

GOLF SWING SEQUENCE

TRANSFORMATIONAL ZONE ANALYSIS



POWERED BY
GrayInstitute

BACKSWING

TRANSFORMATIONAL ZONE ANALYSIS

WRISTS

RADIAL DEVIATION TO RADIAL DEVIATED

ELBOWS

FLEXION TO FLEXED

EXTENSION TO EXTENDED

SHOULDERS

HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED
FLEXION TO FLEXED
ADDUCTION TO ADDUCTED

HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED
FLEXION TO FLEXED
ADDUCTION TO ADDUCTED

CERVICAL SPINE

FS ROTATION TO FS ROTATED
BS LATERAL FLEXION TO BS LATERALLY FLEXED

THORACIC SPINE

EXTENSION TO EXTENDED
FS LATERAL FLEXION TO FS LATERALLY FLEXED
BS ROTATION TO BS ROTATED

LUMBAR SPINE

EXTENSION TO EXTENDED
BS LATERAL FLEXION TO BS LATERALLY FLEXED

HIPS

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED
INTERNAL ROTATION TO INTERNALLY ROTATED

EXTENSION TO FLEXED
ADDUCTION TO ADDUCTED
EXTERNAL ROTATION TO EXTERNALLY ROTATED

KNEES

EXTENSION TO FLEXED
ADDUCTION TO ADDUCTED

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED

ANKLES

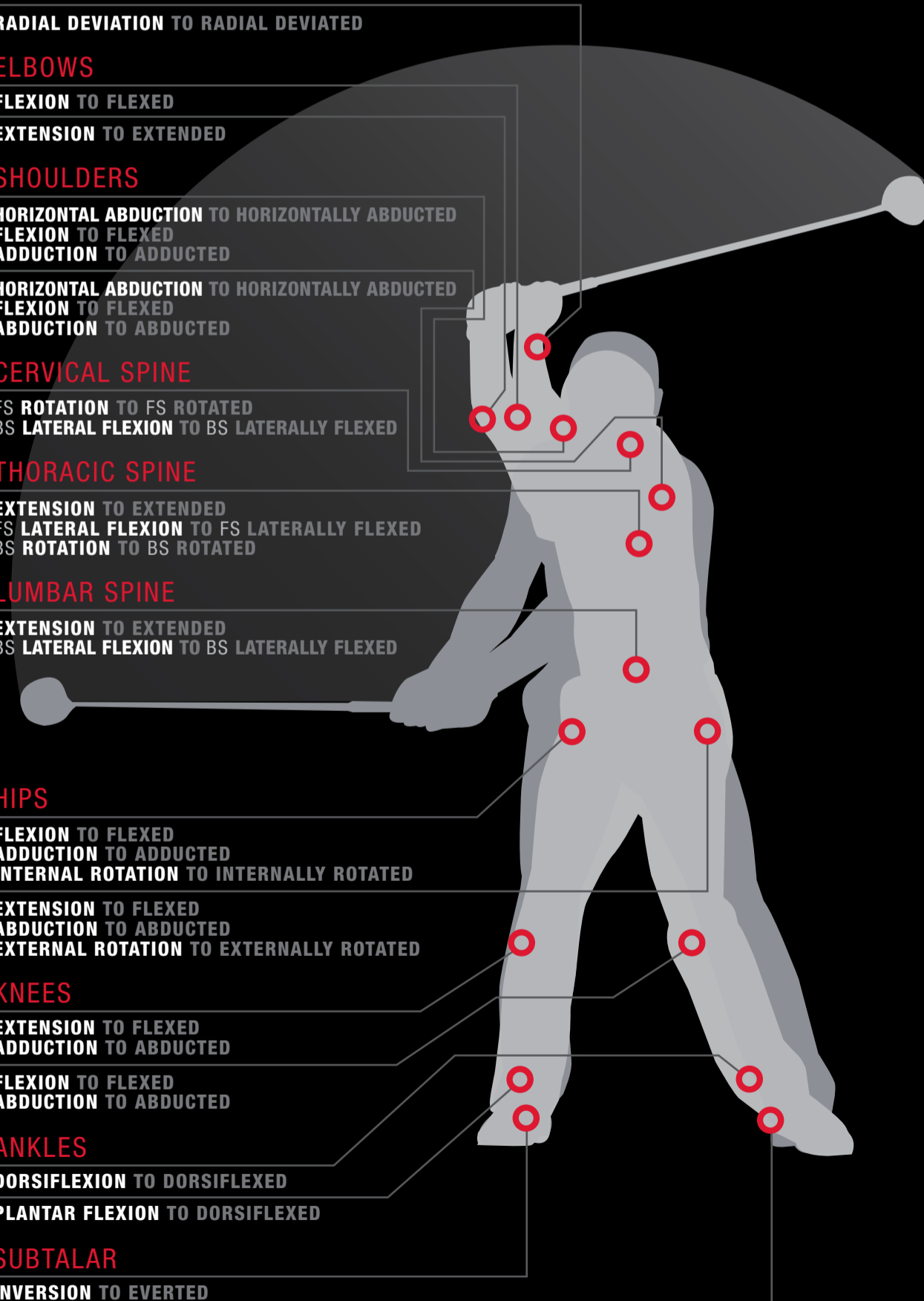
DORSIFLEXION TO DORSIFLEXED

PLANTAR FLEXION TO DORSIFLEXED

SUBTALAR

INVERSION TO EVERTED

EVERSION TO EVERTED



FOLLOW THROUGH

TRANSFORMATIONAL ZONE ANALYSIS

WRISTS

ULNAR DEVIATION TO ULNAR DEVIATED
PRONATION TO PRONATED

ULNAR DEVIATION TO ULNAR DEVIATED
SUPINATION TO SUPINATED

ELBOWS

EXTENSION TO EXTENDED

EXTENSION TO EXTENDED

SHOULDERS

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED
HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED
HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED

CERVICAL SPINE

FS LATERAL FLEXION TO FS LATERALLY FLEXED
ROTATION TO ROTATED (BS)

