

BlogTalkRadio 2/16/2010: McKenzie And The Athlete

Contributed by Administrator
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Join me on BlogTalkRadio on Tuesday February 16, 2010 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". The McKenzie Method is an assessment method for musculoskeletal conditions that has gained considerable support in the scientific research. But as it stands, the sports world is relatively devoid of McKenzie practitioners. With it's focus on self care strategies, mechanical assessment procedures, and prevention, the McKenzie Method is the perfect fit for an active population.

This episode's special guests will be Bridget Clark, PT, MSPT, DPT and Curt Rickert, PT, Dip. MDT.. Both Clark and Rickert utilize the McKenzie Method in the care of the active, sports- and fitness-minded individuals, as does the show's host, Allan Besselink, PT, Dip. MDT. Besselink and Clark have recently collaborated on a chapter on running injuries for the upcoming book "Clinical Orthopedic Rehabilitation" by Brotzman and Manske (editors).

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Join us for the discussion!