



## CENTER FOR HUMAN PERFORMANCE

Motion Analysis Laboratory  
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### MOTION ANALYSIS OF A GOLF SWING (Information Sheet)

We often get asked if we can make a golfer swing like Tiger Woods! The proverbial answer is usually NO, but we can surely provide a unique sophisticated tool that you as a pro, amateur, or recreational golfer can use to improve your swing. 3D motion analysis captures the human movement and the science behind it provides us with the physics that define your swing. With this information, an objective assessment of how well (or bad) you can swing a golf club is provided to you as a player or coach.

Through our motion analysis service, a comprehensive evaluation of joint motion, weight transfer, swing plane, X Factor, and other pertinent parameters of the swing is provided to the player as an objective tool for performance enhancement and injury risk assessment.



### WHAT TO EXPECT FROM A GOLF SWING MOTION ANALYSIS

- During a motion analysis session, the athlete will be asked to wear sliding shorts and a baseball cap to allow for motion analysis preparation. A kinesiologist will then place 40 reflective markers on the skin overlying specific bony landmarks of the athlete's entire body.
- The kinesiologist will ask the athlete to stand in the middle of motion analysis laboratory for a few seconds while 10 special motion capture cameras record the locations of each marker.
- Once all the marker locations have been verified, the athlete will be allowed ample time to warm-up by taking a few practice swings into a golf net.
- After the warm-up period, the athlete will then swing 10 club drives and iron swings (other swings can also be performed at athlete's request).
- The staff will capture the movements of the markers with the motion analysis system while the athlete swings his clubs.
- The athlete will have the option to swing in varying conditions (ie, instruction style). This will be left at the discretion of the coach and/or player.
- The entire session should take 1 to 1.5 hours to complete, after which the athlete can view his 3D "stick figure" in motion on the computer screen.
- Depending on the nature of the visit, a report summarizing the biomechanical findings will be sent out to the player, coach, trainer, or in some instances, his physician. A CD of his 3D stick figure and videos from the session will also be produced and sent, usually within a week or two.

**To schedule an appointment, please call the Center at (858) 966-8415 or visit [www.sdchp.com](http://www.sdchp.com).**