



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREATING HAND AND UPPER EXTREMITY PAIN

**HOW TO PREVENT AND TREAT COMMON INJURIES TO THE HAND,
WRIST, ELBOW AND ARM**

**Thursday, September 24, at 7 pm – FREE and open to the public
Virtual Program <https://www.ibji.com/virtual-events/>**

As part of the North Suburban YMCA's Adult Education Series, Illinois Bone and Joint Institute's Christian Skjong, MD will discuss the prevention and treatment of common injuries to the hand, wrist, elbow, and arm. From sports-related injuries to carpal tunnel syndrome to challenges for musicians, Dr. Skjong will discuss the importance of restoring form and function to people who rely heavily on their hands and upper extremities.

Dr. Christian Skjong

Dr. Skjong is an orthopedic surgeon with fellowship training in hand and upper extremity surgery. Committed to staying current on the latest advancements and techniques, he works with patients to explore minimally invasive options whenever possible. Dr. Skjong's philosophy of care is "We are surgeons by training but listening to and understanding what our patients want makes all the difference."

Additional Areas of Expertise

- Arthritis of the hand, wrist, and elbow
- Carpal Tunnel Syndrome
- Dupuytren's Contracture
- Joint replacement of the hand, wrist & elbow
- Microvascular surgery
- Arthroscopy
- Trauma and fracture care

**A part of the NSYMCA
ADULT EDUCATION SERIES**

Register for this program at

<https://www.ibji.com/virtual-events/>

Learn more about Illinois Bone and Joint Institute at www.ibji.com
The NSYMCA is located at 2705 Techny Road, Northbrook, IL
Learn more about the Y's virtual programs at www.nsymca.org



Christian Skjong, MD



**ILLINOIS
BONE & JOINT
INSTITUTE®**

Move better. Live better.