

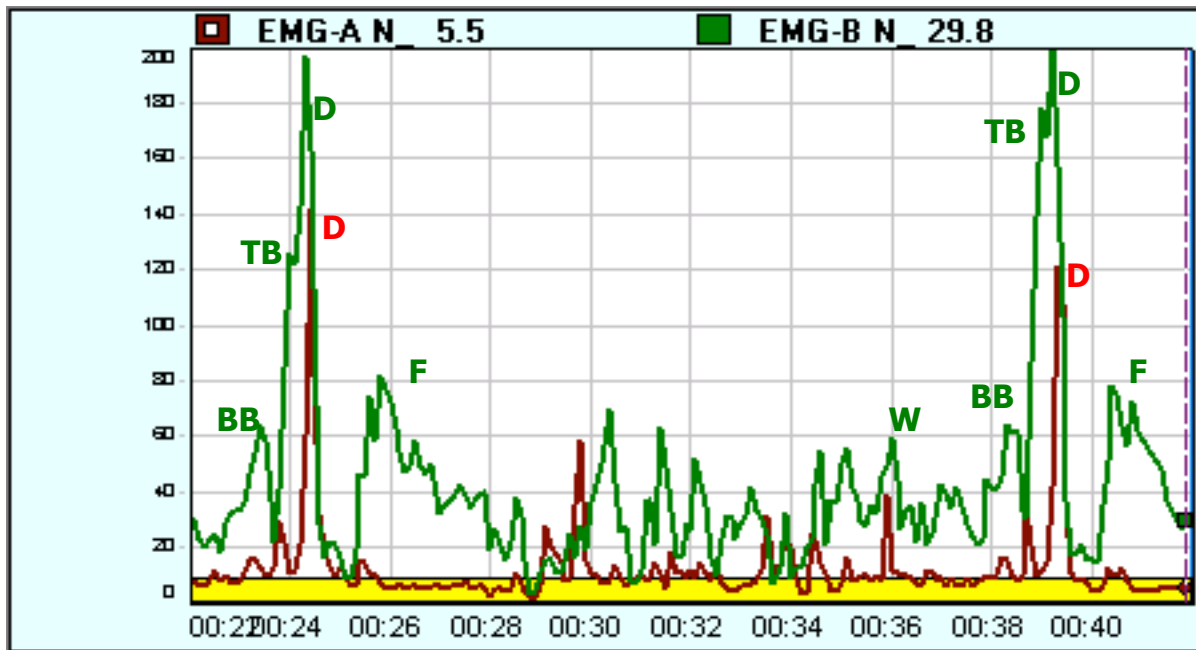
Surface EMG Patterns

Finger Extensor Muscles vs. Finger Flexor Muscles In Golf (wedge, iron, driver, driver, bunker, flop, putt)

Professional Golfer (A. Smeeth)

