



# Musculoskeletal injuries in Sporting Children & Adolescents Part 2

**Tutor:** Sid Ahamed

**Duration:** 1 day

**Content:** Clinical Theory

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

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

## Course Description:

This one day course follows on from Part 1 Sporting Children module. The course aims to equip participating physiotherapists with further knowledge of this unique client group, allowing them to build upon their existing experience and understanding.

Musculoskeletal injury in sporting children and adolescents has been an area long neglected in the physiotherapy curriculum, both at undergraduate and post graduate level. The course will improve the participant's confidence in dealing with this specialist group of injuries. The course will also be relevant and of interest to those Physiotherapists who work within sports clubs or in a hospital environment.

Children and adolescents suffer from a unique classification of injuries namely injuries to growth tissues. There is real possibility of missing diagnosis in this vulnerable age group and a potential mismanagement of cases. Part 1 focused on growth related injury; Part 2 will include several new growth related problems, but will mainly highlight common injuries seen in young athletes.

## Course Content:

- Revision of relevant Anatomy Physiology & biomechanics
- **Lower limb**
- Foot and ankle lesions in the young athlete (Sinus Tarsi Syndrome, Accessory Navicular, Tarsal Coalitions.)
- Medial Tibial Stress Syndrome & Stress Fractures
- **Upper Limb**
- Throwers Shoulder – Proximal Humeral Epiphyseolysis/Panner's Disease/apophyseal injury / Gymnast's Wrist & Issues in Rehabilitation.
- **Malignancy and Bone Tumours**

## Course Aims:

- Enhance your knowledge of Developmental Anatomy & Physiology of the Musculoskeletal System
- Enhance your clinical reasoning skills
- Highlight common conditions and diagnoses within this specific population
- Enhance your skills in developing customised rehabilitation protocols
- Enhance your appreciation of the issues involved in treating this specific population
- Enhance your skills in the effective assessment and management of sporting injury in children and adolescents.

## Learning Outcomes:

Upon completion of the course you will:-

- Have knowledge of an area not necessarily well covered previously
- The opportunity to compete in a specialist sector of the Musculoskeletal market
- Be able to assess and interpret symptom patterns of injury to growth related tissues.

## Tutor Biography:



Sid 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.

### Timetable

8:30hrs – 9:00hrs	Arrival & Registration
9:00hrs – 11:00hrs	Introduction & Morning Session begins.....
11:00hrs – 11:15hrs	Break
11:15hrs – 12:30hrs	Morning Session concludes
12:30hrs – 13:15hrs	Lunch Break
13:15hrs – 15:00hrs	Afternoon Session begins...
15:00hrs – 15:15hrs	Break
15:15hrs – 17:00hrs	Afternoon Session concludes..
17:00hrs	Course Close.

### Course Review:

#### Musculoskeletal Injuries in Sporting Children & Adolescents Part 1 & 2

I have now attended both parts of the 'Musculoskeletal Injuries in Sporting Children and Adolescents' course and have to say that they are amongst the most clinically and commercially useful courses that I have ever done!

I have been qualified for 20 years and wish that I had done this course at the beginning of my career. The quiz on Part 1 and subsequent participation made me realise how woefully inadequate my training in managing this patient group had been despite recently completing an MSc in Sports Physiotherapy.

The week after Part 1 I spotted an Osteochondral fracture that had been repeatedly missed for the last 8 months. I had the confidence to ring a consultant directly, explaining my concerns despite the child having been seen several times at A&E and by his GP. He saw him within a couple of days on the NHS and the diagnosis of a displaced OCD lesion was confirmed. This very sporty child had been receiving detentions for missing PE at school! I would not have had the knowledge or the confidence in my diagnosis prior to this course to have done this.

Since this case, I have had a plethora of other cases which have been both interesting and very satisfying to treat, so much so that our practice is rapidly gaining a name for being good at treating youngsters. The practice quickly found itself developing new referral sources such as local schools, clubs and dance academies etc with word spreading amongst the parents which has been great in an increasingly difficult market place.

Ironically the week after Part 2, I also had two very complex cases, one involving hip pathology in a ten year old and another the development of negative ulnar variance following a fracture (involving the growth plate) ten months previously, in a rapidly growing fifteen year old boy. In both cases I was able to act assertively and request investigation with justification of my clinical thinking despite them already having been seen by their GPs. I can honestly say that I would have struggled to have been confident in clinically reasoning the differential diagnoses prior to attending these courses.

I would go as far as to say that this is a 'must do' course for all Physiotherapists who work in the musculoskeletal field, and the earlier that it is done in one's career the better, it is also excellent from a

business perspective. I have been shocked at how many of these children have been badly managed and told simply that they have 'growing pains' and to get on with it. It has been a total joy to have seen so many now return to sport and activity with parents also reporting that they have spotted early signs of overload following education and dealt with them correctly preventing issues developing. In addition to the fabulous course content and booklets for future reference, I also have to say that Sid is an outstanding teacher and communicator of information with exceptional knowledge of the topic and ability to convey it.

Isla Scott

Private Practitioner- Isle of Man