

NYCPM “Day of Sports Medicine” Features Alumni Specialists



In the photo, Dr. Karen Langone ('86), center, Dr Jay Spector ('92), to her left, and Dr. Loretta Logan ('89), to Dr. Langone's right, are surrounded by some of the class of 2024 students who participated in NYCPM's Day of Sports Medicine.

On Friday March 31, the Department of Orthopedics and Pediatrics sponsored a “Day of Sports Medicine” along with and featuring **Jay Spector, DPM ('92)**, and **Karen Langone, DPM ('86)**, both members of and past presidents of the American Academy of Podiatric Sports Medicine.

According to **Loretta Logan, DPM ('89), MPH**, chair of the Department, “It was an informative and interactive day for the students with lectures on A Sports Medicine Approach to Common Running injuries, Proper Running Techniques, The Female Athlete, Identifying Weaknesses Leading to Lower Extremity Injuries, The Role of Strengthening and Dynamic Stretching, Orthotics and Latest Shoe Update. The day also included breakout workshops on Running Evaluation, Marketing a Sports Medicine Practice and Extracorporeal Shock Wave Therapy (ESWT).”

Dr. Langone specializes in sports and fitness medicine, including medical and biomechanical treatment of the foot, ankle and lower extremities caused by faulty foot mechanics. She is the Lead Clinical Director for the New York State Fit Feet Program of Special Olympics international. Dr. Langone lectures extensively nationally and internationally at medical conferences, including at the American College of Sports Medicine, on topics in sports medicine. She is in private practice in Southampton, NY.

Dr. Spector practices in the greater Atlanta area. He specializes in surgery and sports medicine. He is the President of the American Academy of Podiatric Sports Medicine (AAPSM) and is also a fellow. He holds a Certificate of Added Qualification (CAQ) in Podiatric Sports Medicine from ABPM. Dr. Spector is the clinical director for Fit Feet for the Georgia Special Olympics. He is a frequent national lecturer and is a marathon runner.