

# Enhancing Life...

## Through Education and Community Awareness

### Jersey City Medical Center presents...

## "Dinner with the Doctor"

### Scholastic Sports Injuries: Keys to prevention for parents, school nurses, teachers, and coaches

**Featuring:** Sean L. Lager, MD  
Alex Visco, MD, FAAPMR  
Michael Prybicien, MA, ATC, CSCS

**Date:** Thursday, April 21st, 2011

**Time:** 6:30 PM – 8:00 PM

**Location:** Jersey City Medical Center, First Floor Cafeteria  
355 Grand Street, Jersey City

*Space at the seminar is limited. Register today!*

Jersey City Medical Center was recently rated the #1 Overall NJ Hospital (for hospitals of a similar size) for the second consecutive year according to Castle Connolly Medical Ltd.'s survey of New Jersey doctors.

As part of our commitment to education and community awareness, our "Dinner with the Doctor" event for April is focused on Scholastic Sports Injuries. Injuries are a growing issue in youth sports with approx 30 million children and teens in the U.S. currently participating in some form of organized sports. While the most common injuries are sprains and strains which only result in a loss of playing time, many injuries can affect these young athletes into their adult years.

According to Safe Kids Worldwide and the American Academy of Pediatrics:

- Approx 3 million children and adolescents age 14 and under get hurt annually playing sports or participating in recreational activities.
- Sports and recreational activities contribute to approx 21% of all traumatic brain injuries among children and adolescents in the U.S.
- More than 775,000 children and adolescents age 14 and under are treated in hospital emergency rooms for sports-related injuries each year. Most of the injuries occurred as a result of falls, being struck by an object, collisions, and overexertion during unorganized or informal sports activities.

If you are a **parent, school nurse, teacher, or coach** – we encourage you to attend this informational event to learn from two leading specialists who will discuss such topics as concussion prevention, recognition and response; pre-participation physical evaluations (or PPE); proper hydration habits; and overuse injury prevention methods. This event also includes an interactive period for questions and answers. Call our reservation hotline at **201-915-2332** to register for this **FREE** event



- **Dr. Sean Lager** is a board certified orthopedic surgeon specializing in Sports Medicine.

Dr. Lager received his BA with honors from the University of Pennsylvania and his MD from the George Washington University School of Medicine and Health Services. After graduating, he completed his fellowship training in sports medicine at Union Memorial Hospital in Baltimore, and his residencies in Orthopedic Surgery and Rehabilitation Medicine and General Surgery at St. Vincent's Hospital and Medical Center in New York City and the State University of New York Health Science Center at Brooklyn.

Dr. Lager has worked as a physician for the Baltimore Ravens of the National Football League, and the NFL Scouting Combine, and he was the primary physician for varsity men's and women's teams at Loyola (MD) College and Morgan State University in Baltimore.

- **Dr. Alex Visco** is a board certified physician specializing in Physical Medicine and Rehabilitation.

Dr. Visco received his BA from Rutgers University and his MD from the University of Medicine and Dentistry of New Jersey – NJ Medical School. After graduating, he completed an internship at Saint Baranabas Health Care System and a residency at New York Presbyterian, The University Hospitals of Columbia/Cornell in Physical Medicine and Rehabilitation.

Dr. Visco is the author of The Neck Pain Handbook: Your Guide to Understanding and Treating Neck Pain. He is also the Founder, Owner, and Medical Director of East Coast Spine, Joint and Sports Medicine, PA located in Hoboken.

- **Michael Prybicien** is a NJ licensed athletic trainer. He received two BS degrees from Pennsylvania State University (one in health education and the other in exercise and sports science) and his MA from Kent State University in Ohio in Sports Administration.

Mr. Prybicien has worked as an athletic trainer in a variety of different venues with athletes of all ages and skills sets. He has worked at Saint Peter's College, Passaic High School, University of Medicine and Dentistry of New Jersey, and the New Jersey Sports Medicine Institute.



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