

# Preventing Throwing Injuries

Thursday, April 7  
7:00-8:00 p.m.

Deer Valley High School, Gymnasium  
4700 Lone Tree Way, Antioch



**Parents, players and coaches are invited to join us at this **FREE** event to help keep players' arms at optimal performance and injury free.**

With wrist, elbow and shoulder injuries on the rise, find out what you can do to keep your child in the game. Come and hear orthopedic surgeon and sports medicine specialist Benjamin Busfield, MD, discuss:

- Counting practice throws
- Treating a sore arm for optimal recovery
- Keeping little league players safe
- Softball – hidden dangers

This event is provided by Sutter Delta Medical Center in partnership with Deer Valley Baseball.

*Light refreshments will be served.*

Please call **(925) 779-3608** if you have questions or e-mail [Lombaa2@sutterhealth.org](mailto:Lombaa2@sutterhealth.org)

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