HOAG ORTHOPEDIC INSTITUTE AND HOAG PRESENT

Ski-Ready Knees: Injury Prevention for the Slopes

FREE EDUCATIONAL EVENT

Ski-specific strength testing and refreshments will follow the discussion.



November 17, 2026 | 5 - 6:30 PM

Hoag Health Center San Clemente | 993 Avenida Pico, San Clemente, CA 92673

Ski season is almost here. Are your knees ready?

Join **Dr. Taylor Dunphy**, sports medicine physician, for an interactive class focusing on preventing common knee injuries, building pre-season strength and staying on the slopes longer.

Space is limited. Register today!



Taylor Dunphy, MD
Orthopedic Surgeon
Sports Medicine
Hoag Orthopedic Institute

REGISTER HERE

Hoag Orthopedic Institute | hoag