



ONE-DAY WORKSHOPS

**Sports Injury Management
Injury Rehabilitation
Fitness & Exercise**

**Certified Qualifications
Pioneering Techniques
Approved & Accredited**

Recommended and approved by



VTCT

SkillsActive



www.physique.co.uk

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TRAINING

Sports Healthcare

In response to an increased recognition of sports healthcare in today's society, the requirement for practical, hands-on advice that can be applied to every day treatment has become indispensable for those working in a demanding sports injury environment.



Operating in conjunction with the epitome of sports injury and fitness professionals, Physique Management offer a constructive selection of Advanced Sports Healthcare Training Workshops. Diversifying from fitness analysis to injury diagnosis and rehabilitation treatment, our education courses provide a head-start to those working in the sports healthcare industry.



Extensive research and development, in collaboration with extremely qualified and experienced healthcare professionals, has enabled Physique Management to offer tuition of the highest standard. Incorporating advanced theory with immediate demonstration and proactive involvement, enables applicants to gain instant skill acquisition.



Throughout each course students' work in small groups, usually pairs, with the intention to impersonate a trainer or sports therapist with an athlete correlation. Progression of treatment/exercise enables each student to understand the significance and importance of observing the client or athlete to ensure a high level of comprehension is obtained.

TRAINING

Sports Healthcare

The courses are designed and intended for a variety of therapists from differing sports healthcare backgrounds, each sharing the same goal to increase their knowledge and provide a valuable service to their clients.



Our one day interactive workshops offer applicants an ideal opportunity to liaise with other sports healthcare professionals, in a relaxed workshop environment where ideas and innovations can be exchanged.



One Day Interactive Workshops



Certificated Qualifications



Enhance your professionalism



Offer more to clients



Liaise with Healthcare Professionals

As the major supplier of sports healthcare, fitness products, rehabilitation and sport injury treatment, Physique Management is on your side to help you achieve the level of active sporting fitness you need and want for enhanced success.

injury • treatment • rehabilitation • fitness • training

WORKSHOPS

Sports Healthcare

One-Day Certified Workshops

Thank you for your interest regarding our Advanced Sports Healthcare Workshops.

Our list of Sports Healthcare workshop dates and venues is constantly updated. All additional information can be found on our website www.physique.co.uk under the Education and Courses section.



injury • treatment • rehabilitation • fitness • training

All participants receive course notes, certification upon completion of course and free product or money off vouchers.

Course Price: £85.00 + VAT (£80.00 + VAT if booked online)

**If you would like to confirm a booking you can do so
on our website www.physique.co.uk
or by calling 0870 60 70 381.**

OFFERS

Workshop Host

Physique Management present the Learn-BY-Doing ONE-DAY workshops all around the UK. As part of our excellent training service we are able to send our instructors to your venue.

All we need is a training classroom or studio and we'll do the rest. Our instructor will arrive with everything needed to train your staff, students or colleagues in the specific workshop you require.



As the host of our workshop Physique Management offers excellent incentives. If you would like to host any of the courses at your centre, we can offer you 2 cost effective choices.



If you would like to host any of the courses at your centre, we can offer you 2 cost effective choices.

1. You can have 10 places for a one off charge of £600.00 +VAT

A certificate will be awarded to all attendees. If you require further places a charge of £60.00 + VAT per person will apply (Normally £85 +VAT)

2. If you would like to simply host the course, you may have **2 free places** (Normally £85.00 + VAT per person) Physique Management will promote the course to their customer base and you may advertise it locally.

For Further information or to enquire availability to host a workshop please contact:

Physique Management Company Ltd,
Portsmouth, UK. PO9 1QY.

Tel: 0870 60 70 381.

email: sales@physique.co.uk

COURSES Sports Healthcare

ANSWERED All Your Questions ?

Core Stability and the GymBall[®]

What is Core Stability?

How can it help my clients and me?

How does the FitBall really work?

How do I incorporate it into my treatment or class?



Functional Rehabilitation

What exercise for which stage of rehab?

When is an athlete really fit?

How do I use Foam Rollers and Medicine Balls?

When can balance training be progressed?



Joint Manipulation & Mobilisation

How can I safely manipulate the Pelvis, Lumbar and Thoracic spine?

What differential diagnosis can be used for red-flag conditions?

How do I successfully examine the Pelvic, Lumbar and Spinal regions?

COURSES Sports Healthcare

ANSWERED All Your Questions ?