THORACIC SPINE

EXTENSION TO FLEXED
BS LATERAL FLEXION TO BS LATERALLY FLEXED
FS ROTATION TO FS ROTATED

LUMBAR SPINE

EXTENSION TO FLEXED
BS LATERAL FLEXION TO BS LATERALLY FLEXED

HIPS

EXTENSION TO FLEXED
ADDUCTION TO ADDUCTED
INTERNAL ROTATION TO INTERNALLY ROTATED

EXTENSION TO EXTENDED
ADDUCTION TO ADDUCTED
EXTERNAL ROTATION TO EXTERNALLY ROTATED

KNEES

EXTENSION TO EXTENDED
ADDUCTION TO ADDUCTED

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED

ANKLES

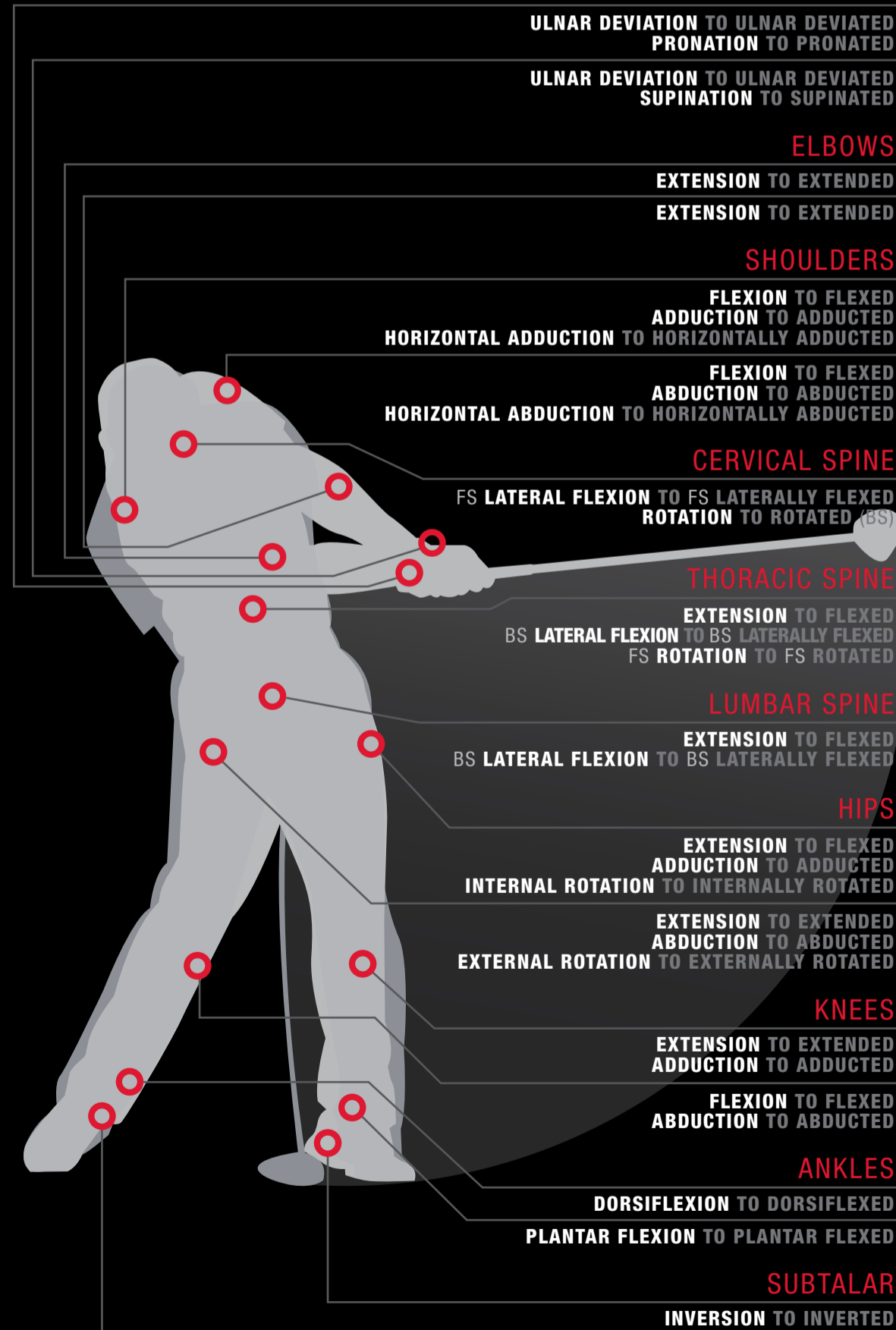
DORSIFLEXION TO DORSIFLEXED

PLANTAR FLEXION TO PLANTAR FLEXED

SUBTALAR

INVERSION TO INVERTED

EVERSION TO EVERTED



FULL FOLLOW THROUGH

TRANSFORMATIONAL ZONE ANALYSIS

WRISTS

RADIAL DEVIATION TO RADIAL DEVIATED

ELBOWS

FLEXION TO FLEXED

FLEXION TO FLEXED

SHOULDERS

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED
HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED

FLEXION TO FLEXED
ADDUCTION TO ADDUCTED
HORIZONTAL ABDUCTION TO HORIZONTALLY ABDUCTED

CERVICAL SPINE

LATERAL FLEXION TO LATERALLY FLEXED
ROTATION TO ROTATED

THORACIC SPINE

EXTENSION TO EXTENDED
FS LATERAL FLEXION TO FS LATERALLY FLEXED
FS ROTATION TO FS ROTATED

LUMBAR SPINE

EXTENSION TO EXTENDED
FS LATERAL FLEXION TO NEUTRAL

HIPS

EXTENSION TO EXTENDED
ADDUCTION TO ADDUCTED
INTERNAL ROTATION TO INTERNALLY ROTATED

EXTENSION TO EXTENDED
ADDUCTION TO NEUTRAL
INTERNAL ROTATION TO NEUTRAL

KNEES

FLEXION TO FLEXED
ADDUCTION TO NEUTRAL

FLEXION TO FLEXED
ADDUCTION TO NEUTRAL

ANKLES

PLANTAR FLEXION TO PLANTAR FLEXED

DORSIFLEXION TO NEUTRAL

SUBTALAR

INVERSION TO INVERTED

INVERSION TO NEUTRAL

