

# The Priority of Golf Performance Diagnosis

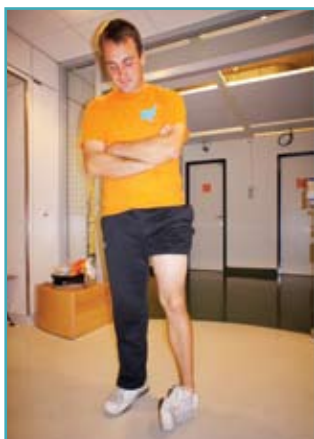


*In February 2010 I met a Golf Professional, who had no good results at the national Pro Tour. His management made so much pressure to him that not only his left ankle but also his mind was badly injured. His left ankle had a chronically over bending of the ligaments and after some minutes of training he suffered from strong pain. His sponsors were so unsatisfied that they canceled all support to him.*

**S**o I called him and said: I saw your golf swing – and it is clear which are the reasons that you are not able to qualify for the European Tour. 1. You train into an injury because of the construction of your golf shoes. Your inner body intelligence said – this is a no go. 2. Your leg and hip work is passive. 3. Your alignment is poor.

We started some training units at the “Center of Excellence Golf Active Method Free-Release” by using the Turning Shoe for his future long-term health plan. His suffering reduced – but he still has a shoe contract with “Injury Shoes” until the end of the year.

Because he used my Golf



Active Method Free-Release we got nearly 100% perfect measured SMASH7-results.

With the new method we improved the energy transfer to the ball, his sideline quality, his ball-clubface angle, his X-Factor 2 and 3 and we had a long-term health plan. Also we changed from his passive leg and hip work to my Active Method Free-Release.

So we advanced him to the “Head of Technical Demo Team Golf Active Method Free-Release” in July 2010. In December he passed the European Q-School in competition as #6. So he was allowed to play the European Tour besides Lee Westwood and Martin Kaymer.

Conclusion:

1. The Golf Active Method Free-Release improves every Tour Professional up to 15%.
2. The Turning-Shoe protects and therapies the athlete. It moves after the ball impact. So it reduces the stress up to 99% measured with kinematic measurements.
3. All hard golf training, all hard cardio and athletic training are pointless if an athlete does not protect his long-term health. This means to reduce the

share force, friction, torsion and vibrations.

The Free-Release-Health Plan for Golfers - which is never too late to start – is the main claim of the Rules of Golf. The Spirit of the Game says, that you have to deal with your health in an ethical relation. This means you are not allowed to injure yourself – if there is an alternative. The Etiquette claims that you are not allowed to injure other golfers – so the “argumentum e contraio” says, you are not allowed to injure yourself. Also the IOC Charta and the IOC Medical Code says: “Safety First to the athlete”. We have to do everything to protect the health of an athlete.

It is “chic” to fight for health. There are huge programs of health protection against Cancer, Aids etc..

If you ask responsible humans whether they would support these programs – I am sure every one of these people would do for cancer and Aids. If you ask them whether they support health protection of golfers – the same people “shame” to act.

We should look out of the box and learn from other sports: 95%

of the skiing kids use helmets for passive health protection.

So a health plan for athletes or amateur golfers and “Safety First for Golfers” is the main claim of the Rules of Golf and the IOC Charta.

**If you want to train with kids or Pro Golfers the list of priorities is as follows:**

**#1 is to create a functional health plan. The main part of this health plan is using the Turning-Shoe.**

**#2 is to work on the golf biomechanics with the best method worldwide: Golf Active Method Free-Release.**

**#3 is to create a performance diagnostic plan.**

**If you want to deal smart - stick to this order!**

**If you have any questions feel free to email me. Cheers**



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