

BASRaT

15th Annual Symposium 2014

The Rehabilitation Continuum

BOOK
ONLINE
NOW

University of Hull
22nd and 23rd November



Exhibitors



If you have an exciting product or service that you would like to exhibit, then please contact administration@basrat.org

Welcome

This conference aims to highlight the increasing importance of rehabilitation as a specific component of the treatment pathway. The themed approach will take delegates from the initial phases of dealing with pain, the brain and motor control issues, through to the rehabilitation phase and on to effective performance. Through world leading experts in each of these areas, this will provide insight into how we define rehabilitation, where it fits and why it is so important.

The first day of the conference will be opened with a fantastic Keynote talk from Dr John Rogers on his specialist interest in Stress Fractures, followed by Mike England from RFU taking us through his concussion management toolkit. We then have a very eye opening and interactive talk being led by Douglas Bilton from the PSA who will leave you with plenty of food for thought. Closing the first day is Gary Anderson, Performance Director of GB Bobsleigh talking about 'The Italian Coffee Effect – Integration in to a high Performance Team'

The second day of the conference is opened by our special guest Dr Dean Kriellaars, coming all the way from Canada to take us through 'Physical Literacy for Performance Enhancement and Injury Prevention'. The day then follows with 16 exciting, interactive, theoretical and practical workshops lasting 90 minutes each, which will leave you with new inspiration and skills to use straight away.

The conference is aimed at all Healthcare Practitioners including GSRs, Osteopaths, Chiropractors, Physiotherapists and Strength and Conditioning Coaches. Whether you are a new graduate or an established practitioner/business owner, this is a conference you cannot afford to miss.

The BASRaT Team



Itinerary

Saturday 22nd November

13:00 - 13:30	Registration
13:30 - 15:30	Dr John Rodgers
15:30 - 16:00	Short Break
16:00 - 16:30	Mike England
16:30 - 17:30	Douglas Bilton
17:30 - 18:30	Gary Anderson

Sunday 23rd November

08:30 - 09:00	Registration
09:00 - 10:30	Dr Dean Kriellaars
10:30 - 11:00	Break with Exhibits
11:00 - 12:30	Pain Workshops
12:30 - 13:30	Lunch and Exhibits
13:30 - 15:00	Rehab Workshops
15:00 - 15:30	Break with Exhibits
15:30 - 17:00	Performance Workshops
17:00 - 17:45	AGM

Saturday Evening

Drink and Dinner Reception



Dinner and drinks will be hosted by the BASRaT committee (at an additional cost) for an evening of great networking with speakers and leaders in Sport Rehabilitation. Come along and be part of the community.

For further information please visit the booking page via the BASRaT website. www.basrat.org

Research Poster Presentations

At this year's Symposium we are looking for students or practitioners who have recently completed research to put their posters forward. Successful candidates will present their research in a 30 minute slot on the first day of the conference.

Candidates will also have the opportunity to answer questions from delegates regarding their research. A prize is on offer for the best piece of research.

If you would like to present your research this year then please send a brief description along with an abstract to Dr Hollie White via secretary@basrat.org

Attendance Fees

BASRaT Memembers
Students
CSP/UKSCA (and other allied health pro's)
Non - Members

Early bird Ticket

10% off
10% off
10% off
10% off

Weekend Ticket

£130
£50
£150
£180

TO BOOK YOUR TICKETS FOLLOW THE LINK ON THE BASRAT WEBSITE AT www.basrat.org

Dr Dean Kriellaars

Keynote Speaker



This year we have Dr Dean Kriellaars travelling all the way over from Canada to deliver the keynote speech for the conference. The keynote will be based around Dr Kriellaars research on physical literacy for performance enhancement; the performance workshop will draw on his time working with the Cirque du Soleil bringing us lessons from the circus on injury prevention.

