

Bike Smart!

Injury Prevention and Management

Join our experts for an evening of discussion about common cycling injuries, how to prevent them, and how to recover.

Tuesday, March 31

The Center for Musculoskeletal Care
333 East 38th Street, 6th Floor Conference Room

Topics

- Common Cycling Injuries: A Physician's Perspective
- Rehabilitation and Prevention of Common Cycling Overuse Injuries

Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A with NYU Langone Experts

Speakers *(see reverse for speaker profiles)*

Claudette Lajam, MD
Assistant Professor of Orthopaedic Surgery, NYU Langone Medical Center

James Koo, PT, DPT, OCS, SCS
Physical Therapy Supervisor, Center for Musculoskeletal Care, NYU Langone

RSVP

www.NYULMC.org/CMC-Lectures

No fees are associated with this lecture, but seating is limited to the first 40 registrants. To RSVP or for any questions, please contact Rick Kassler at richard.kassler@nyumc.org or Mia Palazzo at mia.palazzo@nyumc.org



Speakers for the March 31 lecture:

Claudette Lajam, MD, is an assistant professor of orthopaedics at NYU Langone Medical Center. Dr. Lajam is a board certified orthopaedic surgeon with special interest in joint replacement, sports medicine, and arthroscopic surgery. She has authored numerous publications and has lectured nationally on the topics of knee reconstruction and sports medicine. An avid cyclist, Dr. Lajam is a former team physician for USA Cycling and has spoken at national conferences about cycling medicine. She is on the board of the Medicine of Cycling organization and has served on the board of directors of the New York Cycle Club. In her clinical practice, Dr. Lajam cares for recreational and elite cyclists as well as endurance and other athletes. Dr. Lajam co-hosts The Orthopedic Show on Sirius XM's Doctor Radio. You can listen to her on Monday evenings from 6:00-8:00 pm, EST on Sirius XM 81.



James Koo, PT, DPT, OCS, SCS, is a physical therapy supervisor at NYU Langone's Center for Musculoskeletal Care where he specializes in orthopaedic manual therapy and sports physical therapy. James earned his Doctorate in Physical Therapy from New York University and is board-certified by the American Board of Physical Therapy Specialties in both orthopaedic and sports physical therapy. A sought-after speaker, James has presented numerous educational programs on sports medicine rehabilitation and injury prevention. An avid triathlete, James has completed numerous sprint, Olympic and Half-IRONMAN triathlons, the 2012 New York City IRONMAN and several New York City marathons.

Please join us for the following upcoming lectures:

Monday, April 13 Get in Shape for the Summer!

Registered dietitian, Samantha Heller, and clinical exercise physiologist, Heather Milton present strategies to shed winter weight, boost energy, and achieve fitness goals.

Tuesday, May 12 Golf Smart! Injury Prevention and Management and Performance Improvement

Orthopaedic surgeon, Guillem Gonzalez-Lomas, MD, and physical therapy clinical specialist, Jennifer Gallinaro discuss how to prevent and manage golf-related injuries and improve your game in the process.

For information on the CMC Sports Performance Center, please visit us at:

www.NYULMC.org/sports-performance