

# STAYING SAFE ON THE DIAMOND



## A lecture on injury prevention and performance improvement in youth baseball and softball.

**Tuesday, March 22, 2016**

**The Center for Musculoskeletal Care**

333 East 38th Street, 6th Floor Conference Room

### Topics

- Common shoulder and elbow injuries: A physician's perspective
- Rehabilitation and prevention of injuries
- How to improve performance

### Program Agenda

- 6:00-6:30pm** Registration  
**6:30-7:30pm** Presentations  
**7:30-7:45pm** Q&A with  
NYU Langone Experts

### RSVP

[nyulangone.org/cmcevents](http://nyulangone.org/cmcevents)

No fees are associated with this lecture, but seating is limited to the first 40 registrants. For questions, please contact Rick Kassler at [richard.kassler@nyumc.org](mailto:richard.kassler@nyumc.org) or Mia Palazzo at [mia.palazzo@nyumc.org](mailto:mia.palazzo@nyumc.org)

## Speakers for the March 22nd lecture:

**Mandeep S. Virk, MD**, is an assistant professor of orthopaedic surgery at NYU Langone Medical Center. Dr. Virk is an orthopaedic surgeon who specializes in shoulder and elbow surgery with an emphasis on advanced arthroscopic and open reconstructive techniques. Dr. Virk completed his orthopaedic surgery residency and research fellowship at the University of Connecticut School of Medicine, where he was the Carole and Ray Neag Orthopaedic Research Scholar. He then completed a shoulder and elbow surgery fellowship at Rush University Medical Center in Chicago. Dr. Virk's research interests include understanding the biologic healing mechanisms involved in shoulder and elbow injuries and his research work is published in leading, peer reviewed orthopaedic journals. He is the associate editor for the Techniques in Orthopaedics Journal, serves on the editorial board of the American Journal of Orthopaedics and is a member of the American Academy of Orthopaedic Surgeons (AAOS).

**April Davis, OTR/L, CHT, ACSM, ASSET**, is an occupational therapy clinical specialist at NYU Langone's Center for Musculoskeletal Care where she provides treatment of orthopaedic injuries in athletes and active individuals of all ages. April earned her Occupational Therapy degree at Boston University. April is a Certified Hand Therapist and is certified by the American Council of Sports Medicine (ACSM) as a clinical Exercise Specialist. She has lectured to physicians and therapists on current concepts of orthopaedic rehabilitation of the shoulder, elbow, and hand and has a special interest in the treatment and prevention of injuries in the overhead athlete.

**Heather Milton, MS, RCEP, CSCS**, is a clinical exercise physiologist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains a diverse clientele that ranges from competitive athletes to those wishing to improve their overall health and fitness. Heather is a Registered Clinical Exercise Physiologist (RCEP) and a Certified Strength and Conditioning Specialist (CSCS). Heather leads the popular strength and conditioning class for runners at The Running Lab at NYU Langone. Heather's interests include biomechanical analysis and performance improvement of runners and overhead athletes.

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

[www.NYULMC.org/sports-performance](http://www.NYULMC.org/sports-performance)