Dr Kriellaars is a faculty member of the Department of Physical Therapy, College of Rehabilitation Sciences, Faculty of Health Sciences at the University of Manitoba, Canada. He is a scientist of the Manitoba Institute of Child Health. His Human Performance Laboratory has numerous students and staff directed to undertaking research on

exercise, physical literacy, physical activity for prevention and treatment of various conditions. Dr Kriellaars has been awarded two major university teaching awards, as well as national and international awards for scientific research and innovation. Dr Kriellaars has received two University of Manitoba Presidential Outreach awards for meritorious community work, and recently was awarded the Campbell Award for longstanding community service. In 2007, he was named as the co-chair of the Premiers Council on Health Living for the province of Manitoba. He was awarded the Healthy Living Award for his outstanding activities in building community wellness in the province of Manitoba, as well as the Provincial Builder Award for creating aiding in the development of healthy children at schools. He works on many community wellness programs in association with Canadian Sport for Life, Physical and Health Education Canada, Aspen Institutes Physical Literacy project for the USA, the Sport Medicine and Science Council of Manitoba, the RCMP and the Canadian Centre for Substance Abuse. He works with the National Circus School and Cirque du Soleil on training optimization research projects (injury prevention and performance enhancement) in Montreal Canada.

Keynote Speech - Physical Literacy for Performance Enhancement and Injury Prevention.

Workshop - Lessons from the Circus World on Injury Prevention.

Stress Fractures in the Athletic Population

Dr John Rodgers



This talk will include discussion of risk factors, diagnosis, management of stress fractures in an athletic population with particular emphasis on prevention and rehabilitation. We will discuss the new terminology Relative Energy Deficiency in Sport (RED-S) and how to manage

an athlete with a bone stress injury within an interdisciplinary team.

Prevention is Better Than Cure

Douglas Bilton

Prevention is better than cure; what does regulatory and professionalism research data tell us about the causes of professional misconduct, and how its prevalence might be reduced?' Drawing on information from over 16,000 cases and other sources of research and data, Douglas will discuss whether it is possible to anticipate the circumstances in which professional misconduct will occur, and through this understanding, reduce the prevalence of misconduct in future.

Dr John Rodgers - MB BCh BAO MRCGP FFSEM (UK)

John is a Sports Physician and Consultant in Sport and Exercise Medicine in Manchester, UK. His interest in sports medicine developed during his own athletics career as an 800m and 1500m runner in N. Ireland. John has also worked for British Athletics, Team GB and the Ministry of the Defence. His clinical interests include overuse tendon and bone injuries, underperformance in sport, exercise induced asthma, sports cardiology and exercise medicine.

Douglas Bilton

Douglas Bilton is the Professional Standards Authority's Research and Knowledge Manager. His job is to promote the use of academic research in regulatory development, and to promote professional regulation as a potential subject for research and study. He has also worked for the British Medical Association, Barts and the London NHS Trust, and the North East London Strategic Health Authority. He has a first degree in English Literature, a Master's in Public Administration, and is currently studying for a certificate in psychoanalytic psychology.



The Italian Coffee Effect Presentation



Gary Anderson

Gary has over 36 years' experience in Olympic and professional sport, as an athlete, coach, scientist and Performance Director. He is currently the head of the British Bobsleigh Performance Programme, taking the sport thorough one of its most successful periods. In addition to this Gary has coached at the highest level in track & field taking athletes to major championships around the world, he is also one of the few performance directors to have led teams in both the summer and winter Olympic Games. Gary has also made several TV appearances including a role on "Beat the Star" where he was a coach to the celebrity athletes.

"The Italian Coffee effect" – Integration into a High Performance Team

Gary is a big advocate of Graduate Sport Rehabilitators and their role within the multi-disciplinary teams, he understands that the skills and experience they bring make for an ideal link between medical staff and coaches. Gary's talk is on the subject of integration of support staff into multi-disciplinary teams at major events, it tackles the real-life aspects of high level performance. It promises to be very exciting and engaging talk from one of the country's leading Performance Directors, who managed international athletes from around the world, definitely not one to miss!



Don't be a Headcase

Presentation



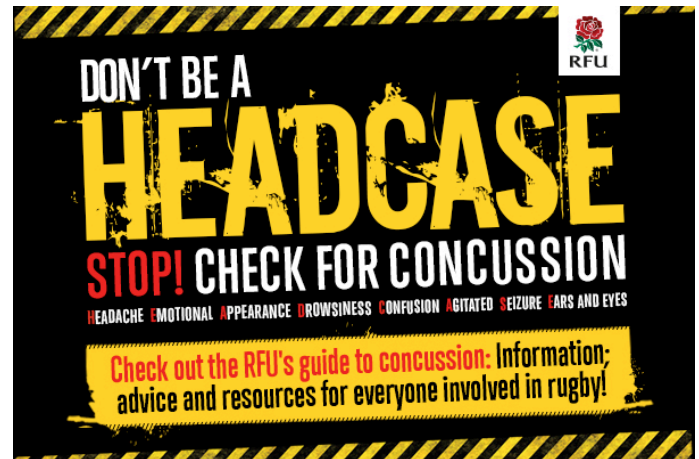
Mike England

Mike is Director of the RFU Injured Players Foundation and Medical Advisor to the RFU Rugby Development Department.

