



SPORTS SURGERY CLINIC

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

An Evening for Golfers

Sports Surgery Clinic is hosting an Online Evening for Golfers.

Luke Hart Fitness Lead at SSC Sports Medicine will present and demonstrate exercises for increased mobility, flexibility & injury prevention and Ms Ann-Maria Byrne, Consultant Orthopaedic Surgeon specialising in upper limb will present on wrist injuries.

Tuesday
2nd Feb 2021

7pm to 8pm



This event is free of charge

This event is open to the public and not restricted to golfers.

It is suitable for anyone interested in keeping strong, flexible and active as they get older and for anyone with hand wrist or elbow injuries.



'Common wrist injuries for golfers'

Ms Ann-Maria Byrne,
Consultant Orthopaedic Surgeon



'Get fit for golf – get fit for life'

Luke Hart,
Fitness Lab Lead and Senior S&C Coach

To register please visit

<https://sportssurgeryclinic.com/event/an-evening-for-golfers-online/>