With Andrew McCauley

Unravelling Strength & Conditioning



Duration: 2 days
CPD Hours: 17
Format: Face to Face
Fee: £295+VAT

Overview:

Over the past decade there has been a significant rise in the popularity of strength and conditioning in the therapy world. As a result of this popularity, there have been suggestions that there is a shortfall of focused education at undergraduate level, specifically within the physiotherapy profession. This has potentially led to a reduction in knowledge and confidence when applying basic rehabilitation principles.

The idea that S&C is the new panacea in therapy has come under deserved criticism, due to a lack of robust evidence with its effect on managing pain in comparison to other therapy modalities. This raises important questions, such as; when does it matter and how can therapists best apply these principles?

Exercise compliance, adherence, commitment etc are terms that are commonly used in the therapy and rehabilitation world. There is often debate on whether we should even call it compliance, considering it is something that both the therapist and the patient should do in collaboration; rather than a patient being or feeling instructed to do something, like a 'therapy dictatorship'.

The evidence around adherence to exercise rehabilitation is unfortunately poor and wide ranging across both sporting and non-sporting populations. it can be as low as 30% in some studies. So why is this? What are we doing as therapists to address it? it is a huge problem because as we know, the best exercise is the one that gets done, right?

This course is aimed at therapists (working across all sectors) who want to cut through the noise that surrounds these key topics and give practical advice in accordance with the current evidence, so that a clear learning journey can begin. There is a strong emphasis on coaching, behaviour change and mindset.

There are four practical lectures exploring coaching cues, squat, hinge (deadlift), push and pull movement patterns. There will be a focus on how to coach the patterns, regress and progress them for your patients who have pain.

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Key Learning Outcomes:

- Should physios be trained in strength & conditioning?
- What are the basic principles of S&C and how can we apply them to rehab?
- What are the fundamental movement patterns & why are they useful?
- What the hell is the force velocity curve & why does it matter?
- How to measure force & when does it matter?
- Mind muscle connection, is this a myth?
- Internal and external coaching cues, does it differ with strength training?
- Can we use S&C principles to modify symptoms?
- What is the difference between strength & power & why is this useful to know?
- What are the different types of strength & why does this matter for rehab?
- Reps, sets and recovery, when does this matter?
- Practical guidelines in strength prescription for therapists to use immediately
- What are some of the advantages with having S&C training?
- Understand how to enhance your exercise prescription reasoning
- Why understanding the science of coaching can lead to better results?
- Understand why environment, language and coaching is more important than the actual exercises themselves.
- Understand the art of 'buy in' and how you can help patients adhere to your programmes.
- What has understanding 'mindset' got to do with exercise commitment (hint: it's not just the patients 'mindset')
- Communication strategies to help boost exercise commitment (hint; its not shouting louder like in a foreign country btw!)
- Why often doing less is more but sometimes why doing more is important too.
- Why language is not just important for pathology
- Why understanding 'mindset' & human behaviour helps with exercise dosage i.e sets, reps, intensity, rest.
- How to build resilience early and reduce kinesophobia with your patients.
- Discover what patients really want and learn the art of goal setting
- Why goals don't have to be S.M.A.R.T
- How managing will power can help with reducing volume/load in athletes who struggle to de-load.

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