

# 2011 PUBLIC LECTURE SERIES

All lectures are from 7-8pm and located at Folsom Physical Therapy.

---

Wednesday, May 11

## **Prolotherapy**

Presented by: Kenten Wang, DO

---

Monday, June 13

## **Sport Psychology for Athletic Performance**

Presented by: Jeff Simons, PhD

The science and practice of mental training, with an emphasis on facilitating mental clarity, focus and performance will be discussed.

---

Monday, June 27

## **Self Treatment for Soft Tissue Injuries**

Presented by: [Tim McGonigle, PT](#)

Soft tissue injuries, due to trauma or overuse, plague people in the athletic and active communities, limiting their tolerance for the activities that they love and their quality of life. Understanding the stages of healing and self treatment strategies can empower many to effectively manage these injuries without the time commitment and cost of professional care.

The focus of this seminar will be to educate the audience in the differences between the structure and healing of muscles, tendons, fascia, ligaments and bursi, and to provide specific self treatment approaches for each. The guidelines provided will facilitate the development of effective self treatment plans for a variety of soft tissue problems. Self treatments plans for common pathologies such as Plantar Fasciitis, Patellar Tendinitis, Iliotibial Band Syndrome, Hamstring Injuries and Tennis Elbow will be presented.

---

Monday, July 11

## **Straight Scoop on Stretching**

Presented by: [Tim McGonigle, PT](#)

Huge misconceptions regarding stretching styles and techniques exist throughout the fitness and athletic communities. With a review of the structure of tissues, basic principles of physics, healing and the developmental/aging process, most of these misconceptions can be dispelled.

A productive, and rational, stretching program will be demonstrated that will facilitate sustained health of the musculoskeletal system, eliminate many painful conditions and enhance function/athletic performance.

---

Monday, July 25

**Vestibular Rehabilitation and Fall Prevention**

Presented by: [Brigit Moore, MPT](#)

This seminar will focus on:

- How a Physical Therapist Assesses Various Vestibular Disorders
  - Overview of Management of BBPV, Meniere's, Neuritis, and other Diagnoses
  - Balance Issues with Aging and Fall Prevention
- 

Wednesday, August 10

**Nutrition Facts and Myths**

Presented by: Ann Lentel, RD

An unbiased view of the latest science of nutrition for enhancing quality of life and athletic performance.

---

Monday, August 29 [rescheduled from Monday August 1]

**Shoulder Impingement and Rotator Cuff Problems for Overhead Athletes, Throwers and Swimmers**

Presented by: [Tim McGonigle, PT](#)

Shoulder impingement syndrome and Rotator Cuff problems are common in overhead athletes. With an awareness of upper quadrant biomechanics, prevention and effective self-treatment is possible.

A review of the mechanical tie between the structure of the thoracic cage, cervical region, shoulder girdle, upper extremity mobility and muscle function related to shoulder injuries will be presented. A demonstration of self-care programs for the prevention and treatment of impingement and Rotator Cuff problems will be conducted.