



PILATES FOR BACK PAIN

Free In-Person Lecture

Wednesday, December 10

6:30–6:45pm Registration

6:45–7:30pm Presentation

7:30–8:00pm Q&A

Speakers

- Allison Ventola PT, DPT, OCS
- Nicole Lund, MPH, RDN,
Clinical Nutritionist

NYU Langone Tisch Hospital

550 1st Avenue, New York, NY 10016
Smilow Research Center, 1st Floor
104-Smilow Seminar RM (Yellow Pathway)

Topics will include:

- How to define chronic non-specific lower back pain
- How persistent pain affects both your muscles/joints (musculoskeletal system) and your nervous system over time
- 6 Pilates Principles that make your physical therapy exercises more efficient for lasting relief
- Easy exercises that boost your stability and restore confidence in daily movement
- What is the Mediterranean diet, and can it help with my chronic pain?
- How to start an anti-inflammatory diet

RSVP

sportspowerperformancecenter@nyulangone.org
This lecture is free and open to the public.

INSTRUCTORS

Allison Ventola PT, DPT, OCS

Allison earned her Bachelor of Science degree in Biological Sciences and minor in Psychology from Fordham University in 2018. She earned her Doctor of Physical Therapy degree from Columbia University in 2021 and holds her board certification in Orthopedic Physical Therapy since 2025. Allison earned her Comprehensive Mat and Equipment Pilates certification from Gramercy Pilates in August 2023 and is also certified in Blood Flow Restriction, Cupping and Rock Tape.

Allison grew up as a pre-professional ballerina training year-round with New Jersey School of Ballet and later performing with New Jersey Ballet Company. She trained at various elite institutions including American Ballet Theatre, the Rock School, and Manhattan Youth Ballet. While at Fordham, she danced and choreographed various styles as part of Expressions Dance Alliance. In her spare time, she enjoys cycling (whether stationary or outdoors), traveling, and dancing.

Nicole Lund, MPH, RDN, Clinical Nutritionist

Ms. Lund is a registered dietitian with her master's degree in public health nutrition from Hunter College, a certified Health and Well-being coach, and certified personal trainer.

As a former dancer, her love of movement led her into a career as a step aerobics instructor and personal trainer. Through her work, she recognized a need for a discussion about food and how it impacts everything from performance to health. She went back to school to become a registered dietitian and began her career integrating both nutrition and physical activity.

Ms. Lund has worked at NYU Langone's Sports Performance Center since 2016 where she sees medical nutrition therapy patients via insurance and self-pay sports nutrition clients. She is a clinician with the Running Lab and works with athletes on the USA Nordic team.

She has expertise in sports and performance nutrition, and her clinical interests include chronic inflammation, weight loss, migraines, and menopause.

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