

Fall 2018 Community Education Calendar of Events



LOCATION HSS Stamford Outpatient Center
1 Blachley Road, Stamford, CT

HOW TO REGISTER Visit hss.edu/pped or contact Pamela Villagomez at **203.705.2956** or email at villagomezp@hss.edu

Space is limited; register early!

Programs are free of charge and open to the public.

Common Foot & Ankle Injuries and Conditions

Wednesday, September 26, 2018

5:30–6:30 pm



Elizabeth A. Cody, MD
Orthopedic Surgeon
Hospital for Special Surgery
HSS Orthopedics at Stamford Health



Christine Lynders, PT, OCS, CAFS
Physical Therapist
HSS Sports Rehab

The foot and ankle serve as the foundation for all movement as they work together to provide you support and mobility! Weakness and dysfunction in the foot and ankle region can cause problems and can lead to multiple injuries. Join us for a comprehensive program focusing on how to care for your feet by learning first about common foot and ankle injuries and conditions—such as Achilles tendon injuries, plantar fasciitis, stress fractures, arthritis, bunions, and more—followed by information on how to prevent and manage injuries with proper shoe wear, exercises, and movement patterns.

Don't Shrug It Off: Shoulder Injury Treatment & Prevention

Tuesday, October 16, 2018

5:30–6:30 pm



Samuel A. Taylor, MD
Orthopedic Surgeon
Hospital for Special Surgery
HSS Orthopedics at Stamford Health



Lynne Roberts, PT, DPT, OCS, ATC
Physical Therapist
HSS Sports Rehab

Is your shoulder stiff, sore, or weak? Shoulder problems are common and frequently caused by athletic activities that include repetitive or excessive overhead motion. These activities include swimming, tennis, golf, and weightlifting. Common activities like household work can also result in injury. Join us to learn about the different types of shoulder injuries, treatment options, and the prevention of injury.

Handle Your Hand Care

Tuesday, November 6, 2018

4:00–5:30 pm



Samir K. Trehan, MD
Orthopedic Surgeon
Hospital for Special Surgery



Sarah Schlosser Giacalone, OTR/L, CHT
Occupational Therapist
HSS Sports Rehab

Dr. Trehan will be live streamed from New York City

We communicate with the world through our hands. However, we don't often think about our hands very much until something changes. Hand and wrist conditions like carpal tunnel syndrome, trigger finger, and arthritis can significantly impact quality of life. This lecture will discuss various hand and wrist conditions along with medical and occupational therapy treatments.