

DR. REED FERBER

Dr. Reed Ferber - Director of The Running Injury Clinic, an Alberta Heritage Scientist, and Assistant Professor in the Faculty of Kinesiology will be attending as well. Dr. Ferber has been interviewed by Canadian Running Magazine, Runner's World, and Running Times on the research he is doing at the University of Calgary, where he will be featured in the August and September issues.

www.runninginjuryclinic.com

Reed will be speaking on Saturday, October 9, 2010 in a session titled, "*Running Without Injury*".



SESSION: Dr. Ferber's discussion will include research conducted in his lab concerning biomechanical factors related to running injuries, how lack of muscle strength can lead to atypical biomechanics and atypical gait patterns related to running injuries. Dr. Ferber will suggest some common exercises to help strengthen muscles, restore proper mechanics and optimize rehabilitation and/or prevent injuries. Dr. Ferber will also discuss future research. If time allows we will open it up to questions.

<http://www.runninginjuryclinic.com/general-information/personel.html>