

**FREE Seminar**  
**9/15/2009**  
**7-8:30 pm**



SPORT & SPINE THERAPY OF MARIN

## Understanding and Preventing ACL/Knee Injuries in Children

**Over 3 million children will be injured this year in organized and informal sports.**

***How can you protect your children from ACL/Knee injuries, tendonitis, repetitive stress and other maladies affecting young athletes?***

Join Rebecca Demorest, MD, Pediatric Sports Medicine Specialist from Oakland Children's Hospital and Steve Thompson, MPT, OCS, Physical Therapist and Owner of Sport & Spine Therapy of Marin as they provide information about common sports injuries and injury prevention in youth athletics.

Topics will include:

- ACL Injury and Prevention
  - Knee Pain
  - Ankle Injuries
  - Concussions
  - Pre-injury Screening
- And more

By knowing the causes of sports injuries and how to prevent them, you can help make athletics a positive experience for your child.

***This free seminar will be held on Tuesday evening, September 15 from 7:00 – 8:30pm at Sport & Spine Therapy of Marin, 220 Greenfield Avenue in San Anselmo.***

To RSVP call **415-457-4454**. Seating is limited, call early to reserve a spot.

About Sport & Spine Therapy of Marin, Inc.

Founded in 1987, Sport & Spine Therapy of Marin, Inc. is a physical therapy organization located in Marin County, CA, providing preventative and post-operative care for a variety of orthopedic-related disorders and sports-related injuries. More information, visit: [www.sstmarin.com](http://www.sstmarin.com).



Rebecca A. Demorest, MD

Dr. Rebecca A. Demorest joined the Pediatric Orthopaedic Department at Children's Hospital Oakland in early 2009 as Associate Director of Sports Medicine. She specializes in non-operative management of musculo-skeletal and medical conditions affecting pediatric and young adult athletes. She recently opened an office in Marin at 1100 Larkspur Landing Circle in Larkspur.



Steve Thompson, MPT, OCS

Steve Thompson is the owner of Sport & Spine Therapy of Marin. He received his Master of Physical Therapy from Samuel Merritt College in Oakland. He is a board certified Orthopedic Physical Therapist and also a Certified Strength and conditioning Specialist. He recently received his Golf Fitness Instructor certification from the Titleist Performance Institute.

**Sport & Spine Therapy of Marin**

165 Rowland Way, Suite 101 • Novato, CA 94948 • 415.898.1311  
220 Greenfield Ave • San Anselmo CA 94960 • 415.457.4454