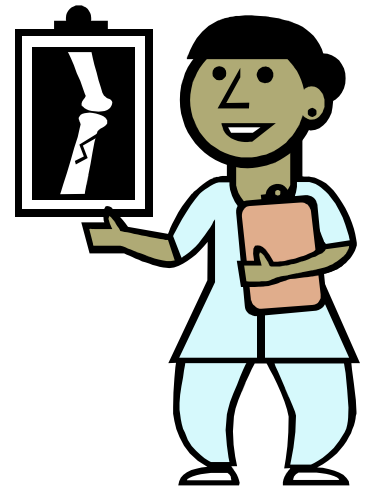


Tendon Itis or Osis?

Which is it? We have all heard the terms “jumper’s knee” or “tennis elbow,” as well as others, that refer to pain in a tendon. Integrated Rehabilitation Services Physical Therapist Krista Catalan will explain the differences regarding terminology, treatment options, and activity modification to help keep us going.



Presented by: Krista Catalan, MSPT

Integrated Rehabilitation Services Physical Therapist

Tuesday, March 9th, 6:30pm

Members Lounge

Registration is required! Space is limited to 60 people!