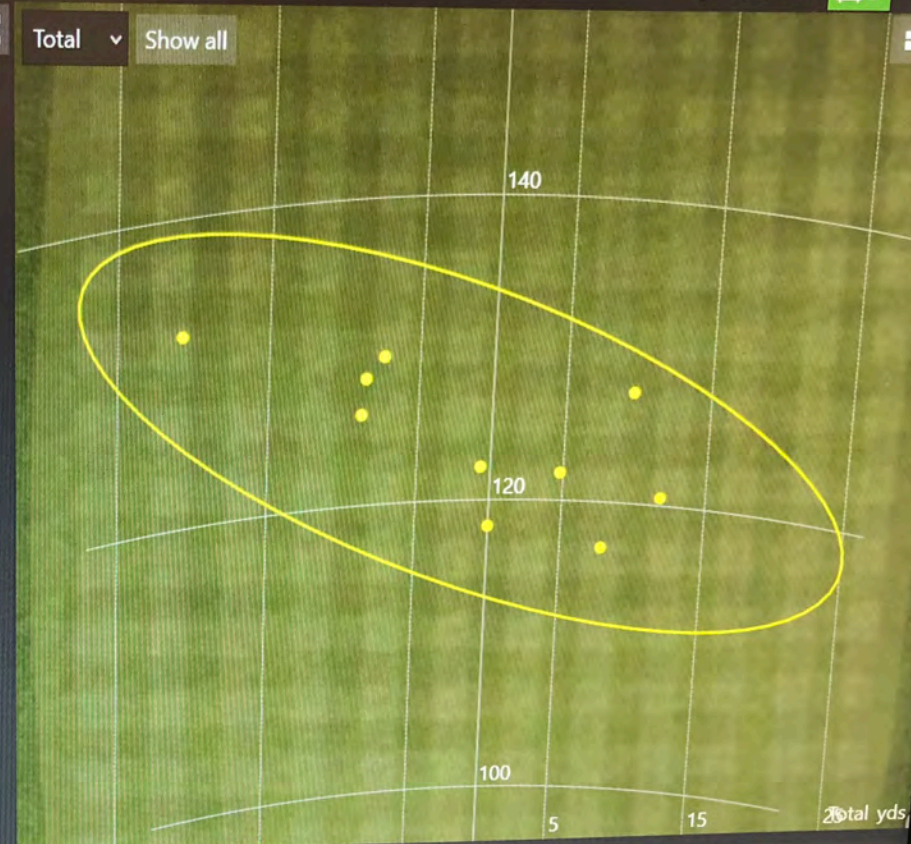
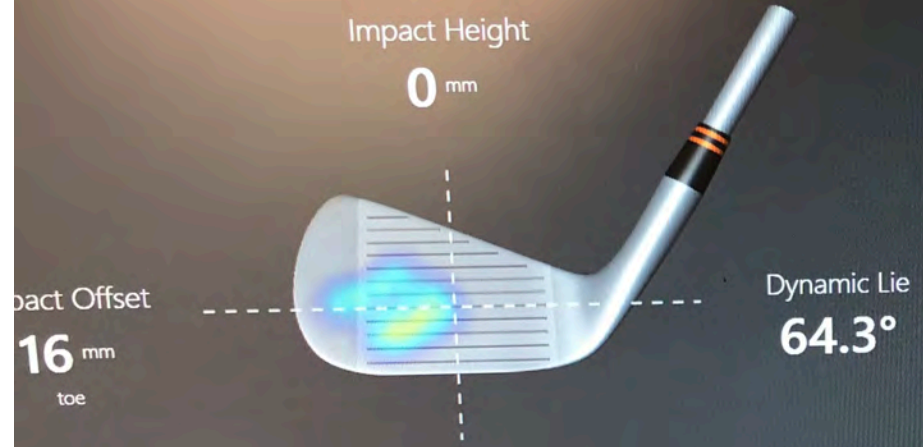
✓ Dr







