

# Sports Med Academy

## Preventing Injuries in Baseball and Softball



Thursday, May 4, 2017 | 6 to 7 p.m.



Baseball and softball players commonly experience arm soreness and often develop overuse injuries. During this free presentation, **John Richmond, MD**, will discuss how to prevent throwing injuries and improve overall performance.

A North Allegheny alum, Dr. Richmond is a fellowship-trained orthopaedic surgeon who specializes in sports medicine, shoulder and knee surgery. He attended Penn State University on a baseball scholarship where he played shortstop for the Nittany Lions. He completed his general surgery internship and orthopaedic surgery residency at Temple University where he also received his medical degree. He then completed a fellowship in sports medicine at the San Diego Arthroscopy & Sports Medicine Center. Dr. Richmond previously served as an assistant team physician for the San Diego Padres and San Diego State University. He is certified by the American Board of Orthopaedic Surgery and serves as team physician for Slippery Rock University and Pine-Richland High School.

### WHAT:

This free presentation is part of our Sports Med Academy series at the UPMC Lemieux Sports Complex.

Light refreshments will be provided.

### WHERE:

UPMC Lemieux Sports Complex  
8000 Cranberry Springs Drive  
Cranberry Township, PA 16066

### TO REGISTER:

Guests are encouraged to register. Please visit us online at [UPMCSportsMedicine.com/SportsMedAcademy](http://UPMCSportsMedicine.com/SportsMedAcademy), or contact Tricia at [turley@upmc.edu](mailto:turley@upmc.edu).

For more information call, **724-720-3068**.

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