



## The Effects of Wearing a Compression Top on Golfers' Trunk Motion during Golf Swing

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**The purpose of this study was to investigate the effects of wearing a commercial compression top on golfers' kinematic variables required in full swing by using a Qualisys' motion capture system.**

An increased interest in compression garments has led to a new golf fashion trend that includes wearing a long-sleeve compression top layered with a short-sleeve t-shirt over the compression top. The results from this study could help elite golfers and their coaches make golf apparel decisions on the basis of potential improvement in performance.