

New Orleans Track Club Sneaker Speaker Series

presents

Teddy Lopez, PT

The forum will be to discuss common running injuries & prevention as well as effective stretching techniques for runners and walkers.

Lafreniere Foundation Center

3000 Downs Blvd. Metairie, La

Wednesday, September 30th 6:30 til 8 p.m.

Seminar is free to all NOTC members (non members may pay \$5.00 at door)

A familiar face in the New Orleans running scene, Teddy Lopez, PT has been on staff at Orthopedic & Sports Therapy of Kenner since 2001. Using a unique combination of positive motivation, personal attention, and effective, hands-on physical therapy techniques, he has helped many runners and walkers in Southeast Louisiana return to their normal workout routines following an injury. Teddy earned his Bachelor's Degree in Physical Therapy from University of Mississippi Medical Center in 1999.



He has completed 12 marathons with a PR of 3:15:59. His running experience and knowledge of treatments for common running injuries will be open for discussion during this unique forum open to all abilities and skill levels.