

# Golf and Health Symposium: An International Perspective



**May 17-18, 2018**

Shirley Ryan AbilityLab  
355 East Erie Street  
Chicago, IL 60611



**Golf & Health**



The future of



# Golf and Health Symposium: An International Perspective

The Academy is the not-for-profit, educational arm of the Shirley Ryan AbilityLab (formerly known as the Rehabilitation Institute of Chicago). Since 1953, the Academy has strived to advance the ability of healthcare professionals through our continuing education programs. Whether you are a seasoned veteran in the field of rehabilitation or a new graduate, our faculty are committed to helping you learn and apply the latest research and therapeutic approaches. We are excited that you share our passion for improving patient outcomes and hope you will continue to invest in your career by joining us for this program.

## COURSE DESCRIPTION

More than 25 million people in the United States play golf regularly with marked benefits to their health and well-being. The optimization of the golf game both in terms of performance and injury prevention is an essential component of the sport that many players do not receive training in or have access to. Clinicians treat a multitude of complaints in golfers ranging from wrist, elbow, knee and low back pain, and while treating these musculoskeletal disorders must also try and optimize performance. This unique, multi-dimensional course explores the health benefits of the sport and provides an observation and assessment of golf mechanics. Participants will examine the complex movement of the golf swing and some of the common problems associated with it. In addition, participants will also receive information on sports nutrition and golf psychology to improve your game. Our faculty, from the European Tour, PGA tour, The Shirley Ryan AbilityLab and Northwestern University will provide their diverse expertise and opinions in the management of golf related disorders and performance optimization. The emphasis of patient cases will focus on rehabilitation and training. Laboratory examples and patient discussions in small and large groups will help participants refine their clinical decision-making skills.

## WHO SHOULD ATTEND

Physiatrists, Sports Medicine Physicians, Residents, Physical Therapists, Physical Therapist Assistants, Physician Assistants, Athletic Trainers, Chiropractors, and Coaches.

## COURSE OBJECTIVES

Upon completion of this course, participants will be able to:

- **Identify** the spectrum of golf related disorders
- **Discuss** medical and therapeutic decision-making in the golfer
- **Review** a kinetic analysis of a golf swing
- **Assess** performance via swing and putting mechanics in golfers
- **Evaluate** pathology in upper, lower and spinal kinematics pertaining to golf
- **Identify** the current literature related to golf and health benefits
- **Examine** emerging research related to golf and new investigator findings

## FACULTY

### ***Scott Fonda, DC, DABCO***

Dr. Fonda is a Chiropractic Physician with specialization in Orthopedics, Sports Medicine and Rehabilitation and over 20 years of experience. He has been a member of the PGA Tour's sports medicine and fitness staff since 2007, and has served on the medical staff of the Rehabilitation Institute of Chicago. He is trained and certified in Graston Technique, Kinesiotape and Rock Tape applications, dry needling, Corrective and Performance Exercise through NASM, FMS Level 1 and 2, and is a TPI Certified Golf Fitness Instructor. He owns and maintains a private practice in Westmont, Illinois.



### ***Dr Roger Hawkes MB ChB Dip. Sports Med. FFSEM (UK)***

Dr Roger Hawkes MB Dip. Sports Med. FFSEM (UK) is a consultant Sport and Exercise Physician and Executive Director of the R&A and World Golf Foundation funded, Golf and Health Project. He is also Chief Medical Officer of the PGA European Tour and responsible for operational as well as their research program.



He was involved in the development of the European Tour Anti-Doping policy and is a member of the Medical Committee of the International Golf Federation (IGF)

He has a lecturer at the Institute of Sport, Exercise and Health at UCL in London, and has recently retired as a partner with Sports Medicine Partners in Lichfield, UK and CMO of Derbyshire County Cricket Club.

His main clinical interest is in the role of exercise in health as well as wrist and hip problems in golf and their wider understanding in everyday practice. He has developed medical services for the European Tour players, caddies and staff and leads a strong academic board, which has published several papers on golf related matters and has shared this work at several international meetings in recent years.

### ***Dr Tom Hospel, MD, MBA***

Dr. Hospel is a board-certified family medicine and sports medicine physician passionate about helping athletes achieve general health, returning them to play after injury and assisting them in achieving maximal performance.