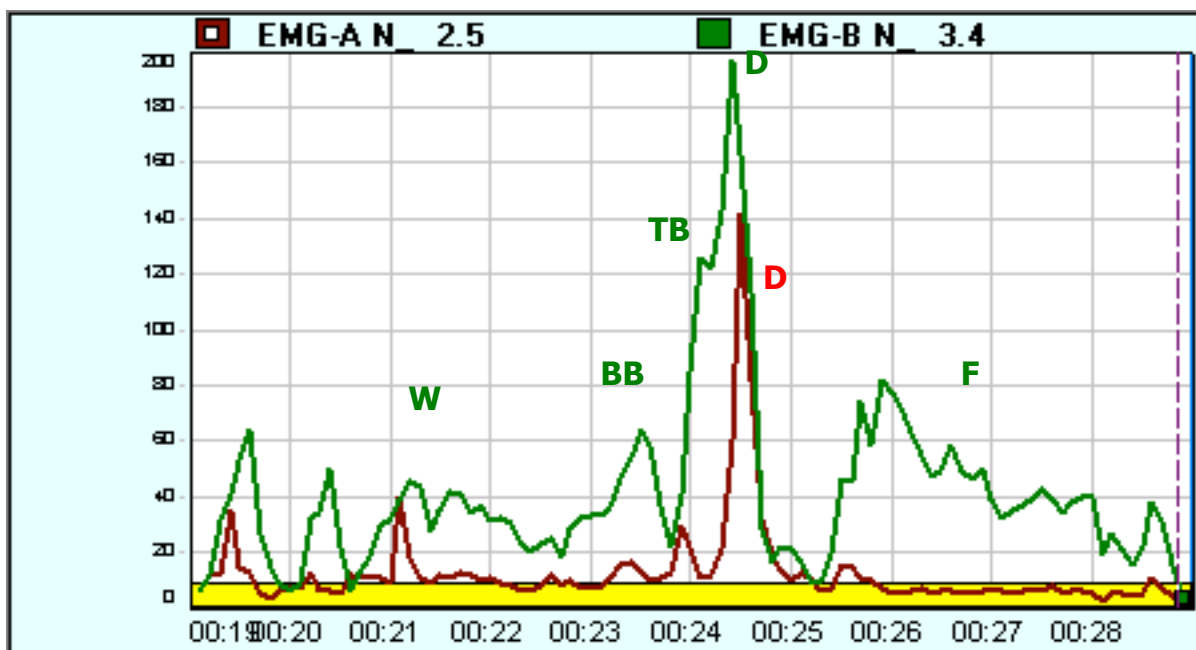
1. Wedge Shots

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



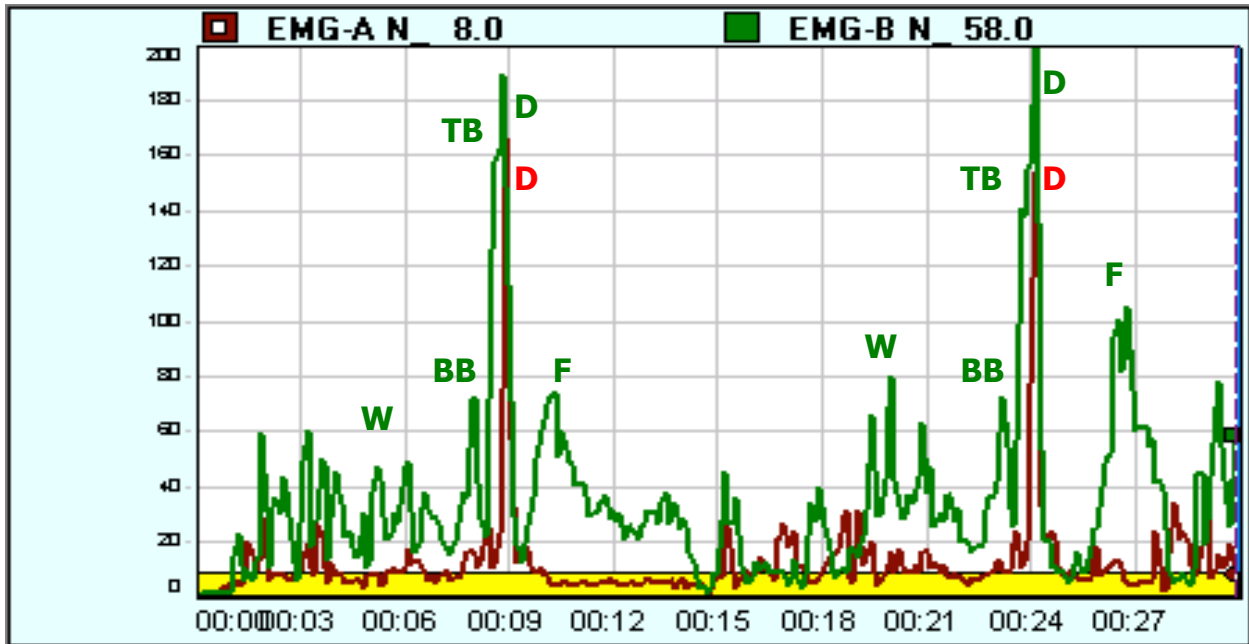
1a. Wedge Shot (Close-Up)

