

Overuse Injuries & How To Prevent Them

Are consistent injuries keeping you from performing at your best possible level? Join Dr. Kelley to learn about common causes and treatment of overuse injuries, as well as preventing them.

May 15 at 6:30 p.m.

Newport High School Auditorium



Dr. Abbie Kelley
OSS Health
Primary Care Sports Medicine

Dr. Kelley is board-certified in both family medicine and sports medicine. She focuses her practice on healthcare for athletes and physically active people. She helps athletes of all ages improve performance, enhance overall health, prevent injury and maintain their physical activity. Dr. Kelley has personally treated members of the Olympic Weightlifting Team, York Revolution Baseball, and USA Team Handball. She is the team physician at Messiah College. Dr. Kelley sees patients in Mechanicsburg and York.