

how to get there

University of Bedfordshire Bedford Campus Polhill Avenue Bedford MK41 9EA

By car: From the north, leave the M1 at junction 14. Take the A422, following signs for Bedford. From the south leave the M1 at junction 13, then follow the A421 to Bedford. From the A1, south of St Neots, take the A428 to Bedford, Bedford campus is next to the A428 on the eastern side of Bedford.

By rail: There are frequent trains to Bedford from London King's Cross Thameslink station - journey time 50 minutes. Midland Mainline trains run from London St Pancras station - journey time 40 minutes. There

are also direct trains from Leicester, Derby, Nottingham and Sheffield. Services to the West Midlands, Lancashire, and Scotland are via Milton Keynes. For information on train times and ticket prices phone Railtrack on 08457 484950.

By air: Local train services link with London Luton Airport (30 minutes) and Gatwick Airport (under 2 hours). Stansted is also within easy reach and Heathrow, Birmingham and East Midlands international airports are all within a 90-minute drive.

where to stay

Delegates are responsible for booking their own accommodation.

On Campus: Single room (non-ensuite) £30 per night, single ensuite £35 per night - book through sportEX

Park Inn 2 St Marys Street, Bedford, MK42 0AR - 01234 799988.

Rates: £49 for single occupancy, £69 for twin occupancy. Breakfast included.

Bedford Swan Hotel 1 High St, Bedford, Bedfordshire, MK40 1RW

- 01234 346565. **Rates:** £69.50 - £76 for single occupancy, £79.50 - £86 for twin occupancy. Breakfast included.

Embankment Hotel 6 The Embankment, Bedford, MK40 1AA

- 01234 248920. **Rates:** £42.50 - £52.50 for single occupancy, £52.50 - £62.50 for twin occupancy. Breakfast included.

Premier Travel Inn Barkers Lane, Bedford, Bedfordshire, MK41 9DJ - 0870 197 7030. **Rates:** £49.50 - room only

delegate fees (Inc VAT)

1 day - Member* £115 / Non member** £130 / Student*** £70

2 days - Member* £210 / Non member** £225 / Student*** £125

3 days - Member £295* / Non member £310** / Student*** £175

*Member = this price is available to sportEX subscribers and SMA or BASRaT members

**Non-member = this price includes a 6 month subscription to sportEX dynamics

***Student = there are a limited number of student places set aside on each day, please call to book. Proof that you are a student at the time of the conference is required (eg. course acceptance letter showing course dates etc.). This is only applicable to courses which contain relevant massage therapy content.

booking form

PLEASE FILL IN ONE FORM PER PERSON WISHING TO ATTEND. A PHOTOCOPY OF THIS FORM IS ADEQUATE.

REGISTRATION DETAILS

Title (Dr/Mr/Mrs/Miss/Ms) _____

First Name _____ Surname _____

Job title _____

Address _____

Address _____

Postcode _____

E-mail _____

Tel: _____

Fax: _____

I wish to book for All Friday Saturday Sunday

sportEX subscriber/SMA member/BASRaT member (please circle)

Garden party/BBQ (Friday evening) £15 incl VAT

Conference buffet (Saturday evening) £25 incl VAT

TOTAL _____

Please indicate any physical or special dietary requirements here

PAYMENT DETAILS

IMPORTANT

Places will not be reserved until payment has been received

I enclose a sterling cheque made payable to sportEX

Please charge my VISA Mastercard

Solo/Switch (Issue number)

Card No.

Start date ____/____/____ Expiry date ____/____/____ Security code Last 3 digits on reverse of your card

There is a £3 handling charge for bookings made on credit card (there is no charge for payments made by debit card).

Cancellation clause:

Cancellations must be made in writing and the following charges apply:

■ more than 3 weeks prior to the event - 25% of fee

■ less than 3 weeks prior to the event - 50% of fee

■ 5 working days, or less prior to the event - 100% of fee.

