

IS YOUR GOLF SWING A PAIN IN YOUR BACK?



Have you ever had back pain when golfing? Does your back hurt taking your clubs out of the trunk? You don't have to hurt! ARC in Westmont is hosting a workshop focusing on low back pain in golfers. In this workshop, you will learn how your body affects your swing mechanics, factors that lead to low back pain in golf, and golf specific exercises that can lower your injury risk. Come learn from our Titleist Performance Institute Certified physical therapists!

**THURSDAY MARCH 28, 2019
6:30-7:30PM**

COME LEARN:

Body Mechanics

Factors that lead to low back pain

Golf specific exercises

1st 10 to call and reserve their seat will receive a gift!

ARC PHYSICAL THERAPY

337 W. Ogden Avenue
Westmont, IL 60559

630-323-8646

www.arcphysicaltherapy.com

