



**MAY 6, 7PM**  
**EDUCATIONAL  
LECTURE FOR  
RUNNERS**

**"IT BAND FRICTION SYNDROME, PIRIFORMIS SYNDROME, HIP TENDONITIS/BURSITIS IN THE RUNNER, AN INJURY PREVENTION APPROACH"**

Ciccotti and Repsher Physical Therapy are teaming up to offer you the most current and innovative information to make you bulletproof for 2014. We kick off this hands on lecture series with practical information that will allow you to tackle every run pain free. All lectures will take place in the Ciccotti Center. Talk to Fitness Manager, Adam Cernauskas for details.

**FUTURE  
LECTURES  
COMING**

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*INJURY PREVENTION  
IN THE GOLFER*

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*ACL PREVENTION  
TRAINING*

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*Rotator Cuff Injury  
Prevention*

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**REPSHER &  
ASSOCIATES  
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