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



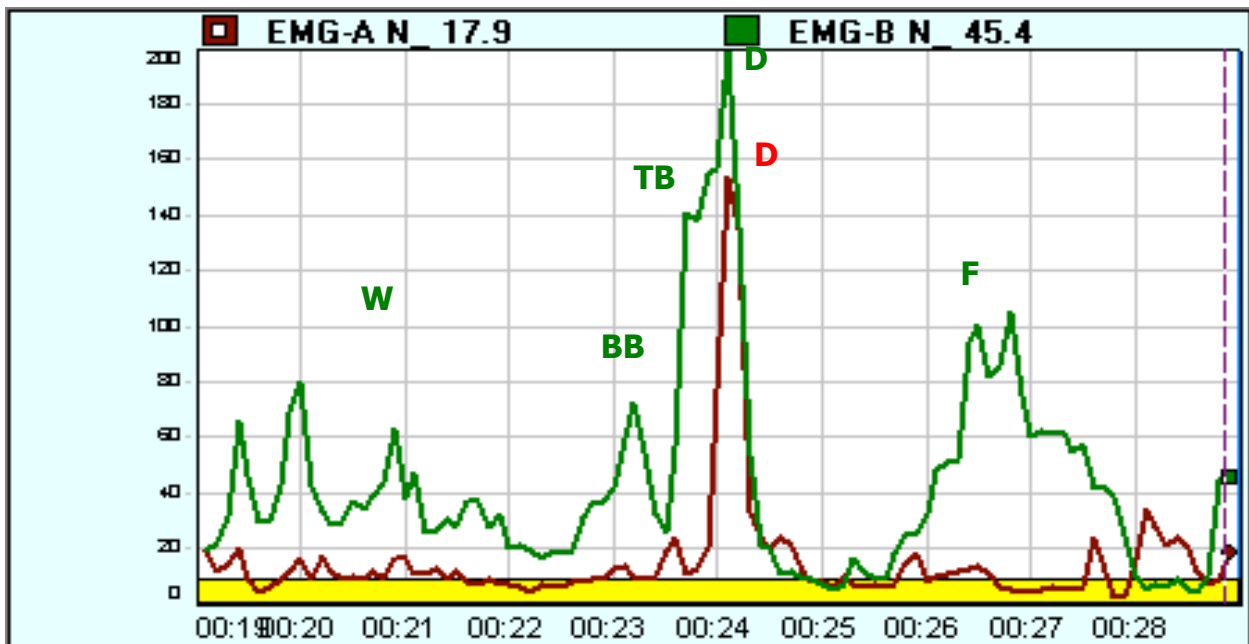
Note: The abbreviations used are as follows: **BB** (begin backswing), **TB** (top of backswing), **D** (downswing), **F** (follow through), **W** (waggle) and **G** (grip). When the abbreviation is in **green**, it refers to the contribution of the golfer's **finger extensor muscles** and when the abbreviation is in **red**, it refers to the contribution of the golfer's **finger flexor muscles**.