He served as a doctor in the Army for 20 years and has been involved in sports medicine since the early 1990's, working in several different sports at community and elite level, including disability sport. He has been involved with the Bath University Sport & Exercise Medicine Postgraduate Masters programme for over 12 years, having been Clinical Director of Studies. He sits on the Faculty of Sport & Exercise Medicine Council.

Don't Be a Headcase

The RFU is recognised as one of the leading sports when it comes to concussion management and education. From the "Use your head" campaign in 2007, to the "Don't be a Headcase" programme currently being delivered across the country; the focus has been on delivering evidence-based information to as wide an audience as possible. This presentation will cover the development and delivery of the RFU's education programmes.



DON'T BE A HEADCASE STOP! CHECK FOR CONCUSSION
HEADACHE EMOTIONAL APPEARANCE DROWSINESS CONFUSION AGITATED SEIZURE EARS AND EYES

Pain Workshops

Sunday

Shoulder Syndromes and Injury Prevention. The NAT Workshop.

Simeon Neil-Asher

This workshop will cover three of the most common clinically encountered shoulder problems: Rotator cuff, Shoulder impingement and Frozen Shoulder Syndrome. We will explore the pathology, clinical presentations and differential diagnosis for these problems; this includes the familiar muscular guarding response/patterns during shoulder injury. You will be able to integrate this straight into your clinical practice.

Orthopaedic Articulation and Spinal Manipulation Techniques.

Giles Gyer & Jimmy Micheal

This 90 minute session will be highly practical and will provide a real insight and introduction into Osteopathic Articulation and High Velocity Thrust Techniques (HVT / Grade 5 Manipulation). You will be able to learn the theory behind the practice and fine tune your skill delivering the technique.

Dynamic Tape Techniques for Knees and Ankles

Lesley McBride

During this exciting and interactive workshop you will learn a variety of techniques and learn the fundamental principles to allow you to develop your own techniques and integrate Dynamic Taping into clinical practice immediately.

Relaxation Therapy for pain relief

Eleanor Ward and Cally Morfitt

The aim of this practical workshop is to demonstrate how the promotion of relaxation in to daily life can drastically influence the pain response and have a positive effect on physical and mental recovery following injury.

Simeon Neil-Asher

Simeon Niel-Asher, B. Phil., B. Sc., (Ost.), qualified as an osteopath in 1992, and uses trigger point therapy in his every day work. He is the inventor of the Niel-Asher Technique (TM) for treating frozen shoulder syndrome and was named by the Evening Standard newspaper as one of the top ten osteopaths in London. He is involved in treating, research, writing, and teaching throughout Europe, the Middle East and the USA.

Giles Gyer & Jimmy Micheal

Giles is one of the founders of OMT training and has a 12 year background in personal training and strength and conditioning, he is a structural therapist combining exercises rehabilitation and manual therapy within his clinics. Jimmy has 10 year's experience teaching in the health and fitness industry and currently working with OMT training. He has gained experience treating patients such as Formula One drivers and Premiership Football players.

Lesley McBride

Lesley McBride MSc MCSP MMACP PgCertHE HCPC, Chartered Physiotherapist. Lecturer at the University of Coventry and consultant Pysiotherapist to the England Rugby Union team for Cervical spine screening, treatment and rehabilitation.

Eleanor Ward & Cally Morfitt

Eleanor and Cally are GSR's working within the MoD, Eleanor is currently based at the Regional Rehabilitation Unit Tidworth and Cally at PCRF Tidworth which has over 12, 000 personnel within its region and deals with, on average, 480 patients per week



Rehab Workshops

Sunday

Dynamic Taping Techniques for Shoulders

Lesley McBride

During this workshop you will gain a variety of techniques and the fundamental principles to allow you to develop your own techniques and integrate Dynamic Taping into clinical practice immediately.

Management of Pelvic Girdle Pain

Sarah Fishburn

Aims of the presentation: To have a clear understanding of what PGP is and how it affects women and their families, to discuss a range of options to manage and treat the condition including the role of exercise, to consider practical management of PGP and to be aware of other people who can help.

