



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

744 52nd St., Oakland, CA 94609 • 510-428-3558 • www.childrenshospitaloakland.org



Free Community Lecture

“BACK TO THE BASICS”

Getting To The Core of Low Back Pain in Young Athletes

Come to our Lecture and you will Learn:

- Common Low Back Injuries Unique to the Young Athlete
- Key Strengthening and Stretching Exercises for Prevention of Sport Injuries
- How your Core can Enhance Athletic Performance

Monday, February 27, 2012

6:30 p.m. – 7:30 p.m.

Outpatient Center Auditorium

Children's Hospital & Research Center

747 52nd St., Oakland, CA 94609

Sports Medicine Center for Young Athletes

Speaker:

Judy Pang, SPT

Student Physical Therapist

UCSF / SFSU Graduate Program in Physical Therapy

RSVP:

Sports Medicine Center: 510-428-3558, Option 3

Please reserve your space as seating is limited.



Upcoming Events:

Athletic Training Conference for High Schoolers: 2- Day Conference includes:

- Careers in Sports Medicine Overview
- Ankle Injuries and Taping Techniques
- Low Back Injuries and Core Training
- Sports Concussions

Reserve Your Spot: 510-428-3558, #3

More details about our Sports Medicine Center for Young Athletes can be found at www.childrenshospitaloakland.org or call the Sports Medicine Center at 510-428-3558