

Lecture focuses on shoulder injuries

Join Kyle Swanson, orthopedic surgeon, and Kris Terrain, certified athletic trainer, from Tahoe Orthopedics & Sports Medicine on April 27 from 6:30 to 7:30pm at Lake Tahoe Community College in the Aspen Room.

The talk is about shoulder anatomy and common injuries; including rotator cuff tears, shoulder instability, dislocations and arthritis of the shoulder.

This shoulder injury presentation is one of many educational opportunities geared toward educating the community about living healthful lifestyles. Attend any four of Barton's 2011 wellness lectures and receive an attendance "punch card" and automatically be entered to win a 2011-12 season pass to a Lake Tahoe ski resort and other prizes.

Go online for complete details and the 2011 lecture series line up. For more information, call (530) 543.5656.