



**Alpine**  
*Physical Therapy™*  
**Sports Medicine**

# ***COACHES CLINIC***

**- HANDS ON - WORKSHOP -**

[www.alpineptmissoula.com/sportsmed](http://www.alpineptmissoula.com/sportsmed)

**- Hands On -**

- **Mike Woods MD, Missoula Bone & Joint**
  - **Hip & Lower Leg Injuries**
  - **When to refer; What to look for!**
- **Physical Therapists**
  - **SPRINTT PROGRAM**
  - **Improved Athletic Performance!**
  - **Treatment of Hamstring injuries**
  - **Shin Splints (prevent/ treat/ taping)**
- **Licensed Athletic Trainers**
  - **Hot Topics on Nutrition**
  - **"Hands on" Taping for Coaches**
    - **Functional Taping**
    - **Practice with Professionals**



**March 10, 2010**

- **5:30 p.m. - 7:30 p.m.**  
**Cost - \$10.00**
- **"Hands On" Format**
- **Alpine Physical Therapy**  
**Peak Health and Wellness Center**  
**5000 Blue Mountain Rd.**



Please RSVP: BOB BOTKIN -- 406.251.2323 -- [botkinpeakpt@yahoo.com](mailto:botkinpeakpt@yahoo.com)