

**Leading Orthopedic Surgeon Avery to Speak at Arlberg Ski & Sport  
Get the most of this winter season with tips to prevent injuries and stay in shape.**

South Portland, MAINE (November 20, 2008) – With the temperature dropping and snow falling in the hills, folks often don't think about falling those first few runs; but it happens. To help prevent injuries this winter in case of a fall and get in shape for the slopes, Arlberg Ski & Sport Shops has teamed up with Dr. F. Lincoln Avery, Physician to the U.S. Ski Team to offer a Winter Conditioning Workshop. Scheduled for **Wednesday, December 3<sup>rd</sup> from 7:00pm to 8:30pm**, the workshop will provide conditioning tips and injury prevention techniques so skiers and riders can enjoy a full season on the snow.

“Getting injured can leave you sitting in the lodge for an entire season. It is important to approach injury prevention and conditioning from a proactive perspective. Everyone falls, it's part of the experience, but learning to fall, recovering and being in shape all play into having a safe season,” said Avery. “Going into any sport without the proper conditioning is never a good idea, and can lead to injuries that are often preventable. Conditioning the body ahead of time, and during the winter months, can minimize the chances of these injuries ever occurring.”

The **Winter Sports Injury Recovery Clinic** is free and open to the public. No need to RSVP. Refreshments will be provided; with opportunities for prizes and giveaways for those who attend.

**When:** Wednesday, December 3rd,

**Time:** 7:00pm to 8:30pm

**Where:** Arlberg Ski & Sports Shop, US Route 1, Oak Hill Plaza, Scarborough  
(between Burger King and McDonalds)

**For more information call 207-883-2878 or visit [www.kneesource.com](http://www.kneesource.com).**

**About Advanced Orthopaedics and Sports Medicine ([www.kneesource.com](http://www.kneesource.com))**

Advanced Orthopaedics and Sports Medicine is the expert source for the individualized care of sport injuries, specializing in knee, shoulder, and other joint-related injuries. At Advanced Orthopaedics, care and experience connect to quickly return patients to their active lives. 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.