

Stretching

The Myths Unveiled

Sports House Milton

5 March 2012

6pm – 7:30pm

Cost:

SMA non-members: \$20

SMA members: no cost

For our first workshop for 2012, Mark Brown, Executive Officer for SMA QLD and APA Sports Physiotherapist will be discussing the often misunderstood topic of Athletic Stretching. The seminar will provide a summary of research scientific evidence about which athletes should stretch, as well as when, why and how for both maximum injury prevention and performance enhancement benefits. The knowledge and skills gained from this seminar will help you customize your training and warm-up programs to the specific needs of different sports and athletes.



RSVP 5th March 2012

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