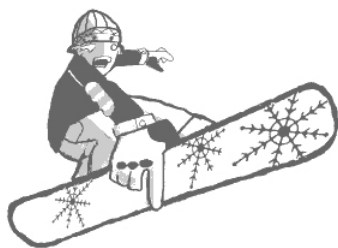


**Intermountain Orthopaedics and Sports Medicine Center
& Physical Therapy**



WINTER SPORTS CONDITIONING

Begin your 2009-2010 ski/snowboarding session right! Come and join our Physical Therapy and Medical Staff for expert sports-specific training and education on injury prevention. All ages and abilities are welcome. Price is \$40 for four 1 hour 15 minute sessions.



Highlights:

Core Stabilization

- **Strength Development**
- **Balance Enhancement**
- **Agility Training**
- **Injury Prevention**

Course Speakers:

- **Alex Homaechearria, M.D.**
- **Kevin Shea, MD**
- **Kurt Nilsson, MD**
- **Mike Curtin, MD**

Course Instructors:

- **Jami Garver, DPT, ATC**
- **Sara Carpenter, MSPT**
- **Sydney Schoensee, PT, MS**
- **Cassie Muehlberg, DPT**
- **JoJo Brunelle, DPT**

WHEN:

**November 17 – December 15, 2009
Tuesdays from 6:15 pm to 7:30 pm**

WHERE:

**Capital Gateway Plaza One
1109 W Myrtle, Suite 200
Boise, Idaho 83702**



To Sign Up, please call 208-489-4331 or email jgarver@IntermountainOrtho.com