Total ▾ Show all



CLUB SPEED	BALL SPEED	CARRY	TOTAL	SPIN RATE	LAUNCH ANG.	ATTACK ANG.	FACE ANG.	FACE TO PATH	CLUB PATH	SWING DIR.	SMASH FAC.
74.0 mph ±0.7	92.1 mph ±2.5	116.8 yds ±5.2	124.4 yds ±4.9	7665 rpm ±586	19.7 deg ±2.2	-6.7 deg ±1.3	-2.1 deg ±3.3	-2.6 deg ±3.0	0.5 deg ±1.0	-3.8 deg ±1.6	1.25 ±0.03
LOW POINT	SPIN LOFT	DYN. LOFT	SWING PL.	LAUNCH DIR.	SPIN AXIS	LAND. ANG.	HEIGHT	SIDE	SIDE TOT.	CURVE	
5.6A in ±1.3	35.1 deg ±2.3	28.1 deg ±2.5	60.5 deg ±3.8	-1.4 deg ±2.6	2.5 deg ±4.9	40.4 deg ±3.6	57 ft ±9	3' 10"L ±26' 10"	3' 7"L ±29' 1"	5R ft ±12	

Impact Location ▾

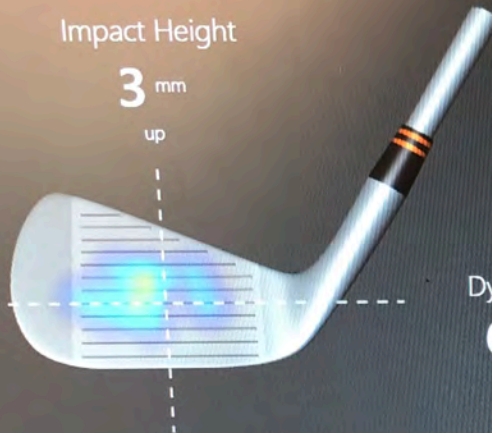
7 Iron

Impact Height

3 mm
up

Impact Offset

6 mm
toe



Dynamic Lie
63.1°

Total ▾ Show all



CLUB SPEED	BALL SPEED	CARRY	TOTAL	SPIN RATE	LAUNCH ANG.	ATTACK ANG.	FACE ANG.	FACE TO PATH	CLUB PATH	SWING DIR.	SMASH FAC.
75.3 mph ±0.7	103.2 mph ±3.7	139.3 yds ±7.3	151.0 yds ±7.8	5726 rpm ±1103	17.0 deg ±1.1	-5.9 deg ±1.8	-1.6 deg ±2.9	-1.5 deg ±3.4	-0.1 deg ±1.2	-4.0 deg ±2.1	1.37 ±0.05
LOW POINT	SPIN LOFT	DYN. LOFT	SWING PL.	LAUNCH DIR.	SPIN AXIS	LAND. ANG.	HEIGHT	SIDE	SIDE TOT.	CURVE	
5.0A in ±1.5	28.7 deg ±2.2	22.5 deg ±1.5	59.9 deg ±3.8	-1.4 deg ±2.2	-0.4 deg ±8.4	39.5 deg ±3.2	63 ft ±8	13' 1"L ±41' 1"	14' 9"L ±46' 0"	2L ft ±26	

