

## **David Ostrow, PT, GPS, CGFI-MP3, Certified Junior Coach, CEO**

He has been a physical therapist for more than 29 years. David is considered by many to be an expert in the golf fitness industry. David has spent his career developing a well defined and effective approach for restoring the human body to full function. His eclectic approach to the body comes from his diverse training with many of the world's leaders in physical therapy and fitness and wellness education.

Ostrow has taken what he learned from the masters and has created a complete clinical system, integrating it into FitGolf. This system leverages the best from the neuro-developmental, functional movement, biomechanical, athletic development, and orthopedic disciplines to create an approach that helps golfer deal with the issues in their bodies that cause dysfunction, pain, and challenges in rotational sports.

Ostrow has published articles on the body and the golf swing in a variety of journals including PGA Magazine, Golf Illustrated, Advance Magazine, and news papers across the US. Ostrow is a professor of Golf Illustrated University (GIU). At GIU he authored courses on injury prevention in golf. He also has articles and tips regularly published in Philly Golfer, and the GAP website. In 2004 he co-authored the book, The Body and the Golf Swing with three PGA Professionals. This book looks at the commons swing issues seen by golf instructors and outlines the physical causes for these problems. The book is the back bone of a course that David teaches to PGA Teaching Professionals called the Body and the Golf Swing.

David is involved in research on the body and the golf swing with several top 100 teachers and with MIT. He is interested in proving many of the relationships that exist between the body and the golf swing. David is a member of both the Titleist Performance Institute's Medical Advisory Board and the K-Motion Interactive's Medical Advisory Board. He is excited to be a part of those teams and hopes to make great contributions to the health and well-being of athletes.

All of this activity is designed to help Ostrow fulfill his mission of helping athletes and the sport and wellness industry understand the body and motion relationships, and to use this data in changing how the world approaches learning movement.