

BlogTalkRadio 2/18/09: The Injured Runner

Contributed by Administrator
Tuesday, 17 February 2009

The next episode of "Consumer's Guide To Competent Self Care" will be on BlogTalkRadio on Wednesday February 18 at 9:30 am.

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The topic of this live call-in radio show will be "The Injured Runner: An Evidence-Based Approach". The Austin Marathon is now over, and it's time to get over those nagging running injuries. But as a consumer, what do I need to be aware of in order to do so optimally and effectively? What do the sports sciences suggest are the best options? And what competent self care can I pursue to help resolve these injuries? Call in on Wednesday, or download the podcast after the show is over.

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The link to the BlogTalkRadio show "Consumer's Guide To Competent Self Care" can be found here .

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Along the same lines, there are also a number of upcoming educational sessions offered by the Smart Life Institute that deal with injury and injury prevention:

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2/26/09 Principles of Injury Recovery

3/1/09 RunSmart Level One Clinic

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Registration can be found here .