Centor Publishing Ltd. cannot be held responsible for any costs incurred by an individual because of a postponed or cancelled event

early booking advice

Workshop preferences and scheduling will be organised on a first come, first served basis so in order to get your first choice, book early! There are also a limited number of rooms available within the University campus - these again will be booked on a first come, first served basis. Room bookings cannot be made without a conference booking.

contact us to book

WEB: www.sportex.net - if you are a subscriber please ensure you log in to access the discounted prices

TEL: 020 8287 3312 FAX: 020 8404 8261 SNAIL MAIL: 88 Nelson Road, Wimbledon, SW19 1HX



2007 conference



september 14-16 2007

University of Bedfordshire Bedford campus

sports massage and sports injury rehabilitation



International lineup including
2 x Australian soft tissue therapists
4 x American physical therapists/athletic trainers
1 x Canadian athletic therapist

conference programme

presentation programme

LECTURE THEATRE

08:30-09:00	REGISTRATION					
09:00-09:40	The Psychophysiology of Massage Prof Eyal Lederman (UK)					
09:45-10:25	The Massage Therapist's Survival Guide - Rob Granter (AUS)	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
10:25-10:55	REFRESHMENTS					
11:00-11:40	The Feldenkrais® Method - Catherine McCrum (UK)					
11:45-12:25	The Evidence for Massage in Tissue Healing - Dr Tim Watson (UK)	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
12:25-13:25	LUNCH					
13:25-14:05	Sports Massage - Mind or Body? - Dr Stuart Galloway (UK)	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
14:10-14:50	Massage Techniques in Hamstring Injuries - Stuart Hinds (AUS)					
14:50-15:20	REFRESHMENTS					
15:25-16:05	Multiple Intelligences - Learning through Touch - Fiona Holland (UK)	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
16:10-17:10	Segmental Movement of the Cervical Spine - Assessment and Treatment from a Soft Tissue Perspective - Rob Granter (Aus)					
17:15	CLOSE & BASRAT AGM (FREE FOR BASRAT MEMBERS)					
19:00-19:30	DRINKS RECEPTION					
19:30-20:45	GARDEN PARTY BBQ + ENTERTAINMENT					

workshop programme

SPORTS SCIENCE LABS

08:30-09:00	REGISTRATION					
09:00-09:40	Bowen Manual Therapy Technique in Sport - Julian Baker (UK)					
09:45-10:25	Peripheral Nerve Entrapments of the Upper Limb - Stuart Hinds (AUS)	Workshop 6	Workshop 7	Workshop 8	Workshop 9	Workshop 10
10:25-10:55	REFRESHMENTS					
11:00-11:40	Then and Now - Olympic Provision in 1996 v 2012 - Dr Mike Ferrera (USA)					
11:45-12:25	Then and Now - Olympic Provision in 1996 v 2012 - Dr Richard Budgett (UK)					
12:25-13:25	LUNCH					
13:25-14:05	Core Stabilisation - Current Thinking - Dr Cathy Ortega (USA)	Workshop 6	Workshop 7	Workshop 8	Workshop 9	Workshop 10
14:10-14:50	The Feldenkrais Method of Movement Reeducation - Catherine McCrum (UK)					
14:50-15:20	REFRESHMENTS					
15:25-16:05	Joint Stability via Dynamic Muscle Activation - Dr Richard DeMont (CAN)	Workshop 6	Workshop 7	Workshop 8	Workshop 9	Workshop 10
16:10-17:10	Debate - Sports First Aid v Athletic Training - USA v UK	Workshop 6	Workshop 7	Workshop 8	Workshop 9	Workshop 10
17:15	CLOSE					
19:00-19:30	DRINKS RECEPTION					
19:30-20:45	BUFFET MEAL & AFTER DINNER SPEAKERS					

