

Queen Margaret University professorial lecture on physiotherapy research

Research shines light on improved athletic performance and patient rehabilitation

New techniques to improve muscular performance in athletes and patients are just some of the topics which will be discussed at a public lecture.

Nigel Gleeson, Physiotherapy researcher at Queen Margaret University, Edinburgh, will discuss his work in helping high performance athletes achieve peak performances, as well as his current quest to develop strategies which improve patient recovery after injury.

The public event, by the Professor of Exercise and Rehabilitation Sciences, is part of Queen Margaret Professorial Lectures. The Lectures' series offers fresh angles on topics of relevance to society and is designed to appeal to a wide audience.

This lecture looks at Professor Gleeson's changing role from assessing, advising and helping high-performance athletes achieve their optimum performance and how to deal with the inevitability of sports injury, to his present day clinical work in developing enhanced strategies for rehabilitation.

[Professor Gleeson](#) will reflect on his previous and forthcoming research and will discuss how this ground work is culminating in important strategies for the usefulness of exercise in preventative or rehabilitative interventions in patients with

disease or injury to joints. Particularly, he will describe his motivation for developing techniques in both athletes and patients that focus on improved musculoskeletal performance capabilities, the effects of exercise stress and transformation to improved function.

The professorial lecture titled 'From bullworker to biometry and performer to patient: reflections on combating musculoskeletal fragility' will take place on Wednesday 27 March 2013, 5.30pm for 6pm at Queen Margaret University, Musselburgh, EH21 6UU.

The lecture is free but booking is essential. To reserve a place, please register at: <http://www.qmu.ac.uk/conferencesevents/publectures.cfm> or call events on T: 0131 474 0000.