

## **Guest Speaker to Present on Biomechanical Realignment**

PacificSport Okanagan and the Penticton Recreation Department are bringing Sheri Woroschuk to Penticton to present a session on “Improving Sport Performance and Preventing Injury through Biomechanical Realignment”. This one-time seminar will take place at the Community Centre on Tuesday, March 7 from 7:00 to 8:30 pm.

This interactive session will introduce some of the biomechanical considerations for movement and offer a brief overview of the physiological principles of mobility and stability. Participants will learn how biomechanical dysfunction (muscular imbalances) can affect health states and sport performance and discover the pros and cons of function (sport specific) exercises vs. isolated exercises.

A pre-registration fee of \$10 is required for this program. Payment is encouraged prior to Friday, March 3. Registration is available in person at the Community Centre, on-line at [www.penticton.ca/reg-e](http://www.penticton.ca/reg-e) or by phoning 490-2426.

About presenter: Sheri Woroschuk PT, MAT

A former aerialist on the Canadian Freestyle Ski Team, Sheri Woroschuk received her degree in physiotherapy from the University of Alberta in 1993 and has spent the past 12 years working as a physiotherapist, specializing in manual and sports therapy. During that time, Sheri spent 5 years as a full time physiotherapist for the US Women’s Alpine Ski Team including being the team therapist for World Cups, World Championships and the 2002 Olympic Games. Sheri’s unique focus and interest in the transitional phase of therapy enabled her to design and implement return-to-sport programs still being utilized by the US Ski and Snowboard Teams. In 2002, Sheri received her license in MAT (Muscular Activation Technique) which is a progressive therapy in treating muscular imbalances that lead to pain and injury. Currently she is the only licensed MAT therapist in BC and has additional certifications in yoga and Implementation in Rehabilitation.