



Is back pain keeping you off the golf course in 2014? Get Back to Golf with us.

Is back pain, or the fear of back pain, keeping you away from golf?

If so, South Carolina Spine Center can help. With the upcoming LPGA tournament, this is the perfect time to get Back to Golf with our educational program.

The Back to Golf program will be held on three days in April leading up to the LPGA Self Regional Healthcare Foundation Women's Health Classic. You'll spend three hours with one of our spine therapists and a PGA certified pro. You'll learn what can cause a back strain on the course, how to prevent it, ways to swing that lessen the strain on the back, and how to modify certain clubs for a bad back.

WHAT: BACK to GOLF program
WHEN: April 19, 23 & 30
WHO: With our spine therapists & a PGA golf professional
WHERE: The Links at Stoney Point
HOW: Sign up at SCSpineCenter.org
COST: \$25

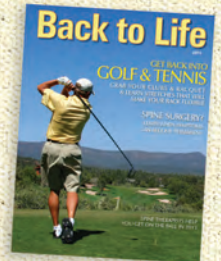
Sadly, too many times people with back and neck pain get a prescription of disability when they go to the doctor. While a day of rest may be okay right after an injury, the best long term therapy for back pain is movement.

South Carolina Spine Center is referred the most complex back problems from across the region. The center combines the expertise of three fellowship-trained spine surgeons, nonsurgical specialists,

spine therapists, X-ray, MRI, an injection suite and therapy gym all in one location — so you don't have to drive around town anymore.

Visit our online spine encyclopedia at SCSpineCenter.org to sign up for the program.

This spring, don't just watch the action. Be part of it. Get Back to Life in 2014 — and back on the course.



SOUTH CAROLINA SPINE CENTER

Advanced spine care services of
SELF REGIONAL
 HEALTHCARE