ABSTRACT

A one-sided sport where a player makes the same moves only on one hand entails difficulties that can occur in the first few weeks , or even after years of playing golf. Asymmetric movements are reflected in the overall posture, and in this study it is examined whether the inclusion of compensation will have an improving effect on this problem.

The aim of this work is to determine the effect of compensatory exercises on posture in young golfers and whether these exercises also have an impact on improving the quality of the game.

This randomized intervention study was conducted on 18 probands that were randomly divided into experimental and control groups. Probandi are active golfers of school age from 12-15 years old. Both groups underwent both input and output measurements with three monthly spacing. The experimental group was educating on compensatory exercises. Probands were measured by Thomayer's distance, kinesiological analysis, shortened muscle testing, range of strokes in three types of golf clubs, and stableimetric plateau tests. Everything was measured at the beginning and end of the research. The results were compared between the two groups.

Compensatory exercise was found to have a positive effect on posture and posture for school-age golfers, but also positively affects players' distance skills.

This study confirms that the inclusion of a compensatory exercise in a training program has a positive impact on the players' musculoskeletal apparatus, as well as an improvement in golf levels.

Keywords: compensatory exercises, golf, posture