

**With
Stephen
Miller**

Sports Rehab 2-Day Lower Limb

Duration: 2 day
CPD Hours: 16
Format: Face to Face
Fee: £250+VAT



Learning Objectives:

- Acquire the skills to consistently deliver patients back to sport: avoid reinjury & able to perform effectively
- Learn how to accurately assess common lower limb sports injuries
- Establish the principles to Assign Accurate Timescales for injuries
- Plan out your own criteria-based rehabilitation journeys
- Effectively learn to progress rehabilitation from early stages safely through progressions to end stage
- Prepare athletes effectively for the demands of running, sprinting and their chosen sport
- Learn how to replicate athlete demands of sport into rehabilitation for performance
- Practice Testing Athletes to establish their Readiness to Return to Sport
- Explore Load Management and How to Safely Build up Training Demands
- Introduce Athlete Screening Strategies, Improving Ownership & Injury Monitoring Strategies

**Visit our website
to book!**



GROW Physio
SPORTS • INJURIES • E-LEARNING



Training made easy

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Timetable

Day 1

	PLAN	DETAIL
08:30	Registration	Register & Refreshments
09:00	Introduction & Overview	Outline Overview, Learning Objectives, Attendee Intro & Experiences Stability/Proprioception, Muscle Injury, Ligament Injury & RTP/RTS
09:15	Principles of Rehab	Load Management, Establishing Timescales & Communication
10:00	Training with Injuries	Practical: Groups to determine appropriate exercises
10:45	Break	
11:00	Ankle Practical	Diagnosis, Assigning Timescales & Communication to Athlete & Team
11:30	Ankle Taping & Rehab	Group Work: Early, Mid & Progressive Rehabilitation
12:45	Lunch	
13:30	Tendon Injuries	Tendinopathy, Partial Tears & Ruptures
14:00	Tendon Management	Acute & Role of Isometrics & Restoring Stiffness around the foot & ankle
15:00	Achilles Practical	Progressions & Regressions, Preparing for Running
16:00	De-Brief & Questions	Take Home Messages & Homework Task on Muscle Injury Classification
16:30	Close of Play	

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Timetable

Day 2

PLAN	DETAIL
08:30	Coffee & Refreshments
09:00	Recap & Review Learning Points, Practical Application of Muscle Classification System
09:15	Calf Muscle Injury Practical Assessment, Diagnosis & Assigning Timescales
10:00	Rehab Planning Practical: Groups for differences between Gastrocnemius & Soleus Injuries
10:45	Break
11:00	Hamstring Practical Diagnosis, Assigning Timescales & Communication to Athlete & Team
11:30	Return to Running Group Work: Early, Mid & Return to High Speed Running/Sprinting
12:45	Lunch
13:30	ACL Long Term Injury Planning, Milestones & Criteria Based Progressions
14:00	Group Work Planning each phase of rehabilitation journey
15:00	Athlete Testing Effective Assessing & Monitoring Strategies
16:00	Return to Sport Criteria Physical & Psychological Readiness to Return to Sport/Competition
16:30	Summary, Quiz & Prize, Certification & Invite for Online Review in 6 weeks

