



INJURY PREVENTION & THE RTP PERFORMANCE CONTINUUM

Return to play and injury prevention continuum

- What can we do to optimise recovery from injury to reduced risk of reinjury?
- Are we effectively monitoring and assessing return to play readiness?
- How does the brain affect return to play/sport?
- Can we reduce the risk of re-injury?

Date: 10 & 11 Dec 2016, 9am–4pm

Location: Bounce Health Group
195 Whitehorse road
Blackburn

Cost: \$300 for the two days
Includes lunch, tea and coffee.



Featuring International Guest Speakers

Alan McCall – Ex-Socceroos, working in elite professional European football, researcher in Injury prevention and recovery

Stephen Mutch – Physiotherapist at Scottish Rugby and Scotland Commonwealth Team



Sponsored by:



INJURY PREVENTION & THE RTP PERFORMANCE CONTINUUM

Course Aims/Objectives

Suitable for physios and exercise physiologists

- RTP and injury prevention continuum – use of testing and monitoring
- Loading and monitoring and the effectiveness in RTP and injury prevention
- Brain response and motivations in response to injury and RTP
- Advances in exercises and rehabilitation in RTP

About the Speakers



Dr ALAN McCALL (UK and FRA)

Consultant Researcher in Football Medicine and Performance Alan is an applied researcher and practitioner with over 10 years of experience working in elite professional and international football. This includes 6 seasons in the UEFA Champions League, and 1 FIFA World Cup each with the Socceros and Young Socceros. Currently, Alan is working in elite professional European football, and

collaborating on various research projects with National football governing bodies and federations as well as sports injury research centres around the world. His research work includes various publications in International peer reviewed journals and texts. His main research interests are in Injury prevention and recovery in elite football.



STEPHEN MUTCH MSc BSc MCSP

Stephen graduated with a Physiotherapy BSc from Queens College, Glasgow and MSc (Sports Physiotherapy) from University College London. His first physio positions were in the North West of England (NHS) and in Auckland(NZ) before signing up to full-time professional sport with Scottish Rugby from 1998 to 2007 RWC, working as 7s physio from 1999-2006 in addition to consultancy work with the Scottish Institute of Sport from its inception.

Stephen has worked as HQ/Lead Physiotherapist to a number of sports at multi-event Games, such as Team Scotland at Commonwealth Games in 2002, 2006, 2010, 2014 (Also Deputy Head of Team) and the Youth Games of 2000, 2008 (co-Physio Head), World University Games (GB) 2009, 2015, 2017 (Head Physio) plus the gold medal-winning Australian Womens' Water Polo

Commonwealth team of 2002. He was amongst the physical therapies staff at the polyclinic within the Athletes' Village in the Summer Olympics in London 2012.

As well as being Clinical Director at a private practice in Edinburgh, Stephen continues to work as a clinician in various elite-level sports, in addition to working with the Scotland National Rugby Team during competitions such as 6 Nations Championships and World Cups (2007, 2011 and 2015).

Stephen is actively involved in PhD research into Return to Sport, and as co-author of papers and texts into Return to Play plus sport and movement. He enjoys speaking engagements across the UK, North America and Europe, including various coach education experiences with sportscotland, Glasgow City Council and Pro Performance Rugby.

INJURY PREVENTION & THE RTP PERFORMANCE CONTINUUM

SECTION	OUTLINE
What is Prevention of Injury?	Risk management frameworks – epidemiology, risk factors, risk estimation and evaluation, communication and mitigation strategies
Sociology of Decision-Making	Shared decision making and the potential for conflict, difficulty of dispute resolution with socioeconomic and clinical perspectives
What's in a Warm-Up anyway	Broad principles of warm-up and discussion points on what we know
Framework of Optimal Tissue Loading and Mechanotransduction	Tissue Health, Tissue Stresses and Risk Tolerance Modifiers. Mechanical intervention generating cellular biological changes , Collagen Turnover and fascial influence: Functional capacity to change and turning movement into repair
Monitoring and screening for injury, highlight methods, uses and limitations	Testing Testing, Screening, Outcome Measures and Performance Tests: Discussion on error and real changes
Physical Literacy	The Pyramid of Planes: Manipulation of Variables through assessment in injury enhancing effectiveness in rehab strategy integrating into physical literacy programmes (Theory and Practical for Warm-ups and Rehab)
Physical Literacy and Pyramid of Planes	Foundation Movements Theory and Practical for Warm-ups and Rehab
Self Determination Theory	Theory of Motivation – organismic dialectal approach for 'Wellness'
Return to Participation, Play and Performance (RTP3)	'Confidence' and Brain processing in injury and RTP – inc Sensory Inputs and the Triggers for Anxiety
Solving Movement Problems	Self-Organisation interventions reducing concerns in SDT
Affordances and Perception – Action Research in sport	Opportunities and Gap-Passability
Affordances	Developing less predictable drills in rehab and warm-up
Summary	On-going Management of Training and Load Scheduling

Register to attend

Name:

Address:

Email: Phone:

Dietary Requirements:

Credit card payment – Please charge my MasterCard Visa

Card number

Expiry date CVV

Cardholder's name

Signature

How to register

Please scan this form and submit by email to pollydhar@bouncehealth.com.au

Contact details

Polly Dhar
Bounce Health Group
195 Whitehorse road,
Blackburn
pollydhar@bouncehealth.com.au
0439 899 682



info@bouncehealth.com.au | www.bouncehealth.com.au | [f facebook.com/bouncehealth](https://www.facebook.com/bouncehealth)

BOUNCE HEALTH GROUP, 195 WHITEHORSE ROAD BLACKBURN