Postural Assessment & Myofascial Slings

- How do I identify specific soft tissue tonicity?
- What is the relevance of muscle firing patterns?
- How can I effectively assess and identify soft tissue dysfunction?
- What are sling systems and how can they aid rehabilitation?



Muscle Energy Techniques

- How are your MET's?
- What's the difference between P I R and P N F ?
- How MET's progress your treatment programme forward?
- Incorporate MET's into an exercise programme.



Taping and Strapping

- What is an EAB, Z/O or Cohesive?
- What tape do I use for each body part?
- How do I control joint movement and pain with tape?
- Detailed anatomy.



Ultrasound and Electro Muscle Stimulation

- What frequency and for how long?
- What machine should I use?
- How can Electro Muscle Stimulation help in Rehabilitation?
- Ultrasound and its effect on tissue repair.



COURSES
Sports Healthcare

ANSWERED
All Your Questions ?

Introduction to Sports Massage

How does Sports Massage work?

What is the relevance of muscle massage?

How can I effectively benefit injury through massage?

What is effleurage, petrissage, shaking and tapotement?





AND THE GYMBALL®

Core Stability

Workshop Objectives

To increase student awareness of the importance of training the 'core' muscles.

Workshop Content And Brief Outline Of Programme

09.00-9.30	Welcome/Registration
09.30-9.45	Introduction
09.45-10.00	Aims & Objectives of the Course
10.00-10.45	Sizing And Safety What Is 'Core Stability'? Anatomy And Physiology Of The Mid Section Activating the Core Muscles Common Errors and Correct Alignment
10.45-11.00	Comfort Break
11.00-11.30	Abdominal Exercises
11.30-12.00	Back Exercises
12.00-12.30	Lower Body Exercises
12.30-13.15	Lunch
13.15-13.45	Upper Body Exercises
13.45-14.15	Weight/Resistance Training
14.15-14.45	Combination Training
14.45-15.45	Using Two Balls Partner Resistance Training Functional Training Aids
15.45-16.00	Group Exercise
16.00-16.30	Questions And Answers Presentation of Certificates

Students will gain the ability to use the FitBall to develop and improve core stability for performance and posture. This course is ideal for any fitness or healthcare professional who wants to find out the true benefits of core stability training.



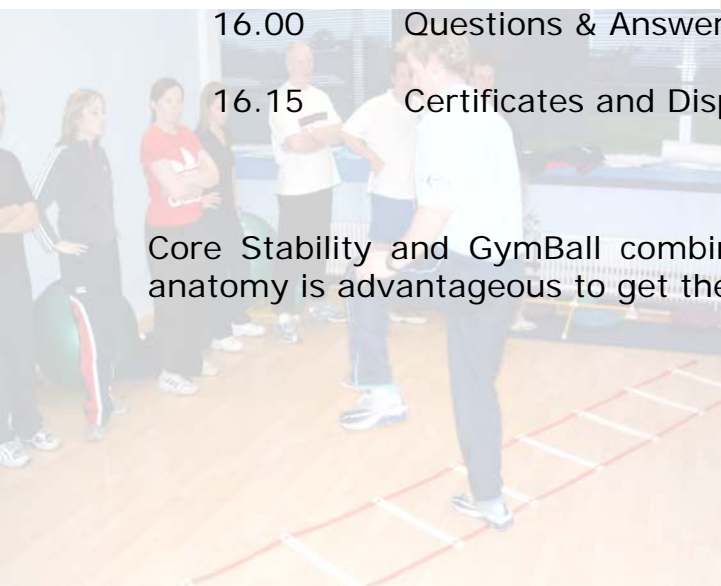
Workshop Objectives

On completion of the course individuals will have the knowledge and practical experience to develop appropriate, challenging exercises using a variety of equipment including, FitBall®, Foam Rollers, Stretch Bands and Tubing and a variety of balance aids.



Workshops Content And Brief Outline Of Programme

09.30	Registration and Introduction
09.45	Functional Training versus Traditional Techniques
10.15	Benefits of Balance Training in Sport and Rehabilitation
11.00	Break
11.15	Balance Training
11.45	Functional Movements & Weight Training
12.45	Lunch
13.30	Proprioceptive Training
14.30	Sports Specific Training
15.30	Exercise Prescription
16.00	Questions & Answers
16.15	Certificates and Dispersal



Core Stability and GymBall combined with a good understanding of anatomy is advantageous to get the full potential from this course.



