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NEWS RELEASE

Oct. 26, 2009

Contact: Kendra Hovland, physical therapy aide, UM Sports and Orthopedic Physical Therapy Clinic, 406-243-4006, umtptclinic@spahs.umt.edu.

UM PHYSICAL THERAPY CLINIC OFFERS CAMP FOR YOUNG ATHLETES

MISSOULA –

The University of Montana Sports and Orthopedic Physical Therapy Clinic will hold a six-week camp for middle school and high school athletes who want to perform better and prevent injuries.

The Sports Performance Enhancement and Injury Prevention Camp will take place from 6 to 7 p.m. Monday evenings from Nov. 2 to Dec. 7 at the UM Physical Therapy Clinic, located in Skaggs Building Room 129.

The cost to attend the six sessions is \$45. Registration and payment is required to reserve a spot. Call the clinic at 406-243-4006 to register by phone or request a mail-in registration form.

The camp, open to both male and female athletes, will be directed by Brenda Mahlum, director of UM's Physical Therapy Clinic and certified sports therapist. Campers will receive individual attention from strength and conditioning specialists while doing fun drills, building skills and learning to prevent injury.

During each camp session, participants will be divided into two groups, rotating between two 30-minute training programs. One features circuit core training and specific injury-prevention exercises on weight-training equipment, the other combines plyometrics, jump training, agility training, core training and correct skill techniques.

For more information about the UM Physical Therapy Clinic, visit
<http://www.health.umt.edu/schools/pt/clinics/sportsandorthopedic.php>, e-mail
umptclinic@spahs.umt.edu or call 406-243-4006.

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