

# PSM Upcoming Events

*We are currently organising these events. To register your interest, please email [media@puresportsmed.com](mailto:media@puresportsmed.com) or keep an eye on our Events page: [www.puresportsmed.com/events](http://www.puresportsmed.com/events).*

## 2020

### December

- Covid-19 & Rehabilitation

## 2021

### January

- Common Injuries in Group Exercise Classes
- How to Run Faster

### February

- The Painful Shoulder & The Gym
- Common Presentations in the Foot & Ankle

### March

- Tips for Cycling: From Commuter to Wiggins
- Inflammatory Back Pain

### April

- Principles of Progressive Overload: How to Increase Exercise Safely
- Running & Injury Prevention

### May

Clinic Address 1, Clinic Address 2, London POSTCODE  
**reception.clinic@puresportsmed.com**  
**020 3595 1237**



- Preparing & Considerations on Returning to Events
- Golf: Common Injuries & Performance Improvement

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