



SPORTS SURGERY CLINIC

*Specialists in Joint Replacement, Spinal Surgery,
Orthopaedics and Sport Injuries*



INJURY PREVENTION
STRENGTH TRAINING

1.0135001

RUNNING BIOMECHANICS
TRAINING PROGRAMME

92%

Evening for Runners

at Sports Surgery Clinic

Monday, 15th February, 2016

THIS EVENT IS
**FREE OF
CHARGE**

Date: Monday, 15th February, 2016

Location: Sports Surgery Clinic, Santry Demesne, Dublin 9

Time: 7:pm (registration and refreshments from 6:30pm)



Colin Griffin

Lead Running Coach SSC

"Running biomechanics
and training programme
design".



Evin Scanlon

Musculoskeletal
Physiotherapist, SSC

"Injury prevention and
strength training for runners".

To attend please register online.

www.sportssurgeryclinic.com