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2017

INJURY REPAIR RECOVERY SEMINAR



Stuart Phillips, PhD

Director, Physical Activity Centre of Excellence (PACE)

Director, McMaster Centre for Nutrition, Exercise, and Health Research

Accelerating Skeletal Muscle Repair and Recovery Following Injury: Nutritional/Nutraceutical Approaches

Repair of damaged tissue and recovery following muscular injuries, or injuries involving disuse of skeletal muscle, is most often facilitated through a progressive program of reloading. Accelerating this recovery, and potentially accelerating recovery of the associated damaged connective tissue, would be good news for patients and clinicians. Evidence of accelerated repair and recovery of skeletal muscle comes from a number of avenues all of which show tremendous promise. This evidence will be reviewed with an eye towards forming best-practice nutritional/nutraceutical guidelines for supporting injury recovery.

Trainee: Ferreira Vanessa & Alex Schram

March 23rd, 4 PM -MGH- Osler Amphitheatre -
1650 Cedar Avenue, A6-105, Montreal, Quebec H3G 1A4