

Acalanes High School Presents

## Keeping You In The Game:

# Injury Prevention and Enhancing Sports Performance

Nancy Rolnik M.D. -Walnut Creek Orthopedics and Sports Medicine

Lauren Masi PT, DPT, OCS, ATC— Lafayette Physical Therapy

Wednesday, October 26 in the Acalanes High School Performing Arts Center

Presentation Begins at 7pm



**WALNUT CREEK**  
**ORTHOPEDICS**  
&  
**SPORTS MEDICINE**

Topics to include:

- Sports Specialization and Overuse Injuries
- Athlete Nutrition
- Sleep for Performance and Recovery
- Performance Enhancement
- Common Injuries In Young Athletes
- Risk Factors Associated With Sports Participation



**LAFAYETTE**  
**PHYSICAL THERAPY**