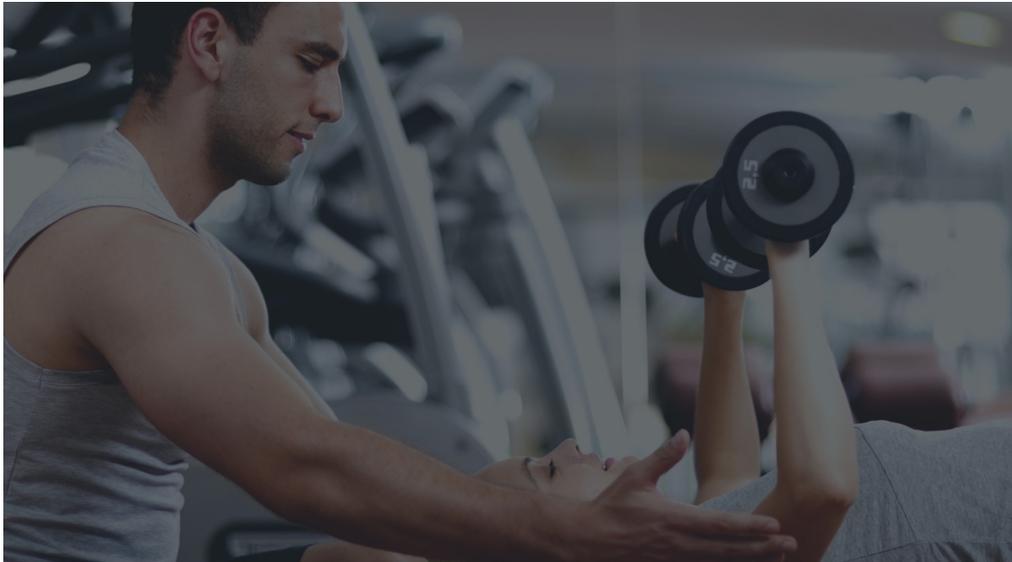


Fundamentals of Injury Management



This online course, authored by Dr Claire Minshull with contributions from leading Consultant Psychologist Serena Simmons, is designed to help personal trainers and exercise professionals to work with the injured client effectively. It is designed to expand your knowledge of injury, healing and how such affect muscle performance and it will develop your creative skills in exercise adaptation to accommodate the injured client.

Learning Outcomes:

By the end of this workshop, you should:

1. Be able to list 4-5 common MSK problems / injuries and their population profile
2. Be able to list the common signs and symptoms of injury
3. Be familiar with the key stages of injury and healing and understand how such affect muscle performance
4. Have an awareness of 3 key psychological effects of injury and the typical client treatment pathway
5. Be able to think creatively to adapt training methods to accommodate injury and MSK problems



About the Course

If you are working towards your **Injury-Aware Personal Trainer (iPT)** or **Injury-Aware Personal Trainer^{PLUS} (iPT^{PLUS})** certification, this is Module 1 of the training.

Once you have registered, you will be given access to all the online materials including Module downloads & Quizzes.

“The BEST CPD I’ve done in 8 years of being a PT”

The course is split into 6 separate and manageable modules, or units, which you can complete at your leisure. In order to qualify for 6 REPs CPD points, it is expected that you complete the workshop within 3-months of registering – just to make sure your knowledge is current and fresh!

Scheme of Work

MODULE	FOCUS	AIMS
MODULE 1	Definitions & Terms; Common Musculoskeletal Problems/Injuries	Develop awareness of common terms and musculoskeletal (MSK) problems and injuries Develop awareness of typical population profiles of those who suffer specific conditions
MODULE 2	Injury; signs and symptoms	Outline signs and symptoms of common MSK problems and understand consequences
MODULE 3	Injury; healing and recovery	Introduce basic process of healing by tissue type. Typical recovery profiles by injury type
MODULE 4	Psychology and Communication Understanding the client journey	Introduce issues of psychology and communication - understanding the client's injury 'journey' and needs
MODULE 5	Accommodating injury within exercise and training	Introduce to methods of accommodating injury and MSK problems within personal training and exercise conditioning
MODULE 6	Workshop Recap; Full case-study evaluation	Recap and recall workshop knowledge Apply knowledge to hypothetical case-study to generate training solution

Each module has a set of self-test questions to help you embed your learning. Submit the final set of self-test questions at the end of the workshop to receive your certificate. And, if you're a part of the REPs scheme, you'll receive 6 CPD points for completing this course!





“I liked the way the course covered 5 basic but common injuries. It wasn’t too ‘technical’ & was perfectly aimed at me as a personal trainer and UKA run coach”

The key conditions we will cover include anterior cruciate ligament (ACL) injury, knee osteoarthritis, anterior knee pain, ankle sprain, rotator cuff injury. You will learn some of the causes of muscle inhibition and how can influence performance and function. Importantly, the latter two modules bring together the all the material, with a practical application. You will work through case-studies and discover and develop practical solutions that you can use the very next day with your clients!

“Younger active clients, or those with arthritis struggle emotionally with the loss of sports or activity...this training clearly has found a large need in the market!”

E-mail us if you have any questions, we’ll be pleased to help!

email: info@getbacktosport.com