2. Mid-iron (7-iron) Shots



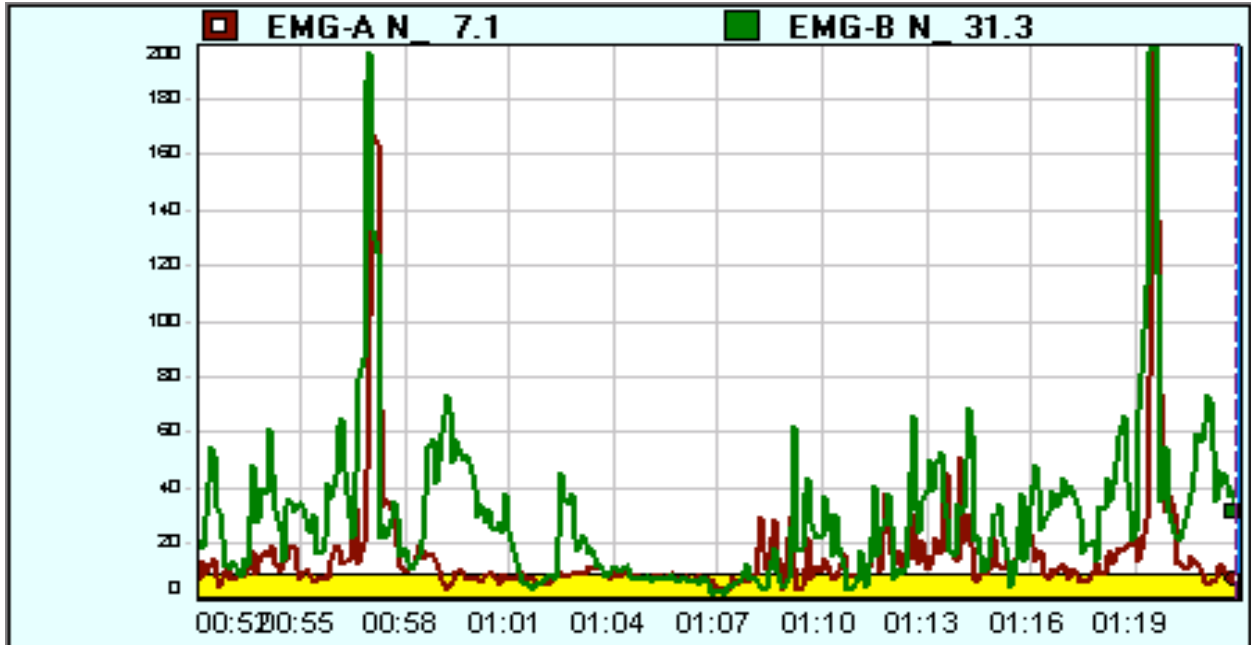
2a. Mid-iron (7-iron) Shot (Close-Up)

