

SEMINAR SERIES

Supported by The Department of Biomechanics and
The Center for Research in Human Movement Variability (MOVCENTR)



HARNESSING MOVEMENT VARIABILITY TO PREVENT FALLS AND REPETITIVE MOTION INJURIES

Featuring Dr. Andreas Skiadopoulos

University of Nebraska at Omaha

March 29, 2019

12:00 - 1:15 pm | H&K112

Parking Available in Lot T

ABOUT DR. SKIADOPOULOS

Dr. Andreas Skiadopoulos is a Research Associate in the Department of Biomechanics at the University of Nebraska at Omaha. He received his BS degree in Exercise Science in 2002 from the Aristotle University of Thessaloniki (Greece), MS in Movement Science in 2007, and PhD in Movement Science in 2016 from the University of Extremadura (Spain). Dr. Skiadopoulos research focuses on the development of new exercise regimens to improve gait and balance function in older adults.

LEARNING OBJECTIVES

- Discuss recent results of a pilot clinical study using a novel exercise intervention to improve walking mobility and decrease fall risk in older adults. Exercise is emerging as a promising intervention to restore complex gait dynamics in older adults. Studying effect of exercise on the locomotor system could help to identify intervention paradigms to restore complexity loss and improve balance.
- Discuss the importance of movement variability for skilled performance and its relationship to occupational risk factors leading to the development of repetitive motor injuries during complex tasks.

The presenter Andreas Skiadopoulos, PhD has no financial conflict of interest to disclose. Members of the planning committee, Nick Stergiou, Ph.D., Jeffrey Kaipust, M.S., Angela Collins, M.A., Laura Rotert, B.S., and Jackie Farley, CPP have no financial conflict of interest to disclose.

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