



PREVENTING INJURY AND IMPROVING PERFORMANCE IN

SNOW SPORTS

Tuesday, January 10, 2017

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

Topics

- Common skiing and snowboarding injuries: a physician's perspective
- Rehabilitation and prevention of common skiing and snowboarding injuries
- How to improve your performance on the slopes

Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A

RSVP

nyulangone.org/cmcevents

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

Speakers *(see reverse for speaker profiles)*

Wayne Stokes, MD
Director of Sports Medicine
Rusk Rehabilitation

Aleksey Zhuchkan, PT, DPT
Staff Physical Therapist
NYU Langone's Center for Musculoskeletal Care

Heather Milton, MS, RCEP, CSCS
Senior Clinical Exercise Physiologist
NYU Langone's Sports Performance Center