



ACL PREVENTION

Free In-Person Lecture

Wednesday, June 11

6:00 pm–6:30 pm **Registration**

6:30 pm–7:15 pm **Presentation**

7:15 pm–7:30 pm **Q&A**

Speakers

Keith Feind, PT, DPT

Heather Milton, Moderator

Topics will include:

- Anatomy of the knee and ACL
- Risk factors associated with ACL injury
- Importance of exercise for ACL prevention
- Signs and symptoms of ACL injury
- ACL recovery milestones and goals
- Exercises to strengthen lower body after ACL injury
- Return to sport testing

NYU Langone Orthopedic Center

333 East 38th Street

5th Floor – Wellness Room

RSVP

sportspowercenter@nyulangone.org

This lecture is free and open to the public.





INSTRUCTORS

Keith Feind, PT, DPT, ATC, Board-Certified Sports Clinical Specialist (SCS) by the ABPTS

Keith Feind is a physical therapist at NYU Langone's Orthopedic Center where he provides treatment of orthopedic injuries in an active and athletic patient population. Keith holds a Doctorate in Physical Therapy from Daemen University and a bachelor's in athletic training from Stony Brook University.

Additionally, he is certified in blood flow restriction training and is a certified USA boxing coach. Keith serves as a clinician at NYU Langone's Running Lab and has worked with a wide variety of athletes including professional and Olympic athletes from various sports.

Heather A. Milton, MS, RCEP, CSCS, Exercise Physiologist, Supervisor

Ms. Milton received her master's in science at Northeastern University in Clinical Exercise Physiology. She is a Registered Clinical Exercise Physiologist, Certified Strength and Conditioning Specialist (CSCS®), and Certified Cancer Exercise Trainer (CET).

As a gymnast and track athlete in her younger years, Ms. Milton identified a need for programs specialized for female athletes. As she continued her work in exercise physiology, she identified a need for female focused programming for all stages of fitness and sport.

As the supervisor and lead physiologist at the NYU Langone Sports Performance Center, Ms. Milton utilizes metabolic testing, biomechanics analysis and specialized screens to develop specialized programs to help clients reach their maximum potential and ability. She also creates unique and motivational programs to inspire

Call us at **646-501-7109** or email **SportsPerformanceCenter@nyulangone.org** for more information