Dr. Hospel has been practicing sports medicine in Dublin, Ohio since 1998. He served as a team physician for The Ohio State University Department of Athletics, Ohio Wesleyan University, Dublin Scioto High School, Worthington Kilbourne High School and Independence High School. Dr. Hospel is the medical director for the PGA TOUR, United States Golf Association, and International Golf Federation's Anti-Doping Program. In addition, he is a team physician for the Columbus Crew. Dr. Hospel was instrumental in crafting the very first Anti-Doping Program for professional golf. He continues to provide player education and oversees the PGA TOUR and LPGA Tour Therapeutic Use Exemption Committee. In addition to these responsibilities, Dr. Hospel oversees the mobile physical therapy, sports nutrition, and fitness training programs on the PGA TOUR and LPGA Tour. Finally, Dr. Hospel has developed a nationwide network of orthopedic surgeons and sports medicine physicians who help provide sports injury treatment to the professional golfers.

Dr. Hospel is a former Northwestern University Varsity Soccer Player, where he was a four-year varsity letter winner and team MVP. He has competed in 5 men's U.S. Open Soccer Championship finals.

***Corey Hug, PT***

Corey Hug is currently a Physical Therapist with the PGA Tour Player Performance Center from 2013 to the present. He has over 18 years of experience as a physical therapist specializing in musculoskeletal conditions. Corey has been a physical therapist at the X-Games for the last fifteen years. Previously to working with the PGA, Corey was employed at the Shirley Ryan AbilityLab for five years. In the past, he has also worked at the Desert Institute of Physical Therapy in Scottsdale and in Aspen specializing in Orthopaedics, Hospital and Emergency care with ski and snowboarding injuries.



***Prakash Jayabalan MD, PhD***

***Assistant Professor of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine.***

Dr. Jayabalan graduated with an MD from King's College in London and was the Robert B. Gordon Arthritis Research Fellow at the University of Missouri, where he received his PhD in pathobiology. He completed residency in Physical Medicine & Rehabilitation (PM&R) at the University of Pittsburgh Medical Center during which he was chief resident and was selected nationally for the prestigious NIH funded Rehabilitation Medicine Scientist Training Program (RMSTP). Dr. Jayabalan has received numerous honors and awards for his clinical work and research; a representative sample includes the McLean National Outstanding Resident Award from the Association of Academic Physiatrists (AAP) and the US Bone and Joint Institute Young Investigator's Grant from the American Medical Society of Sports Medicine (AMSSM). He has also been awarded multiple grants, including a current NIH/K12 Award for his research on 'The Development of Walking Exercise Regimens for Knee Osteoarthritis.' This research will use biomarker, biomechanical and epidemiological assessment to investigate the effect of physical activity and structured, defined walking regimens on disease progression and joint health. He recently completed a fellowship in Sports Medicine at the Rehabilitation Institute of Chicago/Northwestern University and has stayed on as faculty in the department as a clinician-scientist.

***Melissa Kolski, PT, OCS, Dip MDT***

***Assistant Professor, Feinberg School of Medicine, Northwestern University, Department of Physical Therapy and Human Movement Sciences.***

Melissa practices at the Shirley Ryan AbilityLab formerly known as the Rehabilitation Institute of Chicago with 18 years of clinical experience. She is a board certified orthopedic clinical specialist and received her Diplomate in Mechanical Diagnosis and Treatment from the McKenzie Institute in 2011. She has co-authored the recent 2015 book "A World of Hurt: A Guide to Classifying Pain". She is working on researching the outcomes associated with the musculoskeletal pain classification system discussed in clinical practice. Melissa is currently one of the educational program managers and responsible for AbilityLab curriculum development. She is practicing clinically with an interest in golf, spine care and treatment of patients with musculoskeletal pain and has treated several PGA tour golfers as outpatients.





***Andrew Murray, PhD***

Andrew's PhD, funded by the World Golf Foundation focuses on Golf and Health. He works as Deputy Chief Medical Officer for the PGA European Tour, and on the board of the European Tour Performance Institute. Andrew is an acknowledged expert in public health policy, keynoting at many international conferences, while working in leadership positions with the Scottish Government, the University of Edinburgh, and the Royal College of Physicians and Surgeons of Edinburgh. A former international distance runner, he has worked in high performance at the Olympics, Paralympics, and the Commonwealth Games amongst other major events.

