

Training for the NYC Marathon!

Preventing and Managing Injuries as Race Day Approaches

Join our experts for an evening of discussion about how best to prepare for the NYC Marathon.

Wednesday, October 1

Center for Musculoskeletal Care
333 East 38th Street
6th Floor Conference Room

Topics

- The “Big 7” running injuries
- Medical management of injuries
- When to rest and when to push through
- Earning the right to run pain free
- The top rehabilitation exercises
- Real-time running cues

Program Agenda

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

Speakers *(see reverse for speaker profiles)*

Dennis Cardone, DO
Assistant Professor of Orthopaedic Surgery, NYU Langone Medical Center

Melissa Hirsch, PT, DPT, OCS, Cert. MDT
Senior Physical Therapist, NYU Langone Center for Musculoskeletal Care

RSVP

Register online at www.NYULMC.org/CMC-Lectures

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



Speakers for the September 22 lecture:

Dennis Cardone, DO, is a fellowship-trained and board-certified specialist in pediatric and adult sports medicine and an associate professor in the Department of Orthopaedic Surgery at NYU Langone Medical Center. Dr. Cardone has published numerous articles in peer-reviewed journals and textbooks. He is the head team physician for New York University and Long Island University, team physician for USA Wrestling and USA Fencing and was recently appointed as chief medical officer for the New York City Public Schools Athletic League. Dr. Cardone has a special interest in treating runners, young athletes, and athletes with special needs, and his practice is open to patients of all ages.

Melissa Hirsch, PT, DPT, OCS, Cert. MDT, is a Senior Physical Therapist at the Center for Musculoskeletal Care. Melissa holds a Doctorate in Physical Therapy from the University of Scranton and is credentialed in Mechanical Diagnosis and Therapy (the McKenzie Method). Melissa is board-certified by the American Board of Physical Therapy Specialties in orthopaedic physical therapy and is also a certified Functional Movement Systems Exercise Professional. Her clinical interests include the treatment of running injuries and the management of spine dysfunction. Melissa also serves as a clinician with the NYU Langone Running Performance Program.



Please also join us for upcoming lectures:

- Monday, November 17** **Maintaining Your Weight through the Holidays**
Registered dietitian Samantha Heller and exercise physiologist Alison Peters offer straightforward tips on how *not* to gain those extra pounds during the winter holidays. Topics include how to make smart food and drink choices at holiday functions and recommended exercises to reduce the impact of holiday eating.
- Tuesday, November 18** **Running through the Winter**
Primary care sports medicine physician Warren Young and exercise physiologist Hiwotie Deres discuss how to maintain your training through the winter months. They will cover areas such as optimal running gear for lower temperatures, treadmill vs. outdoor training, and much more.

For information on the Sports Performance Center, please visit us at www.NYULMC.org/Sports-Performance