



## A Practical Approach to Injury Management



### 1-Day Workshop for Personal Trainers, S&C Coaches & Fitness Professionals

This workshop is led by Dr Claire Minshull with contributions from leading Sports Physiotherapists & Consultant Psychologists. It is a productive and practical day workshop, designed to improve your skills in exercise adaptation, increase your knowledge of common injury and novel conditioning methods.

*“...full of practical ideas and strategies that will enable the Gym Team at Roehampton Club to have a better understanding of common MSK Injuries and how to accommodate them for our Members’ benefit”*

### About the Course

Within the Injury-Aware Personal Training curriculum, this workshop provides the opportunity to put into practice all the theoretic knowledge accrued to date.

Further, we will explore the physical and psychological challenges of specific groups, including athletes, gym-goers, older adults and recreational exercisers, and their specific rehabilitation and conditioning needs.



By working through a series of practical case studies, you will also apply cutting-edge methods of training and conditioning to optimise gains and develop creative solutions to achieve health and fitness goals in the presence of injury.

*“Combining theory with several useful practical sessions gave us the opportunity to practice what we had learned. I advanced on my learning and was given tips and tools to implement immediately within my role“*

## Activities & Topics:

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Recap: Injury, Risk Factors, Healing;

Common Lower Limb Injuries

Novel Methods of Training & Conditioning: for Optimal Gain, rehabilitation & Injury Prevention

The Psychology of Injury; Identifying & Tackling Barriers; Motivational Interviewing

Practical Sessions: 4 case studies of injured clients - Accommodating Injuries

Group discussion & evaluation of practical case studies

Sign-up to one of the workshops listed on the courses page. Alternatively, if you'd like to host a workshop at your place of work please email us at: [info@getbacktosport.com](mailto:info@getbacktosport.com)



Once you have secured your place on the workshop, you will be given access to the online resources, activities & quizzes. On completion of the workshop you will receive a further REPs CPD points.



*“The workshop was packed with the evidence-based information I was looking for, offering practical strategies that could be adopted instantly to enhance the delivery of my sessions. It has given me a better understanding of common MSK injuries that I see with clients on a daily basis”*

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

**email:** [info@getbacktosport.com](mailto:info@getbacktosport.com)