

## JOIN US FOR A SPECIAL TALK

FREE & INFORMATIVE TALK ON

### TREATING & PREVENTING SPORTS INJURIES

Presented by  
INSTITUTE FOR WESTERN SURGERY

**TUESDAY, 26 JANUARY 2010**  
6:00 P.M. to 8:00 P.M.

Hosted at  
**THE HONG KONG SQUASH CENTRE**  
Centre Court  
23 Cotton Tree Drive, Hong Kong



#### Guest Speaker

Dr. Neil S. Roth  
Sports Medicine & Orthopedic Surgeon  
Faculty, Institute for Western Surgery

As an athlete & sports enthusiast, Dr. Neil Roth's love of sports has led to a broad & extraordinary career in orthopedics. Dr. Roth is a board-certified orthopedic surgeon, specializing in sports medicine, elbow, and knee surgery. Dr. Roth graduated both undergraduate and medical school from Duke University in North Carolina. After completing his orthopedic training at Columbia-Presbyterian Medical Center in New York City, Dr. Roth completed his sports medicine fellowship training at the world-renowned Kerlan-Jobe Orthopedic Clinic in Los Angeles.

Dr. Roth served as an assistant team physician for the Los Angeles Lakers, Dodgers, Kings and Angels, the Anaheim Ducks, and the University of Southern California. He has also consulted on orthopedic issues for the New York Yankees and Oakland Athletics baseball clubs. Dr. Roth continues to care for numerous collegiate and high school level athletes. He currently serves as medical consultant to several Broadway musicals, including Disney's "The Lion King" and "Tarzan."

After his time at Kerlan-Jobe, Dr. Roth returned to the full-time faculty of Columbia-Presbyterian Medical Center as an assistant professor of orthopedic surgery as well as the assistant director of the sports medicine service. In 2003, Dr. Roth joined the staff of the prestigious orthopedic teaching hospital, Lenox Hill in New York City, where he still practices.

He has been featured on numerous local & national news programs on the latest techniques on knee and shoulder surgery, and has lectured both nationally and internationally.

Dr. Roth maintains offices in New York City, White Plains, New York & northern New Jersey.

#### ABOUT THE INSTITUTE FOR WESTERN SURGERY

The Institute for Western Surgery brings the top Western surgical experts to Asia. Operating out of the spectacular Guangdong Provincial Hospital in University City, Guangzhou, the Institute combines the world's leading Western surgeons with modern, luxurious facilities, state-of-the-art equipment, and cutting edge technology to deliver an outstanding health care experience without having to leave the Country.

When they are not taking care of professional sports teams famous entertainers or in the United States, the Institute's world class faculty is coming to Asia to provide leading local surgeons advanced training on the latest Western surgical techniques.

With access to the world's best Western surgeons locally, now you can recover in your own bed & return to work in a matter of days rather weeks.

For more information about the Institute, visit [WesternSurg.com](http://WesternSurg.com).

#### TREATING & PREVENTING SPORTS INJURIES

Since squash is a sport that involves moving around and changing direction very quickly, injuries are always likely to occur.

The *most common squash injuries* include: muscle strains & sprains, fall injuries, impact injuries, head and eye injuries, and overuse injuries (for example, tennis elbow).

*To avoid squash injuries:* maintain fitness levels with aerobic (walking, jogging) and anaerobic activities (sprinting); wear cool clothing that 'breathes', such as cotton; drink plenty of fluids before, during and after the game; and have your shoes professionally fitted; warm up thoroughly before playing (include jogging on the spot and plenty of stretching); and allow sufficient time to cool down afterwards.

For more tips on preventing and treating sports injuries, attend Dr. Neil Roth's FREE talk on *Tuesday, 26 January 2010 at 6:00 P.M. at the Hong Kong Squash Centre*. Reservations not required. For more information, contact Karl at 2569-0611 or Randy at 9468-2787.