

Triathlon Smart!



Injury Prevention & Management

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

Monday, May 19

Center for Musculoskeletal Care

333 East 38th Street, 6th Floor Conference Room

Topics

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

Program Agenda

6:00-6:30pm Registration

6:30-7:30pm Presentations

7:30-7:45pm Q&A

Speakers *(see reverse for speaker profiles)*

Guillem Gonzalez-Lomas, MD

Assistant Professor of Orthopaedic Surgery, NYU Langone Medical Center

James Koo, PT, DPT, OCS, SCS

Physical Therapy Supervisor, NYU Langone's Center for Musculoskeletal Care

RSVP

www.NYULMC.org/CMC-Lectures

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

Speakers for Triathlon Smart! on May 19:

Guillem Gonzalez-Lomas, MD, is an Assistant Professor of Orthopaedic Surgery at NYU Langone Medical Center. He specializes in the management of athletic injuries that require open or arthroscopic surgery. Dr. Lomas has lectured and published peer-reviewed articles and textbook chapters on shoulder, elbow, and knee problems and their management. He received his BS from Yale University, his MD from Columbia University College of Physicians and Surgeons, completed residency training in orthopaedic surgery at the New York Orthopaedic Hospital of Columbia University, and completed fellowship training in sports medicine at the Kerlan-Jobe Orthopaedic Clinic in Los Angeles, CA. A triathlon enthusiast, Dr. Lomas has competed in several triathlons and provides care for runners, cyclists, swimmers and triathletes as patients.



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. An avid triathlete, James has completed numerous sprint, Olympic and Half-IRONMAN distance triathlons, the 2012 New York City IRONMAN and several New York City marathons.

Please join us for upcoming lectures:

- Tuesday, June 3** **The Triathlete and Endurance Athlete: Strategies to Optimize Performance**
Andrea Chernus, MS, RD, CDE, CSSD, Bonnie Marks, PsyD and Alison Peters, MS
- Monday, June 16** **Golf Smart! Using K-Vest™ to Improve Your Swing: Lecture & Demo**
Hiwotie Deres, MS, CSCS

For information on NYU Langone's Sports Performance Center, please visit us at
www.NYULMC.org/Sports-Performance