



SPORTS SURGERY CLINIC  
*Specialists in Joint Replacement, Spinal Surgery,  
Orthopaedics and Sport Injuries*

# How to make the most of the off season

## An Evening for Golfers at SSC

### Invitation

The Winter months provide the recreational golfer with the ideal opportunity to improve their overall game. In addition to working on swing and skills, winter is a great time to get into shape for golf.

SSC are inviting you to attend our second Evening for Golfers of 2013, which will focus on making the most of your off season practice.

SSC Physiotherapist Philip Phelan will discuss and demonstrate the importance of mobility and stability exercises for golfers of all levels.

SSC Strength & Conditioning Coach Neil Welch will demonstrate the importance of functional strengthening and its benefits to your game.

PGA Professional Donal Scott will discuss how to make the most of your off season practice time. He will demonstrate drills you can do at home and advise on how to experiment and effectively spend your time at the range.



**Philip Phelan,**  
Senior  
Physiotherapist  
at Sports Surgery  
Clinic.



**Neil Welch,**  
Strength and  
Conditioning Coach  
at Sports Surgery  
Clinic.



**Donal Scott,**  
PGA pro based in  
Edmonstown Golf  
Club, is one of  
two certified golf  
instructors in Ireland  
qualified to teach  
Aimpoint Green  
Reading Techniques.

To register please contact Fiachra O'Connor on 01 526 2080, e-mail: [fiachraoconnor@sportssurgeryclinic.com](mailto:fiachraoconnor@sportssurgeryclinic.com)

Venue: Sports Surgery Clinic

Date: Wednesday, 23rd October

Time: 7pm (refreshments from 6.30pm)

[www.sportssurgeryclinic.com](http://www.sportssurgeryclinic.com)