

FOR IMMEDIATE RELEASE
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Workshop Scheduled to Prepare Winter Sports Enthusiasts

Leading Orthopedic Surgeon, Dr. F. Lincoln Avery, will host FREE interactive session providing tips for conditioning and maximizing performance.

South Portland, MAINE (October 3, 2008) – Now is the best time to get your body ready for winter sports, according to Dr. F. Lincoln Avery, leading orthopedic surgeon and a physician to the U.S. Alpine Ski Team. To get started South Portland-based Advanced Orthopaedics and Sports Medicine (AOSM) will be hosting a **Winter Conditioning Workshop on Saturday, October 11th at the Sunday River Ski Resort** as part of the Fall Festival Weekend. Conducted by Dr. Avery, the one-hour session will focus on ways for winter sports enthusiasts to prepare for the upcoming season, whether they enjoy skiing, snow boarding, skating or snowshoeing.

“So many people jump on their equipment the minute the snow flies and their bodies simply aren’t ready,” said AOSM’s founder, Dr. F. Lincoln Avery. “Starting any sport without the proper preparation and conditioning is never a good idea. No one plans on getting injured; so it is our goal to be a resource to help people get the most of their season with education and proper training.” The **Winter Conditioning Workshop** is free and open to the public. No need to RSVP.

When: Saturday, October 11th,

Time: 10:00AM to 11:00AM (right before the Wife-Carrying Contest)

Where: Sunday River Ski Resort, River House at the South Ridge Base Area in Newry
For more information call 207-773-0040.

“Conditioning the body with specific exercises ahead of time, and during the winter months, can minimize the chances of injury to the joints used in winter sports,” added Dr. Avery. “In addition, thorough equipment maintenance and preparation, as well as proper nutrition, can also play a role in whether people are ready for winter sports.”

About Advanced Orthopaedics and Sports Medicine

The expert source for individualized care of sports injuries, Advanced Orthopaedics and Sports Medicine (AOSM) specializes in the treatment of knee, shoulder and other joint-related injuries. AOSM is where care and experience connect to quickly return patients to their active lives. 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.