

# Shoulders, winter sports injuries to be discussed

Barton Health is putting on two free medical lectures in November.

The first is Common Shoulder Conditions, Prevention and Treatment by Kyle Swanson, a physician with Tahoe Orthopedics and Sports Medicine, and physical therapists Monique Havilund and Gary Standifer.

They will talk about about a variety of shoulder issues, including rotator cuff tears, shoulder arthritis, and shoulder replacement. Shoulder exercises and treatments will also be addressed.

It will be Nov. 5 from 6-7pm at the Holiday Inn Express in Minden.

The next lecture is Winter Sports Injuries & Conditioning

Terry Orr, doctor with Tahoe Orthopedics and Sports Medicine, will talk Nov. 13 from 6-7pm in the board room at Lake Tahoe Community College in South Lake Tahoe.

He will talk about common sports-related injuries, including current knee injuries and treatments. Pre-season conditioning tips will also be covered.