



# SPORTS INJURY PREVENTION

OCTOBER 24 | 7-8PM



## FREE educational event for the **Colonial Soccer Club** coaches, parents & players!

Penn Therapy & Fitness Plymouth Meeting  
(Germantown Pike & Arch Road - next to Patient First)  
354 East Germantown Pike  
East Norriton, PA 19401

### Presentations by:

**Brittany Hamill, PT, DPT**

Physical Therapist at Penn Therapy & Fitness Conshohocken

**Michael Cioffi, PT, DPT**

Physical Therapist at Penn Therapy & Fitness Conshohocken

### Topics include:

- Rehabilitative management of common injuries
- Internal and external causes of common injuries
- Training errors that lead to injuries
- Prevention of Injuries

Light Refreshments will be provided.

To RSVP, please call 610-275-1864 or email [gspmarketing@uphs.upenn.edu](mailto:gspmarketing@uphs.upenn.edu)  
RSVP appreciated (but not required).