



Golf represents one of the largest recreational markets in Canada and 25% of ALL players are suffering with chronic injuries...

**NEW SPECIAL INJURY HIGHLIGHT COURSE,
INCLUDES GOLF INSTRUCTION
Targeted to all physiotherapists – whether or not they have
previously taken a FITforeGOLF™ Course**

**No Golf
Experience
Necessary!**

- Learn to properly swing a golf club & improve your own golf game with instruction from a licensed golf professional.
 - Understand the science and biomechanics of golf as well as the technique factors associated with golf injuries.
 - EASILY Integrate the latest golf-specific medical research into clinical practice.
- Develop specific rehabilitation and injury prevention programs for golfers.

Invermere BC Seminar: April 27th & 28th 2019
Hosted at Invermere Physiotherapy & Copper Point Golf Course

This SPECIAL Fit Fore Golf (FFG) seminar is presented by physiotherapist and leading golf researcher -- David Lindsay along with CPGA professional -- Dean Walker. The course covers everything you'll need to know to better treat injured golfers PLUS is an excellent "refresher" if you have previously taken a FFG course.

You will learn how golf injuries occur and how to rehab these injuries in a clinical setting PLUS you will have a blast hitting golf balls at a driving range and participate in a fun-filled afternoon playing golf with your peers in a very non-intimidating environment at a beautiful golf course.

David has published over 15 peer-reviewed scientific manuscripts and two book chapter dealing specifically with golf injury biomechanics. Dean is one of Canada's top golf teaching professionals. Together they have been teaching FFG courses to physiotherapists since 1996 and have now put all the critical information into one SPECIAL highlight seminar that not only improves your clinical skills but teaches you how to improve your own golf game. If you have any interest in Golf or Golfers – you MUST take this course!

Cost: \$650 (10% discount for previous FFG seminar attendees).

Includes: manual, clinical & driving range instruction & golf game (taxes extra)

Registration inquiries contact Dean: deanwalk1@gmail.com or visit:

www.fitforegolf.com

INSTRUCTORS:

David Lindsay BHMS, BPhy, MSc:

David was the Head Physiotherapist at the prestigious University of Calgary Sport Medicine Centre for almost 20 years. He is still VERY actively involved in both patient care and clinical research and is recognized as one of the world's top golf health experts. His clientele includes professional golfers as well as elite amateur and recreational players. He has taught golf as a university academic course and lectures extensively throughout the world. David has published over 30 peer-reviewed articles in various international medical journals as well as presented at the acclaimed World Scientific Congress in Golf in 2002 and 2008. David is at the fore-front of current golf research into biomechanics and injury relationships as well as age-related changes affecting older players.

Dean Walker CPGA Class A

Dean has been a golf professional for over 30 years. His grandfather was a golf professional and both parents have been Provincial Senior amateur champions. Dean has won seven other professional tournaments, including the Alberta PGA Championship, and spent time on the NGA Arizona mini-tour. Other golf achievements include setting 7 different course records and being on the Board of Directors with the Alberta Professional Golfers Association for over 10 years. He is an accomplished teacher and has helped numerous students receive golf scholarships throughout the USA and Canada.

This seminar represents a rare chance to learn from highly experienced instructors who are not only doing the research and publishing their findings in peer-review journals but showing how to integrate such finding into clinical practice.

Cost for this SPECIAL 2-day course: \$650

Includes: manual, clinical & driving range instruction & golf game (taxes extra)

To register contact: deanwalk1@gmail.com

<u>Day 1</u>	<u>Day 2</u>
8:00am REGISTRATION (½hr)	8:30am DRIVING RANGE (1½hr) <ul style="list-style-type: none">• Warm-up• Developing a consistent golf swing
8:30am CLASSROOM SESSION (2hr) <ul style="list-style-type: none">• swing mechanics• injury epidemiology• Upper limb biomechanics• Upper limb injuries	10:00am <u>BREAK</u>
10:30am <u>BREAK</u>	10:30am CLASSROOM (1hr) <ul style="list-style-type: none">• The art of putting & chipping
11:00am CLASSROOM SESSION (1½hr) <ul style="list-style-type: none">• golf spinal biomechanics• low back injury mechanisms• FFG 4 stage back care program	<u>11:30 LUNCH (1hr)</u>
<u>12:30 LUNCH (1hr)</u>	12:30pm GOLF GAME (4hr)
1:30pm WORKSHOP (3hr) <ul style="list-style-type: none">• Golf specific MSK assessment• Golf Postural assessment• Golf-specific trunk & upper limb rehabilitation	4:30pm DRIVING RANGE (½hr) <ul style="list-style-type: none">• Final wrap-up

Not only is this a great clinical opportunity – you get to play golf!

For more information visit: www.fitforegolf.com

Academic inquiries: dlindsay@ucalgary.ca,

Seminar Host: John Roberts info@physiojohn.com