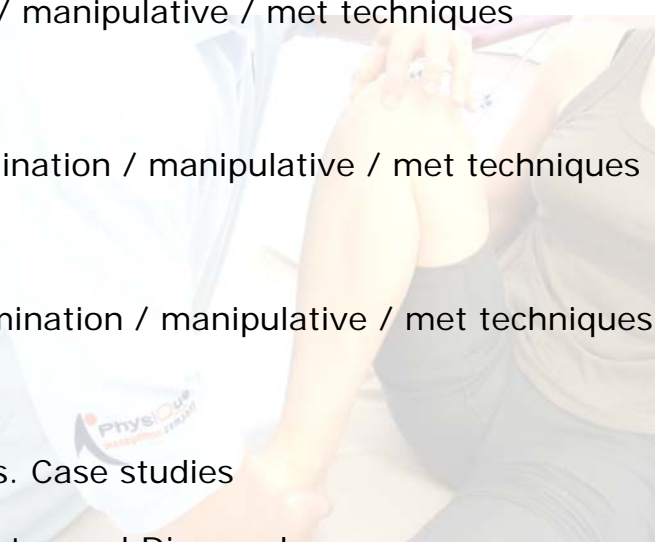
AND MOBILISATION

Joint Manipulation

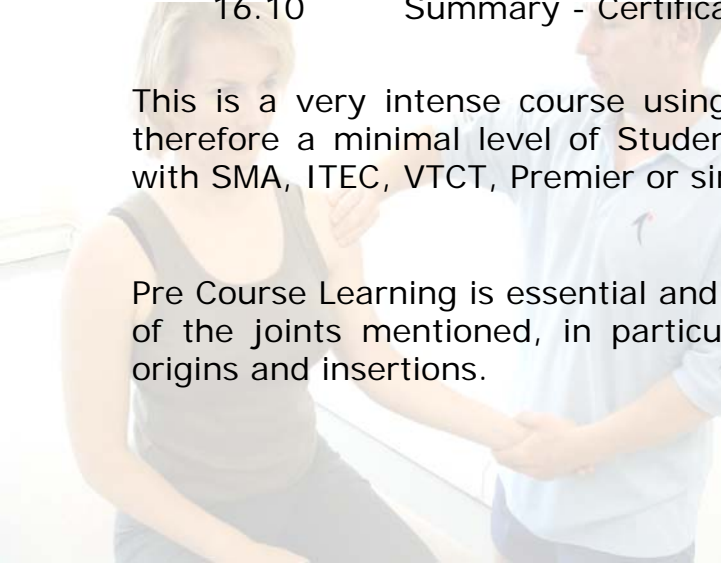
Workshop Objectives

To introduce qualified and experienced therapists in Manual Therapy, specific techniques to manipulate the Pelvis, Lumbar and Thoracic spine within a sport related environment.

Workshop Content And Brief Outline Of Programme



09.30	Registration and Introduction
09.45	Safety precautions, red flag conditions – differential diagnosis. Joint end feel
10.30	Pelvis examination / manipulative / met techniques
11.30	Break
11.40	Lumbar spine examination / manipulative / met techniques
12.30	Lunch
13.15	Thoracic spine examination / manipulative / met techniques
15.00	Break
15.15	Recap of techniques. Case studies
16.10	Summary - Certificates and Dispersal



This is a very intense course using a high standard of practical skills; therefore a minimal level of Student ability is Sport Massage Therapist with SMA, ITEC, VTCT, Premier or similar diploma qualification.

Pre Course Learning is essential and we would suggest a good knowledge of the joints mentioned, in particular the joints/ligaments and muscle origins and insertions.

AND MYOFASCIAL SLINGS

Postural Assessment



Workshop Objectives

To introduce qualified and experienced therapists' techniques to identify specific soft tissue tonicity within the musculo-skeletal system.

On completion of the course individuals will be able to competently assess and identify soft tissue dysfunction within the musculo-skeletal framework.

Workshop Content And Brief Outline Of Programme

09.30	Registration and Introduction
09.45	Postural assessment to identify hypertonicity of the postural muscles
10.30	Muscle firing patterns: - hip extension / abduction
11.30	Break
11.40	Treatment of hypertonicity / hypotonicity using specific exercise modalities
12.30	Lunch
13.15	Myofascial slings: - Post longitudinal, lateral, anterior oblique and post oblique. Its relationship to the upper / lower extremity
14.15	Break
14.45	Rehabilitation to incorporate sling systems
16.10	Summary - Certificates and Dispersal

This is a very intense course using a high standard of practical skills; therefore a minimal level of Student ability is Sport Massage Therapist with SMA, ITEC, VTCT, Premier or similar diploma qualification.

