STEPHEN P. MESSIER, PhD
Professor; Director of the JB Snow Biomechanics Laboratory; 
Director of the Wake Forest University Runners’ Club

"THE BURDEN OF OSTEOARTHRITIS: MECHANISMS, RISK FACTORS, AND BEHAVIORAL INTERVENTIONS"

Friday, April 10th
12:00 PM—1:00 PM
Moos Tower 2-650

Open to the Public
Light lunch provided for the first 50 attendees

About Stephen Messier:

Dr. Messier is Professor and Director of the J.B Snow Biomechanics Laboratory at Wake Forest University. He has been at Wake Forest for 33 years and has 25 years of experience in clinical trials research specifically related to knee osteoarthritis. He has published over 75 original manuscripts including 21 over the past 5 years. He and his OA research team are well known for their work on the effects of exercise and weight loss on gait, strength, function, and pain in knee OA. He was the co-principal investigator of the Fitness Arthritis in Seniors Trial (FAST), the principal investigator of the Arthritis Diet and Activity Promotion Trial (ADAPT), and the Intensive Diet and Exercise for Arthritis (IDEA) study, and currently is the principal investigator of the Strength Training for Arthritis Trial (START) in which his research team will recruit 372 older adults with knee osteoarthritis for an 18-month intensive strength training intervention study. Each of these studies has been funded with grants from the National Institutes of Health.