

**With  
Ian Gatt  
PhD**

# **Sporting Upperlimb Masterclass**



**Duration: 2 days**  
**CPD Hours: 16**  
**Format: Face to Face**  
**Fee: £280**  
**Get in touch for hosting!**

## **Overview:**

This 2-day course has been shaped to combine effective methods of assessment, treatment, and rehabilitation of the whole UpperLimb; Hand, Wrist, Elbow and Shoulder. The tutor has a strong background in the management of these areas and will present a course that will allow clinicians to enhance their existing knowledge and impact positively in their respective practice.

The content is constantly updated with new evidence-based practice from clinical experience, current research, and feedback from previous courses. To date the content delivered in various countries by the tutor has been positively received by physiotherapists, occupational therapists, sports therapists, osteopaths, chiropractors, doctors, and other allied professionals. Whether you are working in a private clinic, hospital setting, ministry of defence (MOD) service, or sporting environment you will surely find the information to be immediately applicable to your role. These two days will engage your learning in an interactive and fun environment!



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to Book!**



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## Who will Benefit?

To date the content delivered by the tutor has been delivered to physiotherapists, occupational therapists, sports therapists, osteopaths, chiropractors, doctors, and other allied professionals. The feedback has been excellent, with recommendations on any courses always considered towards enhancing the positive experience of attendees! The tutor delivers a wide range of courses; Sporting UpperLimb Masterclass, Sporting Hand and Wrist (ONLNE), Sporting Shoulder and Elbow (ONLINE).

This development opportunity aims at providing any professional attending an enhanced understanding of the entire Upper Limb! #fun #engaging #gamechanger

## Key Learning Outcomes:

- Applied anatomy and mechanics of the UpperLimb, for enhanced understanding of injury causation and management.
- Differential diagnosis & problem-solving of diverse pathologies, ensuring clinical reasoning towards safe and appropriate injury management.
- Consideration of the kinetic chain and the whole individual, enabling a holistic approach towards UpperLimb injuries.
- Comprehensive appreciation of objective measures, encouraging better understanding of UpperLimb function towards effective return to sport/work & performance.
- Synthesised rehabilitation design and planning strategies, facilitating the management of expectations and generating a successful pathway.
- Review of adjunctive therapies, with consideration towards pain management in the presence and absence of pathology, promoting an evidenced-based approach.
- Balanced theory and practical delivery, with demonstration of a wide selection of exercises and hands-on techniques, targeting different learning styles.
- Encouragement of debate in a positive learning environment, enabling analysis of simple-to-complex sporting and non-sporting UpperLimb injuries. Use of real case studies to highlight key areas.



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