



Sure, you taught him how to catch, throw, field, and hit -- But have you taught him how to avoid tearing his rotator cuff?



B A S E B A L L | S O F T B A L L

Free Injury Prevention Seminars

- featuring the area's leading sports medicine experts

Unfortunately, hundreds of young athletes suffer overuse injuries every year due to a lack of proper training and/or poor technique. These injuries have risen significantly in recent years. However, the good news is that a majority of these injuries can be prevented. We're inviting all parents of baseball and softball players to attend a free seminar that will deliver cutting edge information related to sport injuries, injury prevention, rehabilitation, and performance enhancement. This seminar will be beneficial to players of all ages and all skill levels. Leading the seminars will be noted orthopaedic surgeons, a specialist in sports injury rehabilitation and former assistant strength and conditioning coach for the New York Yankees. Join us at either of the two locations.

Dr. Randy Ramsey
Orthopaedic Surgery,
Mississippi Sports Medicine
and Orthopaedic Center

Dr. Larry Field
Orthopaedic Surgery,
Mississippi Sports Medicine
and Orthopaedic Center

Max Thomas
Physical Therapist
Medicomp Physical
Therapy Madison Clinic

Kevin Spera
Certified Strength and
Conditioning Specialist
Medicomp Xcell

Two Seminar Locations

May 24th, 6:30 p.m. -- Social
7:00 p.m. -- Seminar begins
Brandon High School, Brandon

May 27th, 6:30 p.m. -- Social
7:00 p.m. -- Seminar begins
Holmes Community College,
Ridgeland

Everyone is welcome.
RSVP requested, but not required.
Call: 601-605-1126

PRESENTED BY

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