



Grip Size Optimization – A Study in Speed, Control, and Consistency

Liam S Mucklow, *PGA of Canada*

Cory Kartusch, *PGA of Canada*

Jason Giesbrecht, *PGA of Canada*

Category

Playing Equipment

Purpose

This presentation is designed to give professionals a clear and repeatable process by which they can optimize the size of the grip relative to the players performance needs. This process is not specific to brand, gender, age or ability of the golfer.

Methods

The original study has been performed on 50 subjects whereby each golfer was subject to standardized anatomical measurements such as hand length, palm length and width, and middle finger length were captured. Each golfer then hit 6 shots with 5 different grip sizes on an interchangeable iron head. Foresight GCQuad was the Launch Monitor used and K-Vest was the body motion capture system used for each shot in the testing. Each shaft was made to exact matching specifications and the same iron head was used for each test shot in the study.

Results and Discussion

The presentation will walk attendees through the construction of the Grip Optimization Fitting System and then teach them about the protocols we used. Upon showing the methods used we will present any relevant findings as they pertain to Ball Speed, Impact Point, Closure Rate, and Standard Deviation of Closure Rate. The final information to be shared with the group will be the patterns witnessed between pelvis rotational velocities and recommended grip size. A closing chart will be shows that gives attendees basic information on what percentage of players were using the optimal size grip, how many were using a grip that was too small, and how many were using a grip that was too big.

Practical Application

Currently most pro-shops stock 8 or more sizes of grips, but all of their equipment inventory has a Standard size grip on it. The vast majority of grip changes are done subjectively with no empirical evidence that correlates grip size to performance.