



Summer Sports & Activities Injury Prevention Workshop



If you are going to be participating in charity walks, competing in 5K, 10K, half-marathons, and triathlons, you can't afford to miss this class!

Topics include:

- **Tendinitis (Patellar, Achilles)**
- **IT Band Syndrome**
- **Hip Pain**
- **Back Pain**
- **Shin Splints**

Saturday, May 23rd, 9:00am

Advanced Physical Medicine & Therapy, Mount Prospect

Saturday, May 30th, 12:00 noon

West Dundee Physical Medicine, West Dundee IL

**(Hands on therapeutic techniques from the doctor
for self care and injury prevention)**

Please call the office to reserve a seat! Family and friends are invited to attend.

Advanced Physical Medicine & Therapy
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West Dundee Physical Medicine
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West Dundee, IL 60118
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