



SPORTS SURGERY CLINIC  
*Specialists in Joint Replacement, Spinal Surgery,  
Orthopaedics and Sport Injuries*

# Running Injuries and Performance

An evening of running myths,  
mechanics and exercise advice

This programme challenges common  
misconceptions and theories on:

- Foot strike
- Step Rate
- Impact
- ITB syndrome and knee pain
- Muscle Stiffness vs Flexibility
- Strength and Conditioning
- Exercises for children



We discuss how changing running technique and improving strength can reduce injury rate and improve running performance. We bring you 'evidence based research' not 'eminence based myth'.

**For more information:**

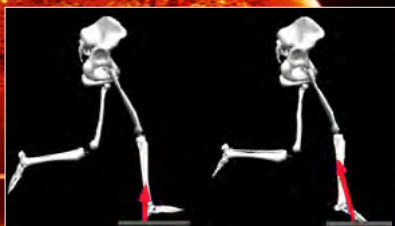
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# Running Injuries and Performance

An evening of running myths, mechanics and exercise advice.



## Speakers



**John Foster**, MCSP, MACPSM, Dip Phys, PGDip H. Sci.

John has 25 years of physiotherapy experience and specialises solely in running injuries. He has developed an extensive running re-education program and is responsible for the new paradigm termed Biomechanical Overload Syndrome. He has been published in the BJSM and continues research in running related injuries.



**Neil Welch** BSc, MSc, ASCC

Neil has worked as a strength and conditioning coach across multiple sports including track and field. He has extensive experience providing gait analysis to many runners including international triathletes at Profeet gait lab, London. His current role is as a strength and conditioning coach at SSC Santry working with sports medicine physicians and physiotherapists to return athletes to their sports after injury in the world leading groin and ACL programs. He is also working towards his PhD in change of direction biomechanics and developing muscle and tendon loading protocols used in injured athletes.