

A collaborative class offering from:



Specialized Orthopedic and Sports Rehabilitation



Want to ski or snowboard this season but afraid you'll get hurt?

Ski/Ride Strong: An ACL/Knee Injury Prevention and Performance Program

**October 11 - November 17th, 2011
Tuesdays & Thursdays 6:30-7:30pm
12 evening sessions ~ Cost: \$300
at HealthBalance, 2030 Stadium Drive, Bozeman**

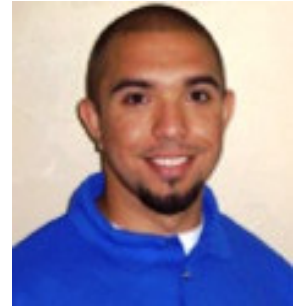
Class Size limited to 15 participants

ACL injuries are common and costly ski injuries. This unique program will help you prevent lower extremity injuries in skiing & snowboarding and improve your skiing and/or snowboarding performance.

Using the latest sports medicine injury prevention research to keep you on the mountain and the latest human performance equipment to track your improvement, the Ski/Ride Strong Program will teach you how to cut, pivot, jump and land with proper technique. This class provides advanced ski and snowboard training to improve strength, endurance, agility, coordination, and speed.



Jason Lunden, DPT, SCS
Sports Physical Therapist
Excel Physical Therapy



Eddie Davila, MS, HFS
Exercise Physiologist
HealthBalance

Ski/Ride Strong Class includes:

- Pre and Post Program Testing
- Ski & Snowboard Skills Training & Specific Drills
- Proprioceptive Training to Increase Body Awareness
- Agility Training
- Power Development
- Advanced Strengthening

Get ready for ski season so you can Ski & Ride Strong!

**Hurry! Space limited to first 15 registrants
Register by October 4th**

**Contact HealthBalance @ 406.922.2078
or email: info@healthbalanceinc.net**

more info: excelptmt.com/upcoming-seminars or healthbalanceinc.net



