

# Run Injury-Free Seminar

## Check back for 2015 seminar date and information

Every year HealthPartners Orthopaedics & Sports Medicine and Regions Hospital Rehabilitation Institute team up to offer a running seminar. All levels of runners, from beginners to advanced, learn first-hand from sports medicine physicians, physical therapists and athletic trainers on how to run injury-free.

With keynote speakers and small groups based on running experience, there's valuable information for everyone.

### Sample Schedule from our March 2014 Seminar:

**7:30–7:50 a.m.**

**Registration**

**7:50–8:00 a.m.**

**Introduction and Welcome**

**8:00–11:00 a.m.**

**Breakout Sessions**

- Running Biometrics—Ankle Injuries, Form Analysis, Running Drills & Form Fixes
- What's Behind the Strong Runner—Knee Injuries, Functional Strength Testing, Key Exercises
- A Runner's Self Help Tool Box—Hip Injuries, Taping Techniques, Foam Rolling/Dynamic Stretching



**11:00 a.m. – noon**

**Keynote: "Overcoming Obstacles"**

**noon–12:30 p.m.**

**Large Group Q & A and Wrap-up**

**Plan to attend our 2015 Run Injury Free Seminar**  
Check back in early 2015 for more detailed information.