

FOR IMMEDIATE RELEASE
Contact: Dr. F. Lincoln Avery,
Advanced Orthopaedics & Sports Medicine
207-7730040



Leading Orthopedic Surgeon Avery to Speak at Ski & Sports Expo
Workshop scheduled to present tips for conditioning and maximizing performance

South Portland, MAINE (October 16, 2008) – With the leaves starting to fall, winter enthusiasts are starting to get the skiing itch. According to Dr. F. Lincoln Avery, leading orthopedic surgeon and a physician to the U.S. Alpine Ski Team, now is the best time to get your body ready for winter sports that’s why our clinic, Advanced Orthopaedics & Sports Medicine, is hosting **Winter Conditioning Clinics**. The second in the series will be held **Saturday, October 18th at the Portland Expo Center as part of the annual Maine Ski & Snowboard Expo**. Conducted by Dr. Avery, the 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 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 18th,

Time: 1:00PM

Where: Portland Expo Center, 239 Park Avenue, Portland, ME

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 (www.kneesource.com)

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.