

Running Injuries Webcast Series

Studies estimate that between 55% and 79% of runners will develop some form of running related injury each year. So if you are runner, you need to be concerned with not only what to do to improve your speed and endurance, but also how to stay healthy. Fortunately, the majority of these injuries are preventable - and this *Understanding Running Injuries* webcast series has been designed to help give you the knowledge you need stay healthy and injury free.

**Webcasts can be accessed free through our website (www.KinetesisSports.com). All webcasts can be viewed live at the times indicated. A recorded version will also be made available shortly after the live event.*

Part 1 - Understanding Running Injuries

September 20, 2011 - 2:00 - 3:00 (Atlantic Standard Time)

This first webcast will introduce the basics of running injuries, including what makes running injuries different from typical sports injuries, and why different strategies are needed to best treat and prevent these injuries. Critical elements related to running injuries such as training volume/intensity and stride biomechanics will also be discussed.

Part 2 - Foot and Ankle Injuries

October 11, 2011 - 2:00 - 3:00 (Atlantic Standard Time)

The remaining webcasts will focus on specific areas of the body, beginning with the foot and ankle. Topics discussed will include normal foot and ankle motion during the running stride, as well as common biomechanical problems that will predispose runners to injury. Frequent injuries such as metatarsal pain, plantar fasciitis, and Achilles tendonopathy will be reviewed.

Part 3 - Knee Injuries

November 1, 2011 - 2:00 - 3:00 (Atlantic Standard Time)

The knee is the most commonly injured area in runners. This webcast will discuss why the knee is so prone to injury, including what should happen with a healthy knee, and how common stride problems can overload the knee and lead to injuries such as Patellar-Femoral Syndrome, Meniscus problems, IT Band Syndrome, and Patellar Tendon/Quadricep Injury.

Part 4 - Hip , Pelvis, and Lower Back Injuries

November 22, 2011 - 2:00 - 3:00 (Atlantic Standard Time)

This final webcast will discuss the importance of proper hip strength and flexibility, and why recent research has found the hip to be the critical link to staying injury free. Tune in to learn why a strong and flexible hip is the key to preventing not only back pain, but also to keeping the knee and foot healthy and working properly.



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