

# PIZZA WITH THE PROFS

Wednesday, April 24, 2019

12:00 pm - 1:00 pm

Sunlife Town Hall

Grand River Hospital

Freeport Campus



## IMPROVING INDEPENDENCE IN OLDER ADULTS THROUGH INJURY PREVENTION – BIOMECHANICAL PERSPECTIVES

### DR. ANDREW LAING

Dr. Andrew Laing is an Associate Professor in UW's Department of Kinesiology, and an Associate Scientist at the Schlegel-UW Research Institute for Aging. His general field of interest is musculoskeletal biomechanics related to human health and injury prevention, and the role that advanced age has on these relationships. A substantive portion of his research program focuses on fall-related tissue trauma including hip fractures, spinal cord injuries, and traumatic brain injuries. His laboratory uses a combination of human volunteers, mechanical impact simulators (e.g. drop towers), and mathematical models to measure and predict the loads applied to the body during falls and work-related tasks. In addition, they evaluate the protective capacity of a range of injury prevention devices including 'safety floors', bedside mats, wearable hip protectors, head protectors, and workplace ergonomic interventions. His group also evaluates how balance control changes with aging, with the overall goal of reducing fall-risk. In general, Dr. Laing's laboratory is interested in providing an evidence base regarding injury prevention approaches for older adults.

Abstract: Functional independence is one of the most cherished objectives for many older adults. As injuries are a primary factor that can influence independence, injury prevention is an important approach for maintaining the quality of life in older adults. From a biomechanical perspective, injury risk can be examined through two pathways: i) the forces/loads applied to body parts, and ii) the strength of these body parts. In this seminar, Dr. Laing will use this framework to present elements of his research program that focus on injury mechanics, balance control / fall-prevention, and work-related injuries in older adults. In addition, he will share perspectives on a number of injury prevention approaches including novel safety flooring and wearable hip protectors. The goal is for attendees to learn state-of-the-science updates on some injury prevention approaches for older adults, and how these interventions are evaluated from a biomechanical perspective.

To attend RSVP via Eventbrite

Questions? Please contact [parisa.hamilton@uwaterloo.ca](mailto:parisa.hamilton@uwaterloo.ca) or

[sarah.laferriere@grhosp.on.ca](mailto:sarah.laferriere@grhosp.on.ca)

CO-HOSTED BY

GRAND RIVER  
HOSPITAL

Advancing Exceptional Care



UNIVERSITY OF  
WATERLOO

