



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

www.AdvancedOrthoSports.com

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Press Release

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"Sports Medicine and Coaching" Workshop Held at Advanced Orthopedic and Sports Medicine Institute in Freehold, New Jersey

The "Sports Medicine and Coaching" workshop at the Pond View Professional Park in Freehold brought together an acclaimed orthopedic surgeon and a respected coach, resulting in a rousing success. More than 70 participants from all over New Jersey gathered to meet with experts who analyzed and discussed the finer details of each individual's athletic fitness and techniques. Experts also gave feedback about the strengths and weaknesses of workshop participants.

The workshop, sponsored by Dr. Gerardo Goldberger, an orthopedic surgeon at Advanced Orthopedics and Sports Medicine in Freehold, and Tom Manzi, Multisport Coach of Training Bible Coaching in Pt. Pleasant, featured state-of-the-art technology to analyze such athletic techniques as foot strikes in running and swim strokes. The fitness center at CentraState Medical Center provided the aquatic facilities for the swim stroke analysis. Specialists properly fitted bikes for cyclists; others analyzed runners' feet to make shoe recommendations; and a nutrition expert discussed sports nutrition, among other presentations.

Dr. Goldberger, a board certified orthopedic surgeon in sports medicine and spine subspecialties, was available throughout the day to assist coaches and therapists with multidisciplinary evaluations. A triathlete himself, Dr. Goldberger also discussed issues related to multisports. In addition, he educated attendees on physical ailments that might hinder them in reaching personal fitness goals.

"Our goal was to help athletes improve not just their health and fitness, but also their performance," Dr. Goldberger said. "Based on the enthusiastic response of those who attended, we believe we accomplished exactly that."

"The expert presenters at our Sports Medicine and Coaching Workshop put a spotlight on sports nutrition, health, and fitness," Manzi said, "as well as recommendations about how to improve techniques and enhance sports specific performance."

Seminar topics included, “How to Train by Using the Periodization Model,” “How to Improve Technique,” “Designing a Training/Race Plan,” and “Nutrition for Athletes.”

Manzi said plans are already in the works for a follow-up seminar. “We would like to have another conference, probably in the fall,” Manzi said. “We already had a meeting on it. We sent a survey out to see what type of presenters they would like to see.”

Those interested in participating as a presenter should contact Manzi at tmanzi@trainingbible.com. News media are welcome to attend.

Dr. Gerardo Goldberger is a board-certified orthopedic surgeon as well as chairman of the department of orthopedics at CentraState Medical Center. He has been an Orthopedic Surgery Board Examiner for the American Osteopathic Academy of Orthopedics since 2003. Dr. Goldberger specializes in spine surgery, knee and shoulder arthroscopy, and total joint replacement, and has a comprehensive approach to patient care. His particular interest in sports medicine stems from his personal involvement in sports as an athlete and physician. Notably, he was a field physician at the Olympic Games in 1996 and at the Soccer World Cup in 1994. An athlete himself, Dr. Goldberger rowed at Rutgers University. As a competitive triathlete, he participated in multiple Ironman races in both the United States and Europe. In 2007, he represented the USA as a member of the National Team at The Aquathlon World Championships held in Mexico. His personal understanding about the demands of competitive sports allows him to provide an individualized treatment plan for competing athletes, based on the latest minimally invasive techniques in shoulder and knee arthroscopy.

Today, the surgeons at Advanced Orthopedics and Sports Medicine Institute provide the Monmouth County community with specialists for every orthopedic need. Advanced Orthopedics and Sports Medicine Institute provides advanced medical care in Freehold, New Jersey with leading doctors and surgeons, state-of-the-art technology, and exceptional Patient-Centered, Patient-Focused Care™. The seven practicing physicians at AOSMI have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey community of Monmouth County.

Location of Press Release

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