Pre Course Learning is essential and we would suggest a good knowledge of the joints mentioned, in particular the joints/ligaments and muscle origins and insertions.

TECHNIQUES

Muscle Energy



On completion of the course, students will be able to professionally and competently demonstrate the skills of Postural Assessment and Muscle Energy Techniques (MET's) used in Soft Tissue Mobilisation.

09.30	Registration and Introduction
09.45	Introduction - Muscle Energy Techniques for Postural Dysfunction <ul style="list-style-type: none"> - Demonstration - Post Isometric Relaxation (PIR) - Reciprocal Inhibition (RI) - Muscle Spindles / Golgi Tendon Organs - Lower Crossed Syndrome - Upper Crossed Syndrome
11.05	Break
11.15	Postural Assessment Revision of Postural Muscles – Origin, Insertion and Action Specific Postural Analysis Tests
12.30	Lunch
13.00	Postural Assessment Practical Continued
14.30	Re Cap of MET's to incorporate into a Sport Massage/ Exercise Programme
15.45	Course Summary and Question Answer Session Discussion on Specific Conditions
16.15	Certificates and Dispersal

An in depth understanding of the following muscles, both origin and insertion is essential.

Lower Body Hip Flexors – Quadriceps – TFL / ITB – Hamstrings – Calf Muscles

Upper Body Rotator Cuff – Trapezius – Pectoralis Major – Latissimus Dorsi



STRAPPING

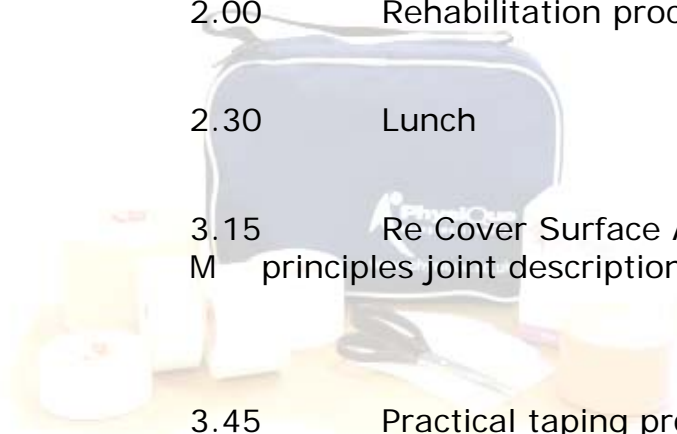
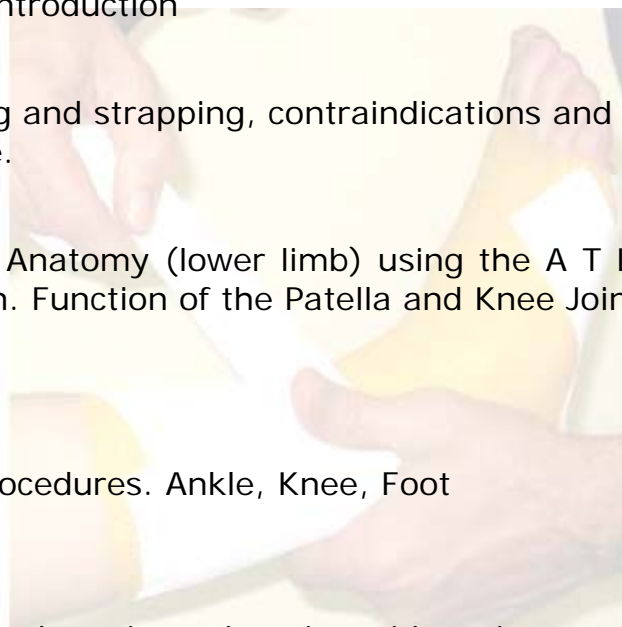
Taping And

**Workshop Objectives**

Students will be able to successfully tape and strap body parts using elasticated and non elasticated taping products. They will also be able to successfully immobilize a body part using taping and strapping products, thus preventing injury during sport.

