

STAYING SAFE ON THE DIAMOND



A lecture on injury prevention and performance improvement in youth and adult baseball

Monday, April 17

6:00–6:30 pm Check-in

6:30–7:00 pm Presentations

7:00–7:30 pm Q&A with Speakers

Speakers (see reverse for speaker profiles)

Mandeep S. Virk, MD

Assistant Professor, Department of Orthopaedic Surgery, NYU Langone

April O'Connell, OTR/L, CHT, ACSM, ASSET

Occupational Therapy Clinical Specialist, Center for Musculoskeletal Care, NYU Langone

Heather Milton, MS, RCEP, CSCS

Senior Clinical Exercise Physiologist, Sports Performance Center, NYU Langone

The Center for Musculoskeletal Care

333 East 38th Street, 6th Floor Conference Room

Topics

- Common baseball shoulder and elbow Injuries: A physician's perspective
- Rehabilitation and prevention of injuries
- Training techniques to improve performance

RSVP

nyulangone.org/cmcevents

This program is free and open to the public, but seating is limited to the first 40 registrants. For questions, please contact Rick Kassler at richard.kassler@nyumc.org or Mia Palazzo at mia.palazzo@nyumc.org

Speakers for the April 17th lecture:

Mandeep S. Virk, MD, is an assistant professor of orthopaedic surgery at NYU Langone Medical Center. Dr. Virk is a fellowship trained shoulder and elbow surgeon with expertise in advanced arthroscopic and open reconstructive techniques for the shoulder and elbow. 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 healing mechanisms involved in shoulder and elbow injuries following surgical repair and his research work is published in leading, peer reviewed orthopedic 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.

April O'Connell, OTR/L, CHT, ACSM, ASSET, is an occupational therapy clinical specialist at NYU Langone's Center for Musculoskeletal Care where she provides treatment of orthopedic 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 orthopedic 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 senior 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.

Please join us for the following upcoming programs:

Monday, May 15 Golf Seminar: learn how to avoid injury and improve your game with orthopaedic surgeon Guillem Gonzales-Lomas, senior physical therapist Eric Ross, and golf pro Scott Young.

Wednesday, June 14 Living with Osteoarthritis: a seminar on non-operative management, including the benefits of acupuncture and the secrets of exercise, with Dr. Alex Moroz and senior physical therapist Gerard Gordon.

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

nyulangone.org/sportsperformance