

A Practical Approach to Injury Management



1.5 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 and a half 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^{PLUS} (IPT^{PLUS}) 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 and recreational exercisers, and their specific rehabilitation



and conditioning needs. Unlike the iPT, we allocate additional time to exploring the MSK issues of the older adult, the consequences of inactivity and the specific conditioning and rehabilitation requirements

By working through a series of practical case studies on each day, 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 or degenerative conditions.

On Day 2 you will undertake a short practical case-study assessment.

“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:

Day 1

Activities & Topics

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



Day 2

Activities & Topics

The Older Adult; Ageing & MSK Health & Function

Osteoarthritis & Sarcopenia

Consequences of Inactivity on Symptoms of Degenerative MSK Conditions;
Building Tailored Exercise Interventions

Practical Sessions: Case studies of older adult clients - Accommodating
MSK conditions

Case-Study Assessment

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!

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