

PRE-COURSE DETAILS

THE YOUNG ATHLETE FROM SCREENING TO REHABILITATION

Tutor: Sid Ahamed MCSP, Peter Gallagher – professional dancer and choreographer

Duration: 1 Day

Content: Clinical with practical component.

Cost: £135 member / £155 non-member

This highly practical course takes delegates on a journey from screening to rehabilitation of young athletes and can be attended as a 'stand-alone' course or as a natural follow on to our highly successful MSK Injuries in Children and Adolescents part I & II theory courses.

When booking your place on the course however, with your confirmation you will receive a reading list and information sheet which ensures that delegates who haven't attended part I/II are up to speed and do not feel out of their depth.

Information is presented in an evidence based framework and detailed knowledge of paediatric orthopaedics is not necessary. Much of the information presented is transferable to an adult caseload.

The course starts by introducing a Paediatric Physiotherapy Screening Tool devised specifically for private practice. "*A tool designed to identify paediatric orthopaedic issues and developing pathologies, to allow abnormality or areas of concern to be recorded and subsequently investigated or treated as appropriate.*"

The course progress to rehabilitation regime design referencing various rehabilitation concepts including specificity in sport. The practical rehabilitation sessions link back to the screening session and will demonstrate a variety of exercise and sports specific drills that Sid uses to address common deficits found in young athletes.

Peter Gallagher a former International swimmer, professional dancer and choreographer gives a fascinating view of how dancers view the dynamic core and the importance of connectivity and fluid control of the body.

Sid and Peter will demonstrate how they have developed and use dance training drills in rehabilitation (dynamic movement training) initially on a simple level to address individual physical deficits identified during screening and then on a more complex level to improve function and performance of skills in various sports.

The practical session will demonstrate how transference of improved movement quality gained from DMT or other forms of rehabilitation can be demonstrated and measured to map functional progress and improved performance in different sports.

Learning outcomes

This course will enhance the delegates understanding in young patients of:

- Musculoskeletal screening
- General Rehabilitation
- Sports specific rehabilitation
- Dynamic movement training and its role in rehabilitation
- The differences in approach between rehabilitation in the adult and young person
- Functional rehabilitation and how to measure improvement and transference of physical abilities developed during rehabilitation

40% of all MSK injuries are seen in children and adolescents – a huge potential market not tapped by many practices due to limited skills, confidence and education in this area. Physio First is helping members by providing a series of 3 courses devoted to MSK Injury in Children and Adolescents which address these deficits and help practitioners tap into this specialist market potentially increasing business revenues and market share. This will give a commercial advantage over competitors who lack similar expertise. Clinically the skills and knowledge learned will:

- Improve the practitioners self confidence in a specialist field

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- Increase diversity of service provision into a significant new population
- Broaden understanding of MSK practice in the young person
- Enhance existing assessment, clinical reasoning and rehabilitation skills

Practical element

Suitable clothing including shorts, t-shirts and indoor trainers would be needed. The practical afternoon sessions for rehabilitation are not overly physical and although all are invited to join in they are not compulsory.

For the practical morning session delegates are asked to bring their own goniometers (large and small if they have) plus a tape measure and a towel would be useful (you can use as a pillow, joint support etc.) It is advised for delegates to bring their video recorder or phone etc. so that they could video practical sessions.

Biography



Sid Ahamed MCSP Qualified in 1985 at the Salford School of Physiotherapy and completed his CSP validated Sports Physiotherapy Diploma in 1990.

Sid has experienced sport at county, national and international level as a former junior and senior 400m international and having worked as a Physiotherapist at these representative levels has great insight into the issues involved.

His practical experience over the past thirty years has been extremely varied and given him the opportunity to work in several sectors including the NHS, professional and elite sport, at major games and national events and in private practice. This

widespread experience has provided the foundation for his lecturing and teaching roles.

Sid has been described by Physio First members as a “natural educator” and “this is his true passion”. He began teaching locally in the NHS in 1987 and was soon invited to speak at regional and national events. He was the Electrotherapy Consultant and tutor for EMS Ltd in the late 1980's. On a freelance basis he has taught in the NHS, private sector, professional sport, sports and leisure sector and in physiotherapy has spoken at major conferences including the Physio First conference, the F.A. exercise and medicine conference, the Scottish Physio First Conference, the ACPSM conference and to sporting and coaching audiences such as the Amateur Athletic Association and the National Soccer Coaches of America.

Sid has held university external lecturing positions for many years at post graduate and under-graduate level at Manchester Metropolitan University. He has been published on many occasions including articles for In Touch. He dedicates most of his teaching time to Physio First and is an ardent supporter of their education program.



Peter Gallagher is a former 200m backstroke and 1500m freestyle international swimmer. On retiring he moved into physical theatre where he began to develop an interest in movement and connected control of the body. This led inevitably to dance and he trained in all of the core disciplines performing professionally.

Peter subsequently moved into choreography and has worked throughout the U.K. and internationally. His former background in International sport and interest in movement control led to invitations to work with athletes incorporating dance training into training schedules to improve performance.

Recently Peter has been working with Sid Ahamed developing dynamic movement training; a new form of rehabilitative exercise based on dance and fluid movement control.

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Timetable

Arrival and registration	08.30hrs to 09.00hrs
Introduction	09.00hrs
Practical – biomechanics	09.40hrs
Theory session	10.10hrs
Break	10.30hrs
Practical – postural muscle and assessment sequence	10.50hrs
Theory session	11.30hrs
Practical – spinal and muscle strength	12.00hrs
Lunch	12.30hrs
Theory session	13.15hrs
Practical – hypermobility	13.30hrs
Theory session	13.45hrs
Break	14.15hrs
Rehabilitation practical	14.30hrs
Course close	16.30hrs

The after lunch theory session introduces hypermobility and the practical session will give delegates an opportunity to perform the Beighton screening protocol.

The final practical session of the day will allow delegates to practice a range of therapeutic exercises, dynamic movement training and rehabilitation drills from a variety of sports and highlight how they can be used to rectify deficits identified during screening.

Reading

- Cochard. R. L Netter's Atlas of human Embryology updated version 2012 Saunders Elsevier (chapter 1, 8)
(ISBN-978-1-4557-3997-6 Elsevier-Saunders philadelphia PA)
- Schuenke M Atlas of Anatomy Ed Ross L & Lamperti E D 2010 Thieme (chapter 1 +2)
(ISBN-978-1-60406-286-1 Thieme-Stuttgart New York)
- Green N.E + Swiontkowski M F Skeletal trauma in Children 4th ed 2009 Elsevier-Saunders philadelphia PA
(ISBN: 9781416049005 Elsevier-Saunders philadelphia PA)
- Hefti F Paediatric Orthopaedics in practice 2007 Springer (chapter 1, 2, 3 +4)
(ISBN-13 978-3-540-69963-7 Springer-Verlag Berlin Heidelberg New York)