

FREE CEU CREDITS

*CERTIFIED ATHLETIC TRAINERS
LAT/ATC*

2.0 CEU'S AWARDED

(WITH BOC CERTIFICATION NUMBER)

SPEAKERS

Robert Wainer, MD

*WELCOME &
OPENING REMARKS*

T. Ryan Draper, DO

GOLF RELATED INJURIES

Chase Harrington, PTA

*GOLF SPECIFIC STRENGTHENING
& STABILIZATION EXERCISES
FOR THE SHOULDER & SCAPULA*

Jay Riley, PT, CSCS

*CORE STABILIZATION / HIP
FLEXIBILITY & STRENGTHENING
FOR THE GOLFER*

FREE REGISTRATION

By *E-MAIL*:
pt1130nchurch@sosbonedocs.com

By *PHONE*:
336.375.2301

*OPEN TO EVERYONE IN THE
TRIAD GOLFING COMMUNITY*

**Designed for Golfers
of All Ages and Talent Levels
& Medical Professionals
who Treat Golfers**



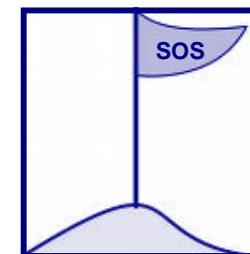
Southeastern Orthopaedic Specialists
SOS Physical Therapy & Sports Medicine Center

1130 North Church Street
Greensboro, NC 27401



*Invites You to Our 2010
Golf Performance &
Injury Prevention
Symposium*

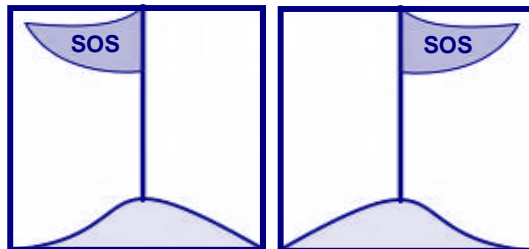
*Thursday
March 18, 2010
6 PM - 8 PM*



*SOS Physical Therapy
& Sports Medicine Center
1130 N Church Street
Greensboro, NC 27410*

OBJECTIVES

- Gain a practical understanding of the stresses occurring at the shoulder/scapula, cervicothoracic and lumbar spine and at the knees during the golf swing.
- Review evaluation and assessment techniques for the shoulder, spine, hip and knees to determine potential areas of tightness or weakness which may predispose the golfer to injury.
- Develop strategies to protect the shoulder, spine, hip and knees from injury through proper utilization of strength and stabilization exercises.
- Gain a practical understanding of how to enhance golf performance through the use of golf-specific strengthening, flexibility and conditioning exercises.



SYMPOSIUM AGENDA

- 5:30 - 6:00 *Registration / Check In*
- 6:00 - 6:15 *Opening Remarks
Dr. Robert Wainer*
- 6:15 - 6:45 *Golf Related Injuries
Dr. Ryan Draper*
- 6:45 - 7:15 *Golf Specific Strengthening & Stabilization Exercises for the Shoulder & Scapula
Chase Harrington, PTA*
- 7:15 - 7:45 *Core Stabilization / Hip Flexibility & Strengthening for the Golfer
Jay Riley, PT CSCS*
- 7:45 - 8:00 *Questions & Answers*



Bobby Jones - 1907
5 Years Old



Grand Slam Champion - 1930
28 Years Old - Retired

PRESENTED BY

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& Sports Medicine Center**
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REFRESHMENTS PROVIDED

**Murphy
Wainer** Orthopedic
Specialists

 **Piedmont
Orthopedics**

SM&OC
The Sports Medicine and Orthopaedics Center

 **Guilford
Orthopaedic
and Sports Medicine Center**

Divisions of
Southeastern Orthopaedic Specialists