

SKIING AND SNOWBOARDING



An evening of discussion on how to improve performance and prevent injury on the slopes.

Tuesday, November 14

6:00–6:30 pm Registration

6:30–7:30 pm Presentation

7:30–7:45 pm Q&A

Speakers (see reverse for speaker profiles)

Wayne Stokes, MD

Director of Sports Medicine
Rusk Rehabilitation, NYU Langone

Aleksey Zhuchkan, PT, DPT

Staff Physical Therapist
NYU Langone Orthopedic Center

Heather Milton, MS, RCEP, CSCS

Senior Clinical Exercise Physiologist
NYU Langone Sports Performance Center

NYU Langone Orthopedic Center

333 East 38th Street, 6th Floor Conference Room

Topics

- Common Skiing and Snowboarding Injuries: A Physician's Perspective
- Rehabilitation and Prevention of Skiing and Snowboarding Injuries
- How to Improve Your Performance

RSVP

nyulangone.org/cmcevents

This program is free and open to the public.

For questions, please contact Rick Kassler at Richard.Kassler@nyumc.org

Speakers for the November 14 lecture:

Wayne Stokes, MD, is the Director of Sports Medicine at Rusk Rehabilitation and the Director of Musculoskeletal Education for NYU Langone's Physical Medicine and Rehabilitation residency and fellowship programs. Dr. Stokes specializes in the comprehensive diagnosis and non-surgical treatment of musculoskeletal issues due to trauma or overuse. He has provided care for many skiers and snowboarders, most recently at a ski trauma clinic in Park City, Utah, where he treated patients with a wide variety of orthopedic injuries on a daily basis.

Aleksey Zhuchkan, PT, DPT, is a staff physical therapist at the NYU Langone Orthopedic Center, where he treats a variety of orthopedic and sports related injuries. Aleksey uses manual therapy, specific therapeutic exercise, and neuromuscular retraining to restore anatomical function and alignment. As a skier and snowboarder for more than ten years, Aleksey combines his firsthand experience on the slopes with his knowledge of biomechanics to treat and prevent the injuries associated with these popular winter sports.

Heather Milton, MS, RCEP, CSCS, is a senior clinical exercise physiologist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains a diverse clientele that ranges from competitive athletes to those wishing to improve their overall health and fitness. Heather is a Registered Clinical Exercise Physiologist (RCEP) and a Certified Strength and Conditioning Specialist (CSCS). Heather leads the popular strength and conditioning class for runners at The Running Lab at NYU Langone. She contributes her knowledge in fitness and health to a holistic wellness technology company as the physical activity and weight management consultant.

For more on NYU Langone's Sports Performance Center, please visit us at:
nyulangone.org/sportperformance