08:30-09:00	REGISTRATION					
09:00-10:15	Exercise in Frustration - Why are we Failing Patients in Transferring their Core Stability Skills to Sport? Joanne Elphinston (UK)					
10:15-10:55	REFRESHMENTS					
11:00-11:40	Advanced Principles of Rehabilitation - Dr Philip Glasgow (NI)	Workshop 11	Workshop 12	Workshop 13	Workshop 14	Workshop 15
11:45-12:25	Reeducating Neuromuscular Control After Injury - Dr Nicki Phillips (UK)	Workshop 11	Workshop 12	Workshop 13	Workshop 14	Workshop 15
12:25-13:25	LUNCH					
13:25-14:05	Pitchside Assessment of Injury and Acute Injury Management - the Latest in Pitchside Care - Dr Cathy Ortega (USA), Gene Verel (USA) and Dr Mike Ferrera (USA), Dr Jane Dunbar (UK)	Workshop 11	Workshop 12	Workshop 13	Workshop 14	Workshop 15
14:10-14:50	Plantar Fasciitis - Rehabilitation - Chris Murphy, physiotherapist					
14:50-15:20	REFRESHMENTS					
15:25-16:05	Dance Medicine - Gene Verel USA), athletic trainer	Workshop 11	Workshop 12	Workshop 13	Workshop 14	Workshop 15
16:10-17:10	Debate - Taping v bracing - elastic v non elastic - Tim Paine, sports therapist and Paul Fiolkowski, athletic trainer					
17:15	CLOSE					

workshops

FRIDAY WORKSHOPS

- Workshop 1 **Muscle Energy Techniques** Dr Cathy Ortega
- Workshop 2 **Touch as a Therapeutic Intervention** Eyal Lederman
- Workshop 3 **Pitchside Care (inc. taping and strapping)** Panel of athletic trainers
- Workshop 4 **Massage Techniques in Hamstring Injuries** Stuart Hinds
- Workshop 5 **The Feldenkrais Method - Functional Integration** Catherine McCrum

SATURDAY WORKSHOPS

- Workshop 6 **Bowen Technique for Sport** Julian Baker
- Workshop 7 **Anatomy in Clay - Using Multiple Intelligences to Learn** Fiona Holland
- Workshop 8 **Segmental Movement of the Spine - Soft Tissue Techniques** Rob Granter
- Workshop 9 **Feldenkrais - New Movement Pathways** Catherine McCrum
- Workshop 10 **Sports First Aid and Acute Injury Management** Panel of athletic trainers

SUNDAY WORKSHOPS

- Workshop 11 **Exercise in Frustration - Transference Failure in Core Stability** Jo Elphinston
- Workshop 12 **Plantar Fasciitis - Rehabilitation** Chris Murphy
- Workshop 13 **Joint Stability via Dynamic Muscle Activity** Dr Richard Demont
- Workshop 14 **Taping and strapping** Dr Paul Fiolkowski
- Workshop 15 **Peripheral Nerve Entrapments of the Upper Limb** Stuart Hinds

PLANNING YOUR CONFERENCE

Workshops and presentations run concurrently to give you flexibility to organise your day according to your needs. Plan which presentations you would like to see and then arrange your workshops to fit in the gaps. Each delegate can attend up to a maximum of three workshops per day.

speakers

JULIAN BAKER director of the European College of Bowen Studies

DR RICHARD BUDGETT medical director for London 2012

DR RICHARD DEMONT associate professor in athletic therapy and president of CATA

DR JANE DUNBAR sports physician and author of Sports First Aid

JOANNE ELPHINSTON physiotherapist and international presenter on core stability

DR MICHAEL FERRERA director of medical operations at the Atlanta Olympics 1996

DR PAUL FIOLKOWSKI certified athletic trainer and lecturer in sports therapy,

Bedfordshire University

DR STUART GALLOWAY lecturer and researcher at Stirling University

DR PHILIP GLASGOW head physiotherapist at the Sports Institute of Northern Ireland

ROB GRANTER director of the Australasian

College of Soft Tissue Therapy, Australia

STUART HINDS soft tissue therapist and international presenter, Australia

FIONA HOLLAND programme leader in Sports and Exercise Therapies, University of Derby

PROF EYAL LEDERMAN osteopath, manual therapist and author

CATHERINE MCCRUM accredited Feldenkrais practitioner

CHRIS MURPHY physiotherapist and director of PhysioUK Ltd

TIM PAINE sports therapist and lecturer in sports therapy

DR NICKI PHILIPS physiotherapist and lecturer at University of Cardiff (TBC)

DR TIM WATSON physiotherapist with a specialist interest in tissue healing

GENE VEREL certified athletic trainer and NATA International Committee Chair

friday

saturday

sunday