



Specialized Orthopedic and Sports Rehabilitation

Join Us
Community Education Series
Free & Open to the Public

“Alpine Skiing & Snowboarding Injury Prevention”

**Wednesday
Dec. 5, 2012**

6:30-7:30pm

**Bozeman Library
Community Room**

Presented by

**Jason Lunden, DPT, SCS
Sports Clinical Specialist**

Come Dressed to Move



Jason Lunden, DPT, SCS
Sports Clinical
Physical Therapy Specialist

- How to recognize common alpine skiing & snowboarding injuries.
- Ways to prevent injuries in skiing & snowboarding.
- Learn the best exercises for injury prevention.
- How to manage an injury after it happens.
- Q & A session to follow talk.
- More info: excelptmt.com/seminars



*Text EXCELPT to 22828
to join our mailing list
for seminar announcements
and news updates*



**Excel Physical Therapy
Bozeman**

*Next to the MSU Fieldhouse
1125 W. Kagy Blvd.
406.556.0562
info@excelptmt.com*

Manhattan

*Next to the Manhattan Athletic Club
220 Wooden Shoe Lane
406.284.4262*