



FOR IMMEDIATE RELEASE

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### **Hit the Slopes Without Crashing and Burning**

*Advanced Orthopaedics and Sports Medicine Hosts Winter Injury Prevention Workshop*

Brunswick, MAINE (January 15, 2009) – Winter sports are in high gear as we kick off the New Year. Unfortunately, so is the risk of winter sports injuries. In light of this fact, Select Physical Therapy will host a winter sports injury prevention workshop for skiers and snowboarders who wish to ride the slopes injury-free for the rest of the season.

The featured speaker, Dr. F. Lincoln Avery of Advanced Orthopaedics and Sports Medicine, will focus on how to *not* tweak your knees this winter along with training techniques to prevent injury. Kate Hawley, RD, LD will attend as well, speaking on how nutrition can help you optimize your performance on the slopes and throughout the year. The workshop will also include demonstrations on the Wii© Fit to help illustrate the importance of fitness, balance, and fun.

The Workshop will take place on **January 29, 2009 from 6:15pm to 8:00pm at Select Physical Therapy at 275 Bath Road, Suite 2, Brunswick, Maine 04011.** Food and beverages will be provided.

“In the wintertime we are more prone to injury due to decreased activity and cold weather, combined with a lack of appropriate training. This workshop will educate people on how to adequately prepare their bodies to go out and enjoy all the fun of winter sports without disaster.” says Dr. F. Lincoln Avery, principal of Advanced Orthopaedics and Sports Medicine.

**Dr. F. Lincoln Avery** - As a specialist in arthroscopic sports medicine for over 20 years, Dr. F Lincoln Avery has a special interest in skiing injuries and lectures regularly on ski injury prevention techniques. A former collegiate ski racer, he is a physician for the U.S. Ski Team and has traveled extensively with the men’s and women’s Alpine World Cup and Olympic Teams since 1987. He has also served as an orthopedic consultant for the Sunday River Ski Resort, and was a team physician for Bowdoin College for over 20 years



**Kate Hawley, RD, LD** - Graduated from the University of Rhode Island with a degree in dietetics and a minor in psychology completed her dietetic internship at Montclair State University in New Jersey 2006. Has since worked at two community hospitals in New Jersey and currently working at Maine Medical Center specializing in diabetes.

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