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Running Injury Prevention Conference Returns to Milwaukee, WI February 24-26, 2012

Milwaukee, WI. Following the enormous success of the course entitled "New Trends in the Prevention of Running Injuries" in North America and in Europe, an international tour began in 2011. The inaugural US course held on the East Coast January 2011, has already brought large attention to improved prevention and treatment for injury. Internationally, the course has changed the practice of hundreds of health professionals. Built from more than a thousand scientific articles and systematic reviews, it questions many current practices in the treatment of both runners and non-runners alike. With high quality audio-visual material, this course will integrate the theory and practice of a number of advanced concepts on running.

Topics include:

- Injury etiology and theory
- Diagnosis and treatment of injury
- Planning of training sessions
- Evidence based stretching and strength training
- Biomechanical gait analyses
- Analysis of the running shoe
- Efficient running form
- Optional group runs with experts in the field

The three-day course will enable you to efficiently treat your patients whether they are runners or active in other sports. You will leave with clinical tools such as a DVD (running mechanics, demo exercises, warm-up sequence...), a CD with a PDF document (evaluation sheets, exercise programs, tips, running programs, ...) and portfolio that includes all the academic content of the course.

The course is instructed by an internationally known teacher and leader in Running Medicine:

- Blaise Dubois is a physiotherapist who teaches at the Faculty of Medicine at Laval University. Blaise has developed the Running Clinic Canada and has taught over 50 conferences around the world. His involvement with the Canadian athletics team has led him to travel around the world enriching his knowledge and adapting his clinical approach. There is no one who knows the research better than Blaise, he can cite specific studies by name, date, and researcher.

Special Note: We've asked Bryan Heiderscheid, PT PhD of the University of Wisconsin to join us and share some of his research!

Gifts, snacks, networking, and free monthly updated literature are some of the many extras you will receive by attending the 24-hour training course. Register now....course limited to 30 participants. **24 hours of CME approved for physicians and physical therapists.**

Date: February 24-26, 2012 Three Day Program: 8 am – 5 pm

Cost: Special rate until January 8th - \$495, (Regular Price \$650 USD)

Location: Children's Hospital of Wisconsin – Greenway Clinic Greenfield, WI

Website: Follow link from home page of Footworks Orthotics, Inc. www.footworksorthotics.com or directly

<https://secure.therunningclinic.ca/en/courses-conferences/new-trends-in-the-prevention-o.php?id=163>