



**EverFit Physical Therapy &  
Fitness Center presents**

# FREE CLINIC!!!!

*OFFERED TO YOUNG ATHLETES & PARENTS IN  
THE LOCAL COMMUNITIES*

## Conditioning & Prevention Strategies for the Throwing Athlete



*Clinic run by:*

**John G. Johnson, MS, PT**  
*Physical Therapist*  
(License # 40QA00276200)

*Owner of EverFit Physical  
Therapy & Fitness Center in  
Cinnaminson since 2002!*

### Highlights:

- Information for parents on prevention of injury in the throwing athlete
- Techniques to improve performance
- Suggestions for parents on how to monitor your child and how to address any complaints of shoulder or elbow pain
- Demonstrations for athletes on proper strengthening & flexibility techniques as well as proper warm-up and conditioning

**Date:** Tuesday March 22, 2011

**Time:** 6:30 PM

**Location:** **Charles Street School Auditorium**  
100 West Charles Street  
Palmyra, NJ 08065

**Seating is limited! Register by calling (856) 829-0015 (Dial 1  
then 1 again to reach PT desk) or email [jen@everfitnj.com](mailto:jen@everfitnj.com)**