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



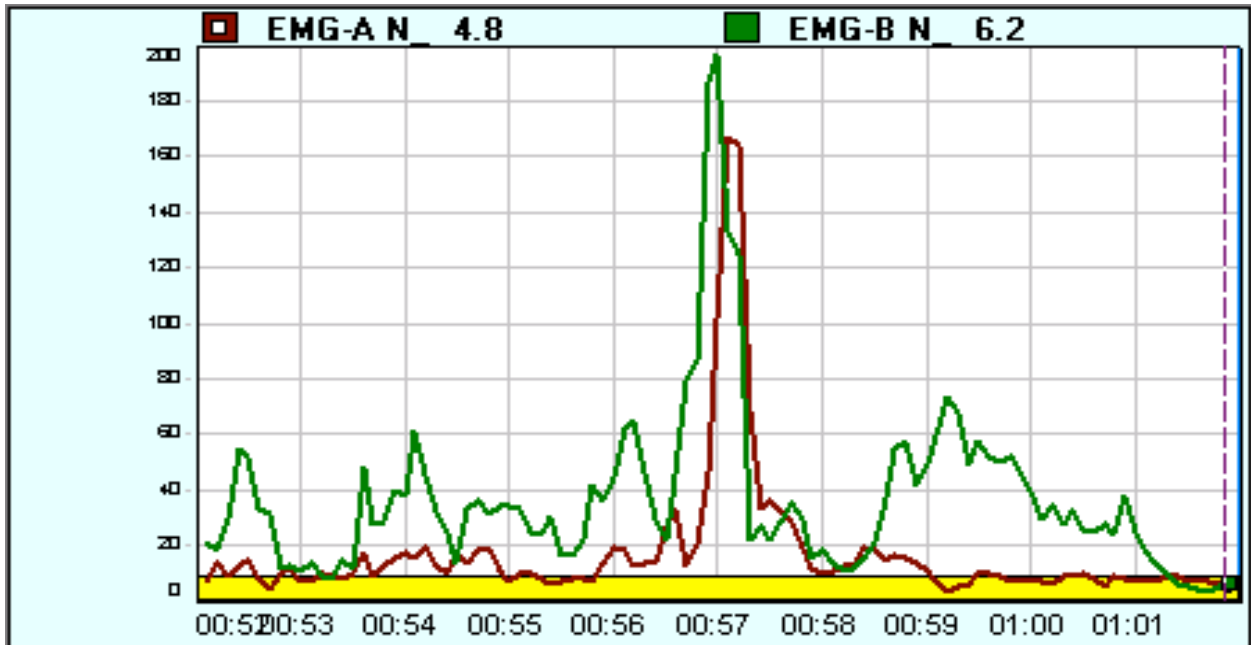
3. Driver Shots

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



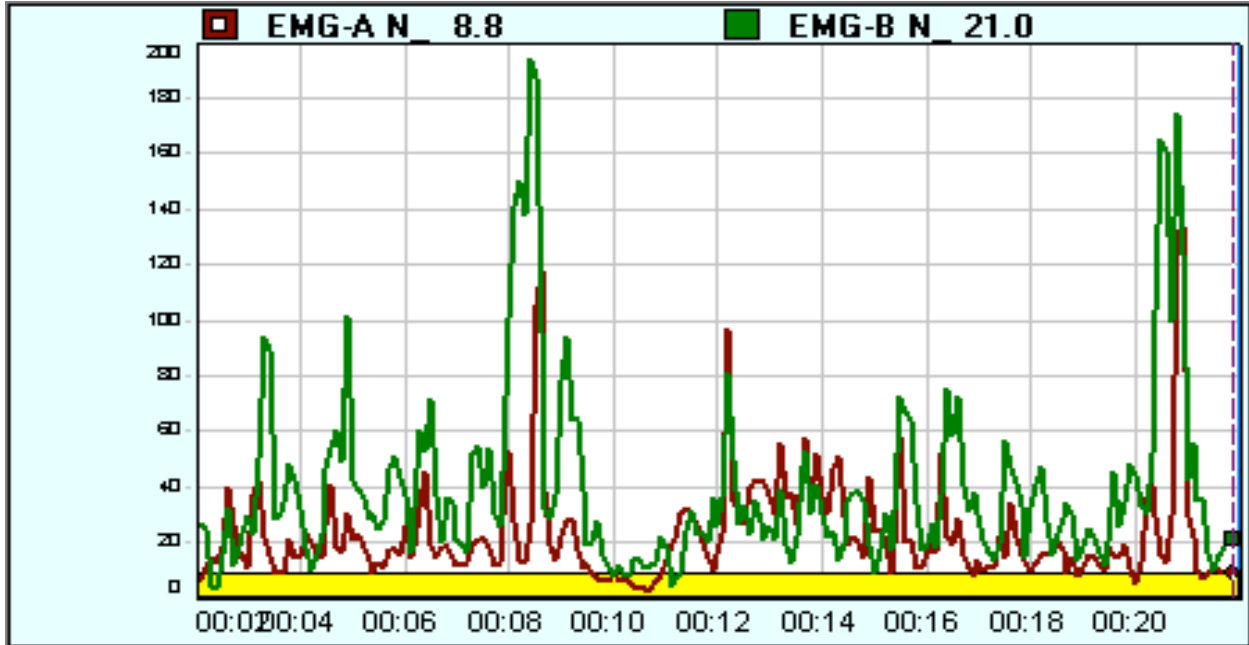
3a. Driver (Close-Up)

