

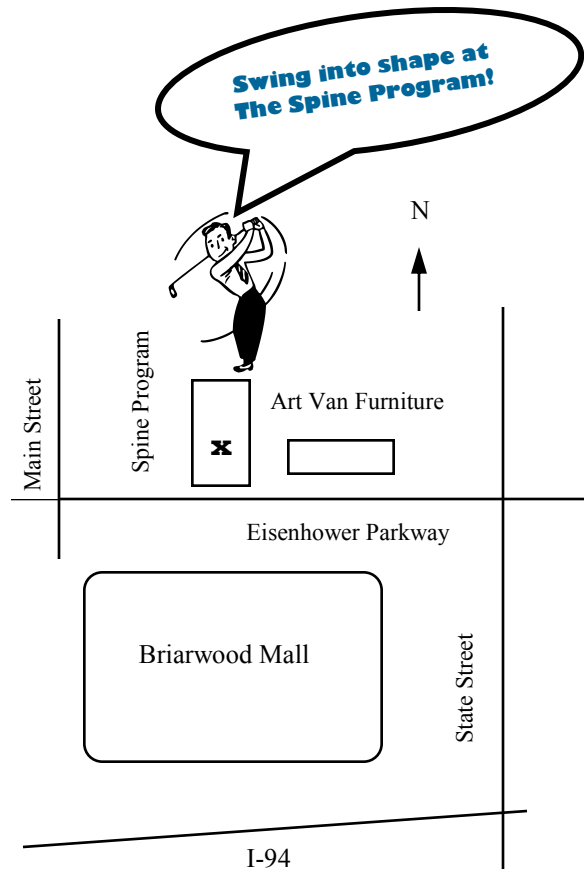
Reserve Your Place Today!

Get behind the ball and sign up soon!

Classes are limited, so register today to learn how to improve your swing while keeping your back safe and healthy for the season!



Tee off to your best season ever!



The Spine Program
325 East Eisenhower
2nd Floor
Ann Arbor, MI 48108
734-763-4990

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Back Care for Golfers Workshops

April 21st
May 19th

Department of Physical
Medicine & Rehabilitation



University of Michigan
Health System

Tee off to a great season!

Tune-up your body and swing into the season with our exciting workshop

Back Care for

Golfers Workshop

Your back is the most important piece of equipment you carry on the course.

Join us and learn about proper posture and the most common injuries and physical limitations that keep you from performing your best swing! Learn stretching, strengthening, and balance exercises that will assist you in attaining a more fluid and bio-mechanically correct golf swing.

The class features pre-game warm-up ideas, suggestions for home conditioning, and great golf tips.



When? Pick one of the following dates and times:

Thursday, April 21st

5:30 — 7pm

Thursday, May 19th

5:30 — 7pm

Where?

The Spine Program - located at 325 East Eisenhower, directly west of Art Van Furniture across from the Briarwood Mall in Ann Arbor, MI (see map on back)

Your Instructor

Pam Knickerbocker, MS, PT, OCS, OMPT

Pam is a Physical Therapist with The Spine Program. She has specialized in orthopedics for over 20 years and has received advanced certificates in manual therapy.

She also brags about being an avid hacker at the game of golf.....



More information....

The workshop format will include lecture, discussion, demonstration and group participation. Active participation is encouraged, so please dress comfortably. **Lastly, bring a long wood and short iron club.**

Workshop Fee: \$30.00

Checks written to "UMHS" or exact cash is preferred.

To register call
734-763-4990

Policies:

1. Individuals wanting to participate in Spine Program classes or workshops can pay by check or credit card. There are no discounts for UMHS or University employees. Participants must register prior to attending a class or workshop.
2. Refunds only for the following reasons:
 - a. Injury or illness. A doctor's note must accompany a written request for refund.
 - b. Job transfer, move, or schedule change.
 - c. Fitness level required by the class proves inappropriate for the participant. Participants should make this decision within the first week of the class.
3. The Spine Program reserves the right to cancel any class or workshop that attracts fewer than 5 participants.
4. Make-up classes will be scheduled **ONLY** in the case of an instructor's absence. If a makeup session cannot be scheduled, The Spine Program will reimburse the participant at a pro-rated amount of the original fee. If a participant misses his/her class, it is up to the discretion of the instructor(s) as to whether or not he/she can enter another class (if available).
5. If, due to instructor illness, a class or workshop is cancelled on the day it is scheduled, The Spine Program will make every effort to contact participants via e-mail or voicemail.