

第13回 大阪大学All Round 運動制御学セミナー



Pro. Dr. Rafael Escamilla

Professor of Physical Therapy and Director of the Biomechanics Laboratory, California State University, Sacramento

Research Coordinator at Results Physical Therapy and Training Center in Sacramento

Cruciate ligament loading during weight bearing and non-weight bearing exercises

Dr. Rafael Escamilla, Professor of Physical Therapy and Director of the Biomechanics Laboratory at California State University, Sacramento, is a distinguished expert in Sports Medicine and Biomechanics with a Ph.D. from Auburn University. He has published over 200 scientific papers and given nearly 300 presentations, mainly focusing on knee biomechanics during exercise and overhead throwing. Renowned for his research on squat exercises, Dr. Escamilla has significantly advanced our understanding of knee forces and injury prevention. His expertise is pivotal for the seminar on "Cruciate Ligament Loading during Weight Bearing and Non-Weight Bearing Exercises," offering a deep insight into the effects of different exercises on knee health.

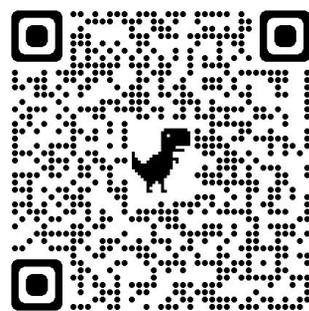
日時: 2024年1月9日(火) 17:30-18:15

* オンライン開催

(セミナー前日にZoomのURLをお送りします。)

事前登録制のため、下記のURL又はQRコードから登録をお願いします。

<https://forms.gle/Ru4WnkFd7yCZvnd16>



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