

# Rock Climbing Injury Prevention and Treatment Presentation

Presented by

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Physical Therapist with BreakThrough Physical Therapy

## **Injury prevention**

- Core strengthening
- Shoulder stabilization exercises
- Stretching

## **Treatment for Common Injuries**

- Taping
- Dry Needling
- Assisted soft tissue mobilization
- Therapeutic exercises
- Tendon glides

## **Demonstration**

## **Q&A**

**When: Tuesday, February 23**

**Time: 7pm-8pm**

**Where: REI, 3334 West Friendly Ave,  
Ste. 140, The Shops at Friendly Center,  
Greensboro, NC 27408**

*No RSVP necessary – just stop by!*

***BreakThrough***  
**PHYSICAL THERAPY**