Follow Golf and Health at [www.golfandhealth.org](http://www.golfandhealth.org) @golfandhealth and Andrew on @docandrewmurray / [www.docandrewmurray.com](http://www.docandrewmurray.com)

***Monica Rho, MD***

Chief of Musculoskeletal Medicine; Director of Residency Training  
Team Physician, US Soccer  
Assistant Professor of Physical Medicine and Rehabilitation, Northwestern University, Feinberg School of Medicine.



Dr. Rho's clinical interest is in the conservative management of pre-arthritis hip deformities. She had completed a National Institutes of Health (NIH) K12 grant to investigate the neuromuscular control of femoroacetabular impingement. She has served as the Head Team Physician for the US Men's Paralympic Soccer Team and has travelled as the Team Physician for the US Women's National Soccer Team. She is a company physician for the Joffrey Ballet in Chicago. She is the 2015 recipient of the "Best Teachers of Feinberg Award" at Northwestern University Feinberg School of Medicine.

***Timothy J Roberts, MSc, CSCS***

Senior Scientist, Athlete Performance Testing and Innovation  
Gatorade Sports Science Institute: PepsiCo Global Nutrition  
Athlete and Sports Science Innovation, Sports Nutrition, Mechanisms of Adaptations to Training and Nutrition, Performance Testing, Strength and Conditioning, Golf: MSc University of Tampa (Exercise and Nutrition Science), BSc University of Birmingham, England (Sport and Exercise Science)



Timothy Roberts is an exercise scientist at the Gatorade Sport Science Institute (GSSI). He joined GSSI in October of 2011 to work as a research technician at the GSSI Satellite Lab at IMG Academy, Bradenton, Florida. Since then he has become a Senior R+D scientist and his responsibilities include leading innovation within GSSI's elite service program, performance testing in the lab and field, and translating this data into practical strategies to help improve performance. Originally from England and involved competitively in many different sports, his background allows an in depth understanding of the diverse types of athletes GSSI works with. Timothy earned his bachelor's degree in Sport and Exercise Science with 1<sup>st</sup> class honors from the University of Birmingham, England. He then completed his master's degree in Exercise and Nutrition Sciences at the University of Tampa, Florida. His main passion is for combining nutrition/exercise expertise and sports science data, to develop innovative solutions for athletes and organizations to use to reach their potential. He has been able to do this for golfers on the PGA, European, LPGA, and LET Tours as well as athletes in other elite sporting organizations such as the NFL, NBA, and MLS. He is a Certified Strength and Conditioning Specialist and is certified with the Titleist Performance Institute. In his spare time, Tim enjoys weightlifting, reading, and working on his golf as a former collegiate golfer, and current high-level amateur golfer.

## AGENDA

### May 17, 2018 DAY 1: HEALTH AND INJURY PREVENTION

- 7:30 am Registration  
10<sup>th</sup> floor Sky Lobby  
Shirley Ryan AbilityLab  
355 E Erie St  
Chicago IL 60611
- 8:00 Opening Remarks & Introduction to the Program  
Melissa Kolski & Prakash Jayabalan
- 8:15 Golf and Health  
Andrew Murray
- 9:00 Musculoskeletal Benefits of Golf  
Prakash Jayabalan
- 9:30 Fundamentals of the Golf Swing: A Logical Clinical Examination  
Prakash Jayabalan
- 10:00 Break
- 10:15 Implications for the Professional Golfer / Implications for the Weekend Warrior  
Roger Hawkes
- 10:45 Case Examples and Golfer Management  
Principles of “What Goes Wrong”: Case Discussions and Implications for Prevention  
Tom Hospel / Andrew Murray / Roger Hawkes
- 12:00pm Lunch (on your own)
- 1:15 pm Golf Psychology  
H. David Smith
- 1:45 Platform Presentations (5 min each)
- 2:15 Break
- 2:30 Poster Presentations
- 3:15 Point / Counterpoint Panel:  
Medical Opinions across the Pond, “The Physicians from the 2 Big Tours”

Tom Hospel & Roger Hawkes

4:15pm End of Day One

5:30pm OPTIONAL NETWORKING DINNER. Look for sign-up sheets on site when you register

**May 18<sup>th</sup>, 2018 DAY 2: PERFORMANCE**

7:30 am Continental Breakfast  
10<sup>th</sup> floor Auditorium  
Shirley Ryan AbilityLab

8:00 A Scientific Approach to Golf Hydration and Nutrition  
Timothy J. Roberts, MSc, CSCS