Averages - Rob MacDonald, 7 Iron, Premium, Apr 24, 2019

4:00 PM
4/24/2019

BENQ

tion ▾

50° Wedge

✓ Dr



Total ▾ Show all

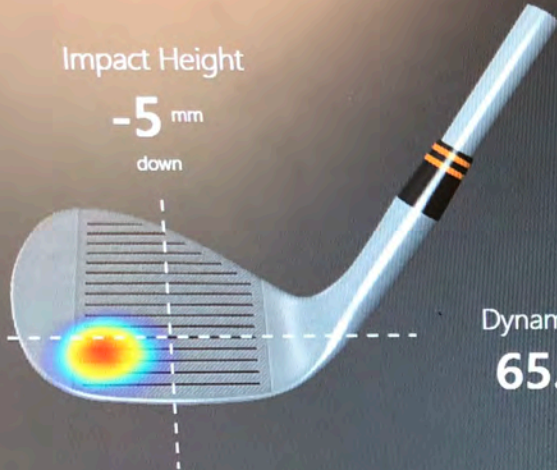


Impact Height

-5 mm
down

Impact Offset

18 mm
toe



Dynamic Lie

65.8°



CLUB SPEED	BALL SPEED	CARRY	TOTAL	SPIN RATE	LAUNCH ANG.	ATTACK ANG.	FACE ANG.	FACE TO PATH	CLUB PATH	SWING DIR.	SMASH FAC.
73.1 mph ±0.8	83.6 mph ±2.0	103.0 yds ±3.2	107.1 yds ±3.2	8501 rpm ±1063	25.8 deg ±2.4	-4.6 deg ±1.7	-2.5 deg ±1.9	-6.5 deg ±2.0	4.0 deg ±1.8	1.6 deg ±2.9	1.14 ±0.02
LOW POINT	SPIN LOFT	DYN. LOFT	SWING PL.	LAUNCH DIR.	SPIN AXIS	LAND. ANG.	HEIGHT	SIDE	SIDE TOT.	CURVE	
3.7A in ±1.4	41.1 deg ±1.8	36.0 deg ±1.8	66.5 deg ±4.8	-0.6 deg ±1.6	-2.7 deg ±4.2	45.1 deg ±2.5	62 ft ±6	9' 0"L ±15' 7"	9' 7"L ±16' 3"	6L ft ±9	

Averages - Rob MacDonald, 50° Wedge, Premium, Apr 24, 2019

4:00 PM
4/24/2019

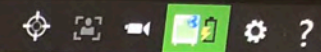
Location ▾

Driver

Dr



Total ▾ Show all

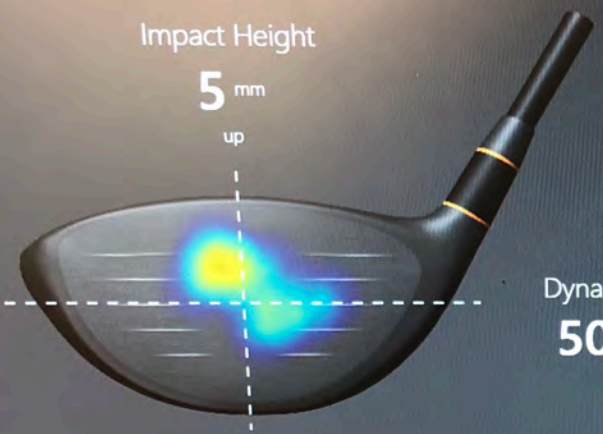


Impact Offset

-2 mm
heel

Impact Height

5 mm
up



Dynamic Lie

50.6°



CLUB SPEED	BALL SPEED	CARRY	TOTAL	SPIN RATE	LAUNCH ANG.	ATTACK ANG.	FACE ANG.	FACE TO PATH	CLUB PATH	SWING DIR.	SMASH FAC.
93.5 mph ±1.4	137.0 mph ±2.6	196.6 yds ±18.6	229.7 yds ±7.4	2659 rpm ±804	9.6 deg ±2.4	-4.0 deg ±1.1	-4.7 deg ±3.2	0.9 deg ±3.9	-5.7 deg ±1.5	-10.3 deg ±2.5	1.47 ±0.02
LOW POINT	SPIN LOFT	DYN. LOFT	SWING PL.	LAUNCH DIR.	SPIN AXIS	LAND. ANG.	HEIGHT	SIDE	SIDE TOT.	CURVE	
4.6A in ±1.4	16.1 deg ±3.0	11.5 deg ±2.7	44.6 deg ±1.7	-4.9 deg ±2.7	9.9 deg ±10.2	26.4 deg ±8.2	51 ft ±18	8"R ±57° 8"	1' 1"R ±75° 6"	49R ft ±41	

Averages - Rob MacDonald, Driver, Premium, Apr 24, 2019







Christopher Andrews Golf Default ★ ★ ★

