Departmental Seminar

A Pragmatic Randomised Trial of Stretching Before and After Physical Activity to Prevent Injury and Soreness

Dr. Rob Herbert

Senior Research Fellow
Associate Professor
The Georgia Institute for International Health

Dr. Chris Lin

Research Fellow
The Georgia Institute for International Health

Date: 18th September 2009 (Friday)
Time: 5:45 - 6:45 pm
Venue: ST522, 5/F,
The Hong Kong Polytechnic University

Dr Rob Herbert is a senior research fellow at The George Institute for International Health, associate professor in the Faculty of Medicine at the University, and honorary research fellow at the Prince of Wales Medical Research Institute. Rob’s primary interest is in the effectiveness of physiotherapy interventions, particularly stretch-based interventions for prevention and treatment of contracture. He also conducts complementary research into the passive mechanical properties of human muscles and tendons.

Dr Chris Lin is a Research Fellow at The George Institute for International Health. Chris’ research focuses on the effectiveness and cost-effectiveness of rehabilitation for musculoskeletal conditions. Her PhD was on rehabilitation after ankle fracture. She now works on the MARKER Study, which investigates the effectiveness of rehabilitation after total knee replacement.

Parking is available – please contact Miss Rosita Tam (E-mail: rsrosita@inet.polyu.edu.hk) for a parking voucher.