

PRE-COURSE DETAILS

MUSCULOSKELETAL INJURIES IN SPORTING CHILDREN AND ADOLESCENTS PART 1

Tutor: Sid Ahamed

Duration: 1 day

Content: Clinical theory

Cost: Standard Price: £145 member/ £175 non-member

Online Discount Price: £135 member/ £165 non-member

Musculoskeletal injury in sporting children and adolescents has been an area long neglected in the physiotherapy curriculum, both at under-graduate and post-graduate level.

This one day course will allow physiotherapists working in private practice, who are involved in the treatment of young athletes, to build upon their existing knowledge and will improve their 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. This course will revise the anatomy and physiology of growth tissues, the injuries to which growth tissues are susceptible and the appropriate treatment pathways. The course will also cover injuries to the spine in developing athletes and the associated issues. Rehabilitation protocols will be provided and illustrated by relevant case histories.

Course aims

- Enhance your knowledge of developmental anatomy and 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 assessment and management of sporting injury in children and adolescents.

Learning outcomes

- Assess and interpret symptom patterns of injury to growth related tissues
- Effectively examine patients within your own practice
- Identify pathologies that are amenable to treatment and rehabilitation and those that require referral
- Develop an appropriate graded rehabilitation programme.

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.

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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.

Reading

For developmental anatomy:

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)

For general principles:

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)

Timetable

Arrival and registration	8.45hrs to 9.15hrs
Developmental anatomy and physiology of growth tissues in the human skeleton and classification of injuries to growth tissues	9.15hrs
Break	11.00hrs
Joint surface injuries and meniscal injuries	11.15hrs
Lunch	12.30hrs
Spinal injuries and lesions	11.15hrs
Rehabilitation in children and adolescents overview of theory and physiology	14.00hrs
Break	14.45hrs
Cast histories	15.00hrs
Question and answer session	16.15hrs
Course close	17.00hrs