

In-house training brought to you ... high quality, flexible, cost effective

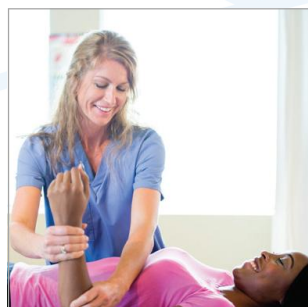
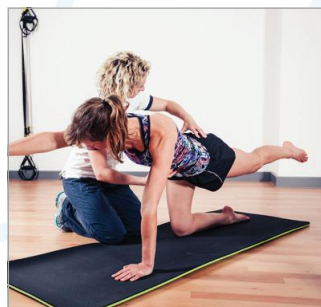
## Successful Sports Injury Management

Rapidly improve skills to enable highly effective and up-to-date sports injury provision

This training course offers colleagues the opportunity to rapidly improve their skills to ensure highly effective and up-to-date sports injury provision in their organisation. The course is led by Trevor Keys, an experienced Chartered Physiotherapist, and the day will focus on:

- How to accurately assess and grade musculoskeletal and soft tissue injuries
- Spotting the warning signs of a more sinister condition during the assessment phase
- Deciding when to refer injuries on for further investigation
- Understanding key issues regarding anatomical position and planes and axis of movement
- Successfully managing soft tissue injuries and minor traumatic wounds
- Dealing with concussion and C-spine injury
- Ensuring you have the correct pitch-side equipment

*“ I've been dealing with sports injuries for 34 years and this was the best training I've ever been on ”*



Please see the full In-house programme overleaf

Course Presenter: Trevor Keys

Trevor has been a Chartered Physiotherapist and member of the Health Professions Council since qualifying in 2002. On completing his degree he worked at one of Europe's largest teaching hospitals, the University College London Hospital, alongside some of the country's leading orthopaedic consultants. From here he moved to Southend Foundation Trust Hospital as a Senior Physiotherapist and was the lead Physiotherapist in the busy Accident and Emergency department, providing expert musculoskeletal assessment and diagnosis. Formerly Head Physiotherapist at Barking Rugby Club where he diagnosed and rehabilitated numerous musculoskeletal injuries, he is currently Head Physiotherapist at Old Elthamians RFC and also provides physiotherapy support to elite gymnasts, martial arts competitors and athletes of various ages from junior to masters, as well as working in private practice providing injury management to members of the public. Trevor has undertaken a period of focused study on chronic tendon injury management as well as presenting on numerous acute injury topics to physiotherapists, nurses and doctors.

This professional training course is supported by a comprehensive manual written specifically for the event. The manual contains all materials used throughout the day, reducing the need for extensive note taking. All in-house participants will be provided with a manual and individual certificate of attendance.

9.00 - 9.30	Registration and refreshments
9.30 - 10.45	Anatomical position and description of movement – a review of the key issues <ul style="list-style-type: none"> <li>• Understanding anatomical position and the planes and axis of movement</li> <li>• Linking mechanisms of injury to anatomical movement</li> <li>• How to structure a musculoskeletal injury</li> <li>• How to grade the severity of the injury</li> <li>• What you need to include in your pitch-side equipment</li> </ul>
10.45 - 11.00	Mid-morning refreshments
11.00 - 12.30	Successful management of soft tissue injuries <ul style="list-style-type: none"> <li>• Understanding the phases of tissue healing</li> <li>• POLICE v PRICE - safe application in the acute inflammatory period</li> <li>• Which interventions are appropriate at which stage?</li> <li>• How to decide whether to refer injuries on for further investigation</li> </ul>
12.30 - 1.30	Lunch
1.30 - 2.30	Dealing with concussion and cervical spine injuries <ul style="list-style-type: none"> <li>• Acute assessment</li> <li>• Appropriate and effective management</li> </ul>
2.30 - 3.30	Managing minor traumatic wounds <ul style="list-style-type: none"> <li>• Anatomy of the skin - understanding the key issues relevant to your role</li> <li>• Assessment and management of minor traumatic wounds</li> <li>• Your final questions answered</li> </ul>
3.30	Depart

*This course is can be delivered to a max of 25 participants (for quality purposes)*

*Please contact Emma for a quote on [emma@rta-training.co.uk](mailto:emma@rta-training.co.uk) or feel free to contact the office directly on 01823 413313*