Workshop Content And Brief Outline Of Programme

- | | |
|------|--|
| 9.30 | Registration and Introduction |
| 9.40 | Principles of taping and strapping, contraindications and material currently available. |
| 0.00 | Re Cover Surface Anatomy (lower limb) using the A T L I M principles joint description. Function of the Patella and Knee Joint |
| | Practical Taping of the Patella. |
| 0.45 | Practical taping procedures. Ankle, Knee, Foot |
| 2.00 | Rehabilitation procedures in conjunction with taping |
| 2.30 | Lunch |
| 3.15 | Re Cover Surface Anatomy (upper limb) using the A T L I M principles joint description. |
| 3.45 | Practical taping procedures. Thumb, Wrist, Elbow |
| 4.45 | Shoulder taping techniques – impingement, instability |



**ELECTRO MUSCLE STIMULATION****Ultrasound Therapy****Workshop Objectives**

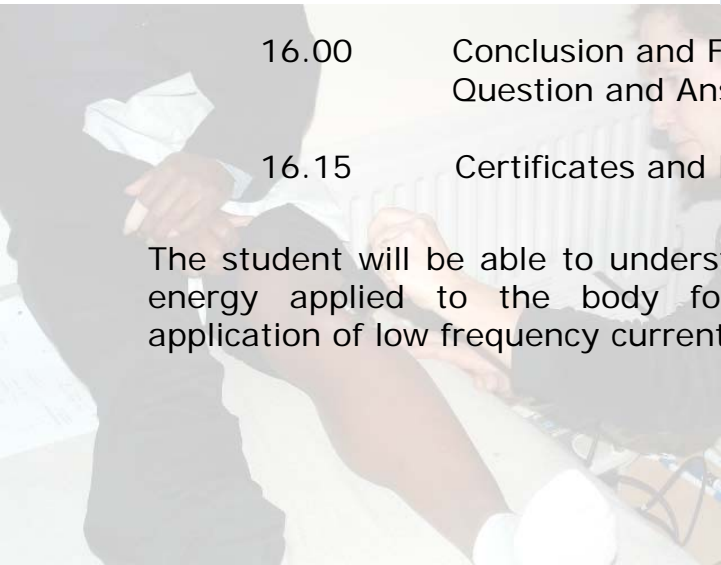
- To be able to recognize the requirement for electrotherapy and the safe and practical application of Ultrasound.

Workshop Content And Brief Outline Of Programme

09.30	Registration and Introduction
09.40	Soft Tissue Injury and Repair
10.10	Forms of Energy Applied to the Body/Therapeutic Benefits
10.50	Safety Precautions
11.15	Break
11.30	Ultrasound Theory and Application
12.30	Lunch
13.15	Ultrasound Practical Application Practical to Include Other Electrotherapy Products
15.00	Case study and Ultrasound Application and Assessment
16.00	Conclusion and Feedback Question and Answer on Clinical Conditions
16.15	Certificates and Dispersal



The student will be able to understand the principles of the forms of energy applied to the body for therapeutic benefits and safe application of low frequency current and Ultrasound Therapy.



An Introduction to Sports Massage

Workshop Objectives



To introduce individuals who are considering a career in Sports & Remedial Massage or who would like to develop the hands-on skills and techniques that can be used in a sporting context easily and safely.

Workshop Content And Brief Outline Of Programme

Day 1

- 09.30 Registration and Introduction
- 09.45 Theoretical insight into the effects and benefits of Massage
- 10.30 Anatomy and Physiology introduction and re cap
- 11.15 Break
- 11.30 Physical, Physiological and Psychological responses
- 13.00 Lunch
- 14.00 Practical introduction of Massage Techniques
- 14.45 Break
- 16.00 Sport Specific Conditions and the benefit of Massage

Day 2

- 09.30 Registration and Introduction
- 09.45 Anatomy, Physiology and Muscle Fibres
- 10.30 Practical introduction of Massage Techniques
- 11.30 Break
- 11.40 Massage Movements
- 13.15 Lunch
- 14.15 Practical case studies
- 14.45 Break
- 15.30 Massage and Rehabilitation
- Summary - certificates and dispersal

This is a very intense course using a high standard of practical skills; therefore a brief understanding of anatomy and physiology would help although not essential

Pre Course Learning can assist and the publication Sport and Remedial Massage by Mel Cash is an excellent starting point, available from physique.co.uk

Please bring suitable clothing, shorts, loose fitting tops and a large towel. All massage oil, couches and equipment will be provided with a chance to purchase items at the end of the course if required.