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



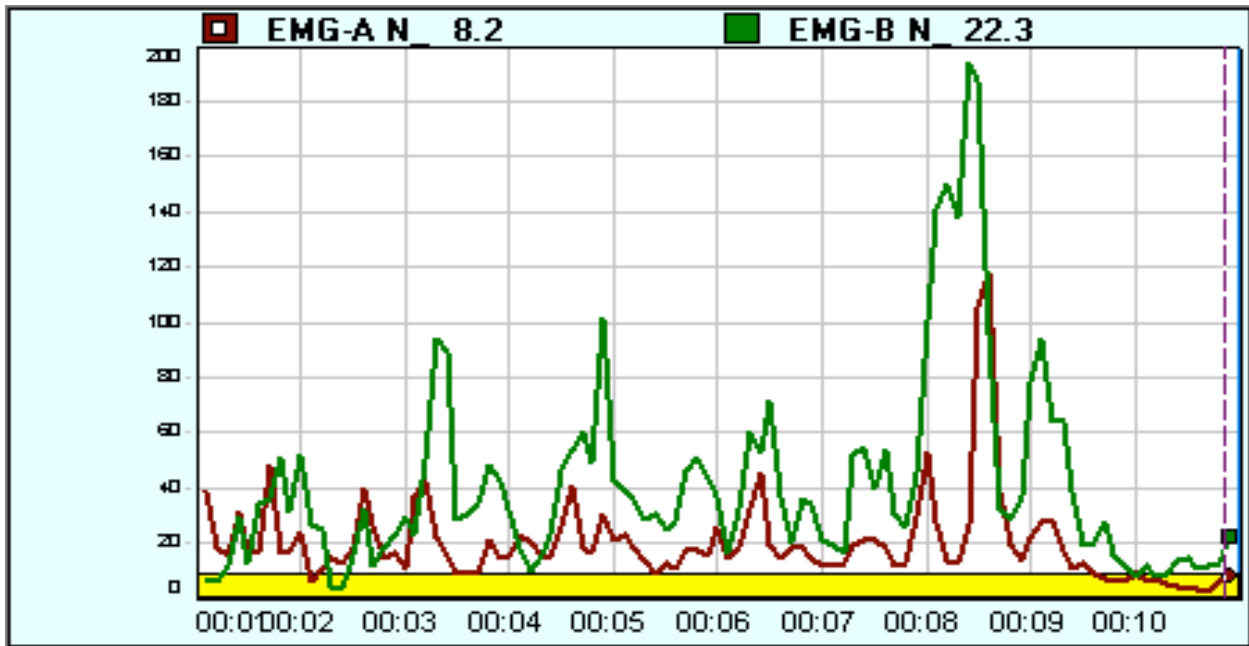
4. Greenside Bunker Shots

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



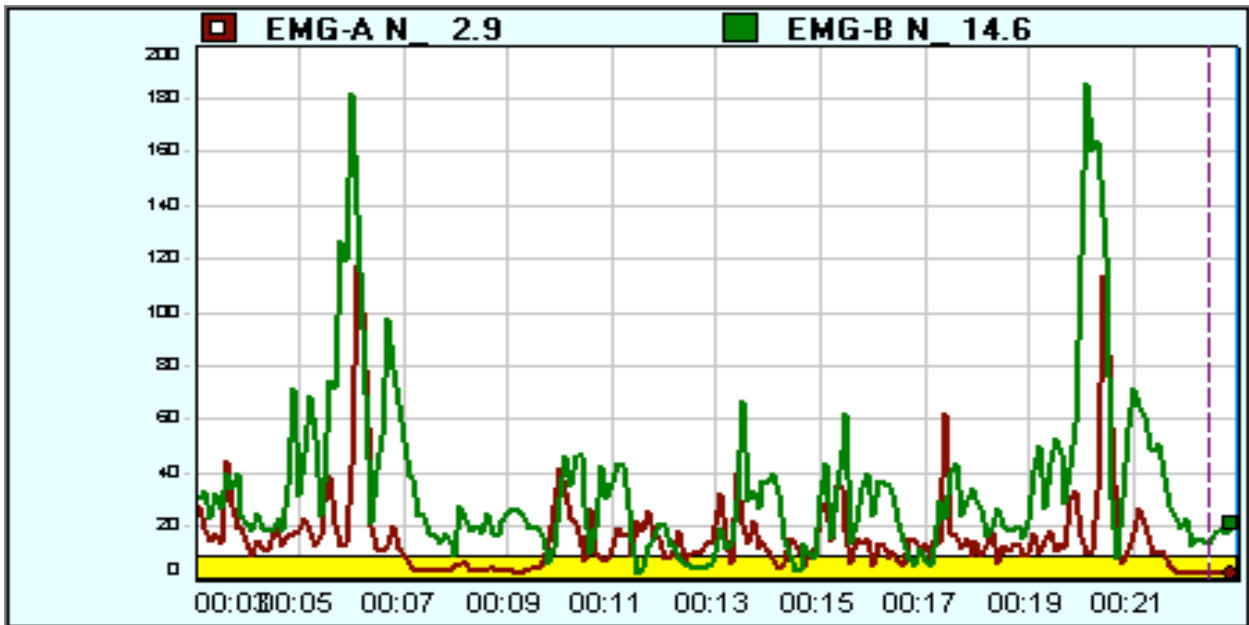
4a. Greenside Bunker (Close-Up)

