

PRE-COURSE DETAILS SPORT SPECIFIC REHAB

Tutor: Sid Ahamed MCSP registered with the Health Professions Council

Duration: 1 Day

Content: Morning Theory Session and Afternoon Practical Session

Cost: Standard Price: £145 member/ £165 non-member

Online Discount Price: £135 member/ £155 non-member

This is a new and unique course to Physio First members. The aim is to give the private practitioner an insight into the rehabilitation techniques employed in professional sport to allow them to incorporate these skills into a private practice setting.

The course is presented by two experienced private practitioners who have worked in professional and elite sport and have developed a sport specific rehabilitation program tailored for use in private practice. In addition to learning new skills participants will be shown how development of rehabilitation sessions can increase business turnover and improve practice profile in the local sporting community.

Our training provides high levels of skill in devising generalised rehabilitation regimes in the clinic environment. However, many physiotherapists recognize that such regimes, including weight training, wobble board work, core stability and stretching etc, do not address the specific physical requirements of many sports. Unless the therapist has been involved in sport they report difficulty in devising exercise that specifically stress adapts the injured tissues to the demands of a particular sport. This course addresses this specialist area and has been specifically designed for the private practitioner.

We will introduce the concept of specificity in sport and demonstrate specialised graduated sport specific drills. These drills restore sport specific proprioception, 'touch', mobility and performance by addressing the skill requirements of the sport. Sport specific fitness is restored by addressing the energy system requirements of the sport. Importantly for private practice the framework presented can be modified for any sport and for sportsmen and women of all ages and ability levels.

Practical element

The course is highly practical and participants will be invited to progress through early, intermediate and advanced drills. Warm up, conditioning and sport specific mobility work will also be covered. This will be performed in a sports hall. We would therefore advise appropriate kit including trainers, shorts/leggings or tracksuit etc. High levels of fitness are not required and participants may participate in or simply observe the drills and procedures demonstrated.

Course aims

Introduce to the private practitioner rehabilitation techniques that are currently employed in professional and high level amateur sport in a framework that will allow them to incorporate these new skills into a private practice setting.

Learning outcomes

- Understand and discuss the issues involved in rehabilitation regime design
- Understand and discuss the concept of sport specific fitness
- Be able to design a rehabilitation programme in any sport encompassing early, intermediate and advanced rehabilitation protocols and drills.

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Biography



Sid trained at the Salford School of Physiotherapy qualifying in 1985. Diploma sports physiotherapy CSP validated 1990. His interest in sports injuries in children and adolescents was due to his experiences as a young athlete. A former junior and senior 400m International, English schoolboy champion and AAA champion.

Sid managed the Manchester City Football Club Sports Injuries Clinic for over 10 years with responsibility for the junior blues. He worked to senior I grade outpatients North Manchester

Health Authority and moved into private practice in 1991- current. Principal of Prestwich Physiotherapy and Sports Injuries Clinic and partner in Leigh Road Physiotherapy and Sports Injuries Clinic, Manchester

From 1992-2006 Sid was visiting lecturer, teaching critical analysis and electrotherapy on the post graduate sports injuries course at Manchester Metropolitan University. 2007 visiting lecturer on Manchester University Physiotherapy Degree programme "Rehabilitation in Sport" teaching the "Children in Sport" module.

Timetable

Arrival and registration	08.30hrs to 09.30hrs
Introduction	09.30hrs
Break	10.30hrs
Theory session	10.10hrs
Break	10.45hrs
Lunch	12.30hrs
Practical session	13.15hrs
Break	14.45hrs
Practical session	15.00hrs
Course close	16.30hrs