

CPD EVENING SEMINAR

Date: Wednesday July 31st

Time: 19:30 – 21:30

Venue: Complete Sports Care  
249 Auburn Road Hawthorn



Complete  
Sports Care  
Injury experts. Trusted by champions

## RUNNING KNEE INJURIES AND BIOMECHANICAL MANAGEMENT

This evening seminar will provide you with an update on current evidence and approaches related to biomechanical management of common running knee injuries. Emphasis will be on providing perspective on currently available research.

Topics

- Common running knee injuries
- Common biomechanical faults which lead to knee injuries
- Correction through exercise
- Correction through footwear and orthotics
- Correction through changes in running action



Presented by:

Dr Christian Barton and Dr Peter Malliaras (Consultant Physiotherapists)

For registration please contact Ruby Williams, places are limited!

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