

>> Stay on the Court

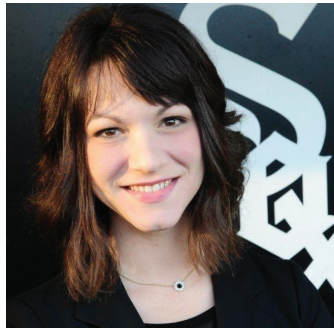
How to Stay Strong and Avoid Common Paddle Injuries

- Easy techniques to keep your game strong
- Stretching and strengthening demonstrations
- Strategies to improve your game and stay injury-free
- Advice from a team physician for the Chicago Platform Tennis Association
- Light snacks and refreshments

FEATURING



Tracy Jones
Physical Therapist
Midwest Orthopaedics
at Rush



Dr. Julia Bruene
Midwest Orthopaedics
at Rush Sports Medicine
Physician

Sunday, March 5

3:00 pm

Keystone Center

7920 Central Ave, River Forest

RSVP to: ann@pscommunicationsinc.com
Questions? Call 630-234-4150

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