Recreational Therapy for Team Sports

Eleanor Ward and Cally Morfitt

The aim of this workshop is to demonstrate the aims of Recreational Therapy. To present therapists with ideas for group sessions, to provide light relief from the limited activities of rehabilitation programmes and classes by encouraging patients to use their injured limb(s) in a co-ordinated and functional manner.

Proximal Hamstring Tendinopathy - A Biomechanical Approach to Running Rehabilitation

James Dunne

In this 90min workshop, James discusses and demonstrates the rationale behind using running gait re-education as part of a multi-faceted treatment approach to rehabilitating runners with Proximal Hamstring Tendinopathy.

Lesley McBride

Lesley McBride MSc MCSP MMAPC PgCertHE HCPC, Chartered Physiotherapist. Lecturer at the University of Coventry and consultant physiotherapist to the England Rugby Union team for Cervical spine screening, treatment and rehabilitation.

Sarah Fishburn

Chair of the pelvic partnership, Sarah's background is in Physiotherapy, she is currently running The Pelvic Partnership where each year she speaks to over 500 women helping them with their situation or condition.

Eleanor Ward & Cally Morfitt

Eleanor and Cally are GSR's working within the MoD, Eleanor is currently based at the Regional Rehabilitation Unit Tidworth and Cally at PCRF Tidworth which has over 12,000 personnel within its region and deals with, on average, 480 patients per week

James Dunne

James is a Sport Rehabilitation therapist with a special interest in running biomechanics, gait re-education and exercise-based rehab. His passion is for identifying and re-training dysfunctional movement patterns that cause overuse injuries or impaired efficiency in endurance athletes.



Performance Workshops

Sunday

Late Stage Wrestling Protocols

Rob Parkinson

This workshop will look at the incidence and type of shoulder injuries commonly encountered when working with collision sport athletes. There will be a particular emphasis on:

- Early appropriate loading.
- Developing strength through range, when and how.
- What shoulder stability really means.
- Progressive return to collision activities.
- When a player is ready to return to full sport activities.

Introduction to Gait Re-education for Running Injury Rehabilitation

James Dunne

In this 90min practical workshop, James introduces some of the key concepts underpinning the evidence based use of Running Gait Re-Education as a rehabilitation modality. Learn simple running cues and drills to apply to your clinical practice, as well as the rationale.

Physical Preparation Workshop for High Performance Athletes and Circus Artists

Dr Dean Kriellaars

Stay tuned for more information.

Movement: The Bigger Picture

Leslie Abrahams

Learn how to apply specific movement techniques to clients that have range of movement loss. Athletes who need to improve strength and flexibility for performance or simply the range required for recreational activities.

Rob Parkinson

Rob Parkinson is currently the head physiotherapist at Hull Kingston Rovers Rugby League and has worked in Elite Rugby League for 5 years. He holds a degree in biomedical science from the University of Sheffield as well as a degree in Physiotherapy from the University of Nottingham

James Dunne

James is a Sport Rehabilitation therapist with a special interest in running biomechanics, gait re-education and exercise-based rehab. His passion is for identifying and re-training dysfunctional movement patterns that cause overuse injuries or impaired efficiency in endurance athletes.

Dr Dean Kriellaars

Dean is an internationally recognised specialist in movement literacy, he is currently a faculty member of the department of physical therapy, University of Manitoba, Canada. In the past he has worked with Cirque Du Soleil and the National Circus School of Canada.

Leslie Abrahams

Leslie is a Physiotherapist with over 16 years of experience in the Private sector both in South Africa and the UK. He is currently the Director of Bodies Under Construction, a group of Physiotherapy and Pilates Clinics in London. He has a special interest in Musculoskeletal and Sports Physiotherapy, lumbo-pelvic stability dysfunction and lower limb biomechanics.



UNIVERSITY OF Hull

Getting to the Venue

Hull University

By Train

Hull – The Paragon Interchange provides links to all major rail networks, with services provided by GNER, Arriva Trains and Hull Trains, which offer a direct service to London Kings Cross.

By Bus

Hull – Coaches to Hull are available via National Express and link with other national and European services. The coach terminal is located next to the rail station. Coaches to London terminate at Victoria Station. The bus from the terminal to the University, Cottingham Road, would be number 105 East Yorkshire Motor Services.

By Car

Hull – The University can be approached from York by the A1079 and via the M62 and A63. (Post code for Sat Nav – HU6 7RX).