8:45 Maximizing the Performance of Golfers  
Andrew Murray

9:15 Break

9:30 Functional Golf Performance Lab Sessions: Rotate through each  
  
Upper Extremity Evaluation - Corey Hug, PT  
Spinal Evaluation – Scott Fonda, DC  
Lower Extremity Evaluation –Melissa Kolski, PT, & Monica Rho, MD

12:30 pm Lunch (on your own)

1:30 Panel Discussion on Performance: Roberts, Hospel, Murray, Hawkes – Moderator Prakash Jayabalan

2:15 Break

2:30 Training for Performance: Scott Fonda, DC, DABCO

3:30 Golf and Health – Where Do We Go From Here? – Andrew Murray

4:30 pm Course Conclusion-End of Day Two

**TUITION FOR 13.5 CEUs**

Early Bird Registration (Feb 28 <sup>th</sup> )	\$500
Registration Fee (after Feb 28 <sup>th</sup> )	\$575

**LOCATION**

The program will be held at the Shirley Ryan AbilityLab. The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

## HOUSING

Rooms have been reserved at the Residence Inn Chicago Downtown / Magnificent Mile, 201 East Walton Place, Chicago, Illinois. 60611

The Residence Inn Chicago Downtown / Magnificent Mile is located 8 blocks from the Shirley Ryan AbilityLab. Please contact their reservations department at (312) 943-9800 or (800)331-3131 and ask for the [Book your group rate for Shirley Ryan AbilityLab Golf Symposium](#) or make your reservations using this online link [Book your group rate for the RIC Annual Stroke Course](#) . The corporate room rate is \$169.00 for the Studio with 1 king bed and 1 sofa bed (single or double occupancy) plus the \*17.4% tax. Parking at the Residence Inn is \*\$60.16. The Residence Inn provides a complimentary breakfast to their guests each morning of their stay. The corporate room rate will be available until 4/25/18 or until the group block is sold-out, whichever comes first.

The room block could reach its maximum before the above cut-off date. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date.

\*The rates for parking and taxes are subject to change without advanced notice.

## CANCELLATION POLICY

All cancellations must be in writing. Refunds less a 20% administrative charge will be given until **May 10, 2018**. The Academy reserves the right to cancel or change any programs for due cause. Cancellation of a program by the Academy will result in a full refund of tuition. The Academy is not responsible for the refund of travel or hotel expenses under any circumstance.

## IMPORTANT REGISTRATION INFORMATION

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. **Full Tuition must accompany the registration form in order to confirm a place in this course.** Until you receive your **confirmation letter** you are not officially registered for the course. For online registrations you will receive email confirmation on the day that you register. For registrations received by standard mail or fax the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

**One week prior to the course, only internet registrations and faxed registrations that include an email will be accepted.** Please note that the course could reach its maximum enrollment before this time.

## CONTINUING EDUCATION CREDIT

**Accreditation Statement**

The Northwestern University Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**Credit Designation Statement**

The Northwestern University Feinberg School of Medicine designates this live activity for a maximum of 13.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physical Therapy**

This course has been approved by the Illinois Physical Therapy Board for 13.5 Contact Hours

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This three-day course has been approved for 13.5 Contact Hours.

**Athletic Training**

The Rehabilitation Institute of Chicago BOC Approved Provider Number: P794 is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 13.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program. According to the education levels described by the PDC, the following continuing education course is considered to be Advanced Level



Register Online at [www.sralab.org](http://www.sralab.org) or complete the form below and return with payment

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Early Bird Tuition up to Feb 28<sup>th</sup> \$500 Tuition After Feb 28<sup>th</sup> : \$575

Mail to: Academy  
Shirley Ryan AbilityLab, 12-1835  
355 E. Erie Street, 12<sup>th</sup> floor  
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (OT, PT) as you would like them to appear on your continuing education certificate.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Prof. Initials \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Organization/Facility \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_

Position \_\_\_\_\_

E-mail (required) \_\_\_\_\_

Please note: registration will not be processed without full payment.

Method of Payment:  Check enclosed (**Payable to:** Rehabilitation Institute of Chicago)  
 Credit Card

Credit Card Users Must Complete the Following Information:

MasterCard  VISA  American Express

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_/\_\_/\_\_ CVV \_\_\_\_\_ (security code on back of card)

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Credit card registrations may be mailed or faxed to: 312-238-4451.