

Snow Smart!



Join our experts for an evening of discussion on how to improve your performance on the slopes while preventing injury.

Tuesday, January 28, 2014

Center for Musculoskeletal Care

333 East 38th Street, 6th Floor Conference Room

Topics

- Common Skiing and Snowboarding Injuries: A Physician's Perspective
- Rehabilitation and Prevention of Common Skiing and Snowboarding Injuries
- How to Improve Your Performance

Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A with CMC experts

Speakers *(see reverse for speaker profiles)*

Wayne Stokes, MD - Director of Sports Medicine at Rusk Rehabilitation
Yukiko Matsuzaki, PT, DPT - Senior Physical Therapist
Alison Peters, MS - Clinical Exercise Physiologist

RSVP

www.NYULMC.org/CMC-Lectures

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

Speakers for Snow Smart! on January 28:

Wayne Stokes, MD, is the Director of Sports Medicine at Rusk Rehabilitation and the Director of Musculoskeletal Education for the NYU Langone Residency Program in Physical Medicine and Rehabilitation. Dr. Stokes specializes in the comprehensive diagnosis and non-surgical treatment of musculoskeletal issues due to trauma or overuse. He has provided care for many skiers and snowboarders, most recently at a ski trauma clinic in Park City, Utah, where he treated patients with a wide variety of orthopedic injuries on a daily basis.

Yukiko Matsuzaki, PT, DPT, is a Senior Physical Therapist at the Center for Musculoskeletal Care (CMC). She specializes in the treatment of athletes and active individuals of all ages who suffer from orthopedic injuries. Certified in ASTYM™, Yukiko incorporates manual therapy techniques with therapeutic exercise, neuromuscular training and sport-specific training to help her patients return to sports and an active lifestyle. Yukiko is an active member of the American Physical Therapy Association Orthopedics Section.

Alison Peters, MS, is a Clinical Exercise Physiologist at the CMC Sports Performance Center, where she conducts physiological testing and trains elite and recreational athletes. A sought-after speaker, Alison regularly lectures on a diversity of topics that range from general health and fitness to sport-specific performance. An avid skier, Alison blends her personal knowledge of the sport with her clinical expertise to develop individualized strength and conditioning programs for her skiing and snowboarding clients.



To learn about upcoming CMC lectures, go to:

www.NYULMC.org/CMC-Lectures

For information on the CMC Sports Performance Center, please visit us at:

www.NYULMC.org/sports-performance