

BlogTalkRadio 2/18/09: The Injured Runner

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

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.

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

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:

2/26/09 Principles of Injury Recovery

3/1/09 RunSmart Level One Clinic

Registration can be found here .