

# Going Golfing?



## Did you know ...

- 50% of professional golfers are playing with an injury\*
- 40% of amateur golfers are playing with an injury\*
- Low back pain is the most common golfer complaint, followed by upper extremity injuries (elbow, shoulder, wrist)\*
- During your swing, muscles are at peak effort

## Did you know physiotherapy can help ...

- Reduce your pain from golf-related injuries
- Rebuild your muscular strength
- Teach you how to prepare for golfing in the off-season
- Prevent re-injury
- Get you back on the green faster!



**613-749-6868**

**1257 Algoma Rd.  
(off Star Top Rd. & Innes Rd.)**

**[www.finetouchphysio.ca](http://www.finetouchphysio.ca)**



*Taking a step toward  
optimal mobility, function and health*