

WHEELS IN MOTION

Steps to Cycling Success

Wednesday, March 12th

6:00–6:30pm Registration

6:30–7:15pm Presentation

7:15–7:30pm Q&A

Speakers

- [Jessica Si, OTR/L, OTD, COEE, CHT, Senior Occupational Therapist](#)
- [Bethany Ridenhour PT, DPT, Clinical Specialists](#)

NYU Langone Orthopedic Center

333 East 38th Street
5th Floor – Wellness Room

Whether you're a seasoned triathlete, endurance cyclist or recreational rider we have the tips to help you ride at your best!

Topics will include:

- Skills and strategies to prevent injury
- Exercises and training to perform at your best
- Injury prevention and management

RSVP

sportsperformancecenter@nyulangone.org

This lecture is free and open to the public.

INSTRUCTORS

Jessica Si, OTR/L, OTD, COEE, CHT, Senior Occupational Therapist

Jessica Si is a Senior Occupational Therapist at NYU Langone. She holds a doctoral degree from NYU and is a certified hand therapist. Having grown up in the Netherlands, where cycling is a main form of transportation, she developed an interest in cycling and sports related injuries.

As a senior therapist, she specializes in ergonomics, injury prevention, and the treatment of upper extremity conditions.

Bethany Ridenhour PT, DPT, Clinical Specialist, Board-Certified Orthopedic Clinical Specialist (OCS) by the ABPTS

Dr. Ridenhour is a Clinical Specialist at the NYU Langone Orthopedic Center. She is a board-certified clinical specialist in orthopedics through the American Board of Physical Therapy Specialties, a Level 3 Cycling Coach and a Certified Ironman Coach. Her cycling exposure ranges both personal and professional.

Dr. Ridenhour has completed three half Ironman races and has participated in two international road cycling tours. Professionally, her interests include assessment and treatment of the multi-sport athlete allowing safe and effective return to the race circuit. Dr. Ridenhour has participated in running and cycling related community lectures and publications.