

ACL

Injury Prevention Seminar



A Free Community Education Seminar



Nakeeya Habibullah PT, MHS



Amber Duong PT, DPT

August 21, 2017 at 6:00 pm
263 N. Mathilda Avenue. Sunnwale. CA 94086

- Learn how to avoid common mistakes leading to ACL injury
- Get the best mobility & strength program for young athletes
- Understand body Biomechanics to improve your form
- Increase the longevity and enjoyment of your sport

Join us and other bay area athletes to learn about how to prevent ACL injuries. Physical Therapists Nakeeya and Amber will demonstrate techniques to reduce overuse injuries related to improper training mechanics. Don't miss out on the opportunity to learn about the benefits of core & stability strengthening, lower extremity biomechanics, and proper warm up progressions for active training.



CALL 408-736-7600 or REGISTER ONLINE
www.breakthroughpt.com/acl17
TO RESERVE YOUR SEAT