

## Register Early Space Is Limited!

This event is free however registration is required because space is limited. **Please register by November 8, 2011.** To reserve your spot, you can call or email our registrar:

**Phone:** (603) 650-8867

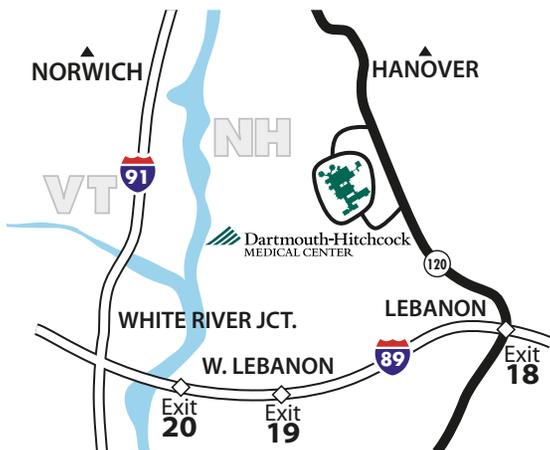
**Email:** [sports@hitchcock.org](mailto:sports@hitchcock.org)

The event will be held in Auditorium E at Dartmouth Hitchcock Medical Center. You can park in the main entrance parking lot and enter through the main entrance. There will be signs directing you to the auditorium.

### Directions to Dartmouth-Hitchcock Medical Center

Dartmouth-Hitchcock Medical Center is located on New Hampshire Route 120, in Lebanon, NH.

In New Hampshire, take I-89 to Exit 18 and head east on Route 120. From Route 120 follow the blue and white "H" signs approximately three miles to the DHMC entrance.



## Sports Medicine at Dartmouth-Hitchcock



At Dartmouth-Hitchcock Sports Medicine, our specialists treat both the "weekend warrior" and full-time athletes. All of the physicians on our team are athletes themselves and can relate directly to sports-related injuries. We have first-hand experience treating some of the most elite athletes in the world. Additionally, our teams provide sideline medical coverage for many athletic programs in various NH and VT schools such as Dartmouth College, Hanover High School, Hartford High School, Keene State College, Keene High School, Kimball Union Academy, and Lebanon High School. We also offer a comprehensive Sports Concussion Program in Lebanon and Keene that includes baseline testing for the athlete's medical record as well as post-concussion testing and management. You can find our sports specialists in Concord, Keene, Lebanon, Manchester, and Nashua. To learn more about our services [visit \*\*dhsports.org\*\*](http://visithsports.org).

# Knee Injuries in Athletes of All Ages

Prevention Tips and Treatment Options



**Wednesday,  
November 9, 2011  
5:30 - 8:30 p.m.**

Auditorium E,  
Dartmouth-Hitchcock  
Medical Center,  
Lebanon, NH

No cost.  
Registration is  
required by  
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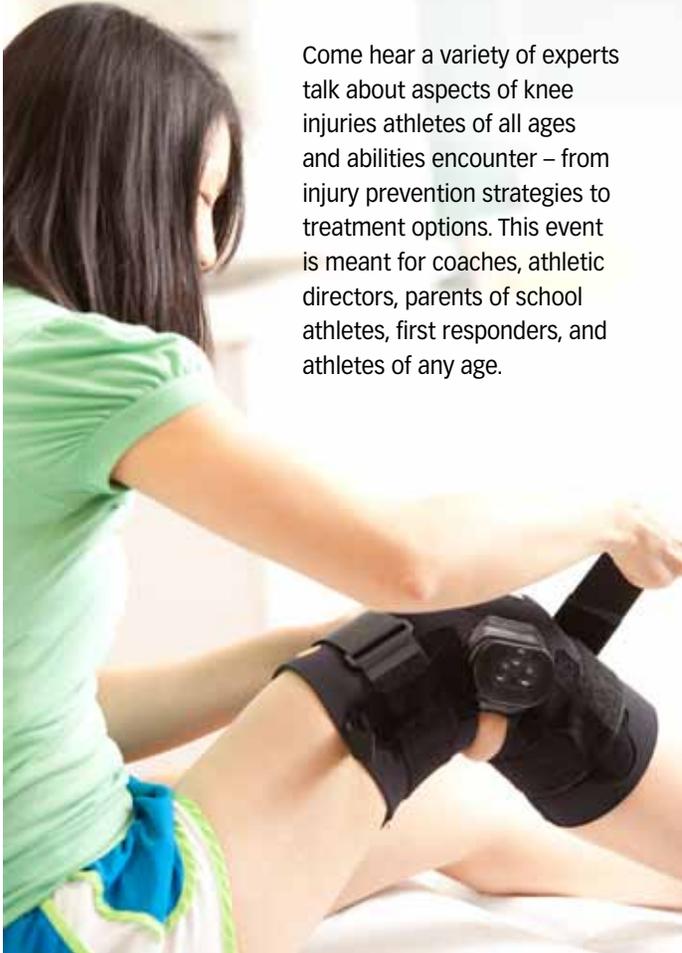
Performance Plus Lecture Series  
**Knee Injuries in Athletes of All Ages**  
 Prevention Tips  
 and Treatment Options

Wednesday, November 9, 2011  
 5:30-8:30 p.m.

Auditorium E,  
 Dartmouth-Hitchcock  
 Medical Center

No cost -  
 registration is required  
 by November 8, 2011

Come hear a variety of experts talk about aspects of knee injuries athletes of all ages and abilities encounter – from injury prevention strategies to treatment options. This event is meant for coaches, athletic directors, parents of school athletes, first responders, and athletes of any age.



5:30 pm  
 Registration opens



6:00 pm  
**Keynote speaker: Hannah Kearney, Olympic Gold Medalist**

Introduction; discussion of her ACL injury and recovery process; learn her tips for preventing injury



6:20 pm  
**Anatomy of the knee; debunking myths about knee injuries**

Michael Sparks, MD, Division Leader, Sports Medicine, Dartmouth-Hitchcock Medical Center



6:40 pm  
**Top 10 sports for knee injuries and the most common types of injuries to the knee; review of how injuries happen**

Mark Silbey, MD, Medical Director, Sports Medicine, Dartmouth-Hitchcock Keene



7:00 pm  
**Injuring the ACL; surgical vs. non-surgical treatment options**

Charles Carr, MD, Sports Medicine, Dartmouth-Hitchcock Medical Center



7:20 pm  
**The female athlete's knee – why it's different and the growing trend of female knee injuries**

James Ames, MD, MS, Sports Medicine, Dartmouth-Hitchcock Medical Center



7:40 pm  
**Injury on the field – immediate response and treatment; when to go to the hospital**

Tate Erickson, MS, NHLAT, ATC, Sports Medicine, Dartmouth-Hitchcock Keene



8:00 pm  
**Prevention strategies for care of the athlete's knee prior to injury**

Chad Howland, PT, Rehabilitation Medicine, Dartmouth-Hitchcock Medical Center

8:20 pm  
 Panel questions

8:30 pm  
 Adjourn



## Information Tables

During the evening, you will also have a chance to browse our information tables including:

- Knee care for older adults
- The value of dynamic stretching
- Proper nutrition for athletes

These professionals are willing to come to area school athletic teams, coaching staff meetings, or recreational sport group gatherings to provide information about proper nutrition, fueling, rest, and preparation for athletes in order to avoid injury and other future health conditions. Feel free to speak with them about these speaking opportunities.