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



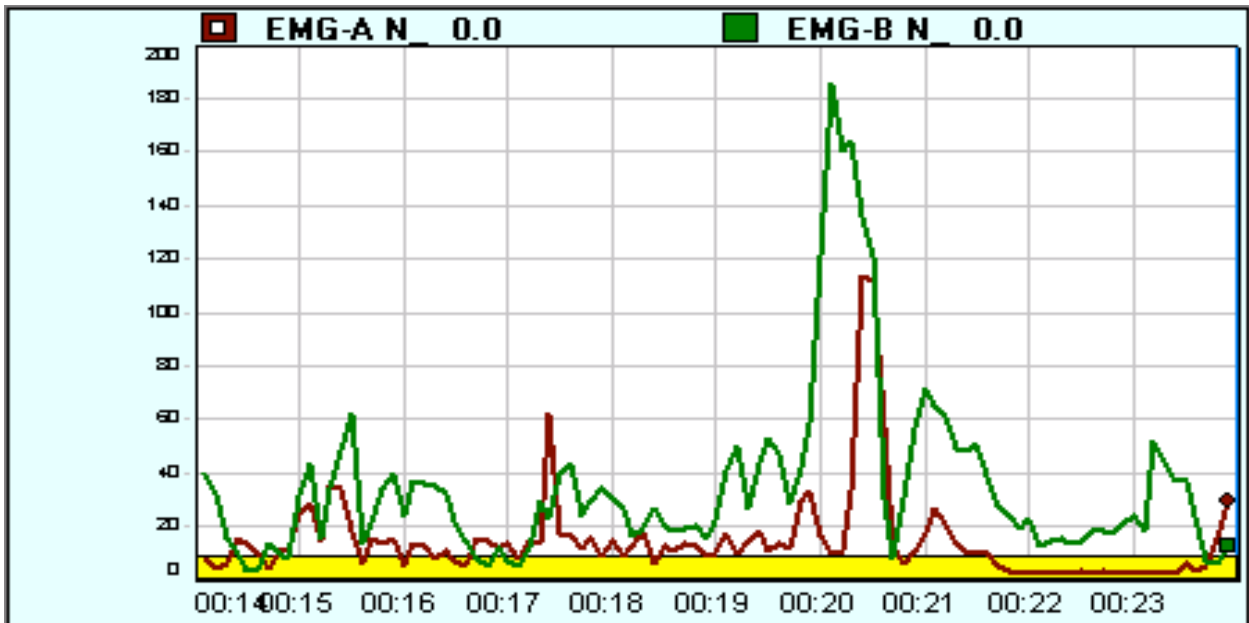
5. Flop Shots

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



5a. Flop Shot (Close-up)

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red



Putts From 15 Feet

- Finger extensor muscle activity in green
- Finger flexor muscle activity in red

