



THE ART OF 
simplegolf

THE HEALTHY
HIPS
ASSESSMENT
FOR GOLFERS

PERFORM AT YOUR BEST BY KEEPING
YOUR BODY AT ITS BEST

Healthy Hips = Happy Golfer

Thank you for wanting to learn more about how you can get your hips moving better to play better golf! The hips are a crucial area that can be a source of trouble for golfers. Unfortunately, golfers have a tendency to try and play through discomfort which potentially makes it worse.

This assessment will take you through a variety of movements to determine if the hips are the source of your issue, and also if there are areas that you are limited on that you can work on.

While this assessment can give you a better indication as to what potentially could be giving you issues, we ALWAYS recommend consulting with a medical provider prior to engaging in a training routine.

Now let's figure out how well your hips move! When doing this assessment, we recommend trying the movements on both sides so you can get a better feel as to how limited a certain movement is.



Hip Flexion

Bringing your knee to chest (hip flexion) involves a lot of important muscles that could be problematic when dealing with hip issues. Pinching and tightness is often felt in the front of the hip due to inadequate motion.



Bring your knee to your chest while trying to maintain your ability to keep your torso upright.



If there is limited hip flexion, your low back might round to accommodate for the lack of motion. This would put excessive stress on the low back and potentially the hip.

Hip Outward Rotation

Hip outward rotation is important for both the backswing (lead leg) and downswing (trail leg).

Inability to move into outward rotation might cause you to extend or rotate too much through the low back to make up for the lack of motion in the hip.



Cross over your leg so that your foot is resting on top of your knee.



Attempt to bring the knee down towards the ground as far as possible. Discomfort in hip and/or significant lack of motion compared to other side to indicate a mobility issue.

Hip Inward Rotation

Hip inward rotation is important for both the backswing (trail leg) and downswing (lead leg).

Inability to move into inward rotation might cause you to extend or sway into the ball at impact to make up for the lack of motion in the hip.



Start with both hips and knees at 90 degree angles.



Attempt to bring one foot away from the other.

Pinching in front of hip or cramping sensation could indicate potentially irritation or limitation in this movement.

Standing Hip Inward Rotation

Assessing hip inward rotation when standing gives us even more insight as to what could be going on during your golf swing. Use a club across your hips and maintain club contact with the hips the whole time.



Start with one foot slightly in front of other with the back foot up on the toes just for balance.



Attempt to rotate towards the right so that you're able to rotate at least 60 degrees to that side. Repeat with the other leg.

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How Did You Do?!

Hopefully you were able to get through the assessment and come away with some better clarity as to how well your hips move.

We are big believers in having all of our golf athletes get screened before starting a training program or rehab from an injury to ensure the athlete is getting the most customized program specific to them.

Now that you finished the assessment, we're going to show you some simple exercises you can do to address the limitations you might've experienced. **If you experience pain with any of these simple exercises, then do not continue and consult with a physical therapist. When doing the exercises, try 10-12 repetitions per exercise to see how you do.



Hip Flexion Solution

Quadruped Rockbacks



Start on hands and knees while keeping your back/torso as flat as possible.



Slowly rock back so that your backside rocks back towards your heels while preventing low back from flexing as you go back. If you feel pinching or discomfort in the hips or low back with this, stop short of motion and return to start.

Hip Outward Rotation Solution

Assisted Hip Rotation Mobility



Cross over your leg so that your foot is resting on top of your knee.



Press hand down on knee to help hip rotate as much as tolerated. You should feel a mild stretch in the backside of the hip.

Hip Inward Rotation Solution

Sidelying Hip Inward Rotation



Lie on one side with hips and knees stacked on top of each other.



Rotate top foot towards the ceiling to allow for hip inward rotation. A mild stretch should be felt on the outer aspect of the hip.

About MANA Performance Therapy

MANA Performance Therapy is a performance based physical therapy company located in Rochester, NY. The owner Dr. Russ Manalastas is a board certified sports physical therapist, strength coach for the Nazareth College Men's & Women's golf teams, Titleist Performance Institute Medical 2 Certified, and a contributor to The Art Of Simple Golf. Their speciality is to help the golf athlete go from injury back to performance by focusing on a comprehensive approach to the sport.

Whether golf athletes are being seen in person or remotely through their virtual services, everything they do is fully customized and specific to person's needs.

If you have any further questions about your assessment results and want to consult with them, you can reach them at info@manaperformancetherapy.com or call/text 585-364-1586.