

FOR IMMEDIATE RELEASE
Contact: Dr. F. Lincoln Avery,
Advanced Orthopaedics & Sports Medicine
207-846-3826



Performance Workshop Scheduled to Prepare Winter Sports Enthusiasts

Leading Orthopedic Surgeon, Dr. F. Lincoln Avery, will host a FREE interactive session providing tips for conditioning and maximizing performance.

Newry, MAINE (October 01, 2009) – Now is the best time to get your body in shape and ready to enjoy winter sports. To get started, Dr. F. Lincoln Avery of Advanced Orthopaedics and Sports Medicine (AOSM) is back by popular demand to host a **Free Winter Sport Performance Clinic on Saturday, October 6th at the Sunday River Ski Resort** as part of the Sunday River Fall Festival Weekend.

Dr. F. Lincoln Avery, founder of AOSM and medical advisor to the US Alpine Ski Team, will host the session, bringing his years of experience working with high school, college, and Olympic level athletes to help participants prepare for optimal performance and safety during the upcoming season.

When: Saturday, October 10, 2009

Time: 10:00 am to 10:45 am

Where: Sunday River Ski Resort, River House at the South Ridge Base Area in Newry
For more information call 207-773-0040.

For those who like to play hard and need to recover fast, this interactive session will help you get the most out of your knees and gear up your body for a full season on the snow. The **Winter Sports Performance Clinic** is free and open to the public. No need to RSVP.

“Preparing the body, both physically and mentally, with specific exercise strategies pre-season as well as during the winter months can minimize the chances of injury to the joints used in winter sports,” added Dr. Avery. “In addition, thorough equipment maintenance and tactical preparation, as well as proper nutrition, can also play a role in whether people are ready for winter sports.”

About Advanced Orthopaedics and Sports Medicine

The expert source for individualized care of sports injuries, Advanced Orthopaedics and Sports Medicine (AOSM) specializes in the treatment of knee, shoulder and other joint-related injuries. AOSM is where care and experience connect to quickly return patients to their active lives. A specialist in arthroscopic sports medicine for over 20 years, Dr. F. Lincoln Avery has a special interest in skiing injuries and lectures regularly on ski injury prevention techniques. A former

collegiate ski racer, he is a physician for the U.S. Ski Team and has traveled extensively with the men's and women's Alpine World Cup and Olympic Teams since 1987. He has also served as an orthopedic consultant for the Sunday River Ski Resort, and was a team physician for Bowdoin College for over 20 years.

Learn more at www.kneesource.com

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