

"Managing Running Related Patellofemoral Pain".

Dr Christian Barton has a highly respected international research profile, with more than 45 peer reviewed publications. He teaches courses in Australia, the UK and Scandinavia. Clinically, Christian specialises in the management of persistent and challenging knee and running related injuries, working with a range of elite athletes and in conjunction with many of Melbourne's leading orthopaedic specialists. This vital clinical insight ensure you will take away immediately clinically applicable skills

Patellofemoral pain is a common injury in runners, hence why it's often labelled "runners' knee". In this webinar you will learn why this injury is so common in running athletes, and what can be done to manage it.

We will seek to understand the following:

- Running biomechanics and loads associated with patellofemoral pain
- Possible effectiveness of exercise in the management of patellofemoral pain
- Current evidence for running retraining in the management of patellofemoral pain
- Clinical reasoning framework for using running retraining in patellofemoral pain