

BASRaT Student Conference

15 Feb 2019

2019
University of Nottingham

2019 Student Conference

A unique opportunity to hear from Sport Rehabilitators. Presenting a stimulating keynote and excellent practical workshops, bringing your course to life and inspiring your future career.

Presenting an invaluable keynote and excellent practical workshops.

Benefit from meeting Sport Rehabilitators and learning so much more about the profession.



"The day was a great opportunity to add to your CPD and overall knowledge. Being able to speak to other students from all over Britain as well as the speakers who delivered seminars and workshops was an eye opening experience for myself and all my colleagues both in our final year and those just enrolling onto the course!" Attendee 2018 Symposium

Speakers



Keynote

Hannah Crowley - Sport Rehabilitator, British Cycling

Oliver Coburn - Consultant and Registrar

Mick Dwyer - Lecturer

Ryan Gordan - Clinician and IASTM Tutor

Adam Naylor - Programme Lead

Unmissable Keynote from **Hannah Crowley, Sport Rehabilitator for British Cycling**. Hannah works with Olympic track athletes and prepared athletes for the 2016 Rio Olympics. Gain unique knowledge in our workshop sessions from our experts in their field.

Itinerary and workshop options

09:30 Registration

10:00 **Welcome**

10:15 **Opening Keynote** Hannah Crowley

Sport Rehabilitator, British Cycling
The role of Sport Rehab in elite sport

11:15 Coffee Break

11:30 **Workshops** (Choice of 3)
Oliver Coburn
& Adam Naylor
Ryan Gordan
Mick Dwyer

Pub to Park Run - Programming and Managing the Novice Runner
Part 1
Instrument Assisted Soft Tissue Manipulation (IASTM) Masterclass
Occlusion Training

13:00 Lunch

14:00 **Workshops** (Choice of 3)
Oliver Coburn
& Adam Naylor
Ryan Gordan
Mick Dwyer

Pub to Park Run - Programming and Managing the Novice Runner
Part 2
Instrument Assisted Soft Tissue Manipulation (IASTM) Masterclass
Occlusion Training

15:45 **Feedback and Close**

The conference schedule is subject to change.



Your Speakers



Hannah Crowley



Ryan Gordan

Hannah Crowley

Hannah works at British Cycling as a Sports Rehabilitation Therapist with Olympic track athletes. Hannah leads the working partnership between the Medical and Strength and Conditioning teams, she has implemented treatment and rehabilitation plans that have had a direct impact on the preparation and performance of cyclists at the 2016 Rio Olympic Games.

Through my applied experiences in Cycling, I have learnt about the significant demands of elite cycling and how a multidisciplinary performance support team works to achieve this.

Hannah previously worked in a private clinic overseeing the treatment and rehabilitation of patients with a wide range of physical injuries and conditions. Alongside this private work she worked for the English Institute of Sport as a Soft Tissue Therapist and travelled internationally with the British Athletics Paralympic programme. During her time with British Athletics she supported the GB squad with soft tissue therapy at the London 2012 Paralympics, two World Championships and a European Championships.

Hannah studied Sport Rehabilitation at Salford University which provided the foundations for her learning, understanding and fascination of human movement. Outside of work she likes getting out on her bike although only as a leisure pursuit!

The role of Sport Rehab in elite sport. Hannah Crowley. British Cycling

Hannah will discuss the role of a Sport Rehabilitator within a medical and wider multidisciplinary team to support team GB cyclists in the build up to International competitions.

Hannah will share the experiences she has gained during her career path to her current role and will provide an insight into her job. Hannah will talk about considerations for planning rehabilitation in sport.

Using first-hand knowledge Hannah will discuss the management of common cycling injuries, planning of complex rehabilitation and in training monitoring to minimise risk of injury.

Instrument Assisted Soft Tissue Manipulation (IASTM) Masterclass. Ryan Gordan

Ryan's workshop will introduce students to the use of IASTM techniques for soft tissue therapy. You will have the chance to use the HawkGrips stainless steel instruments to practice some basic techniques and expand your practical skillset for varying musculoskeletal conditions.

Ryan Gordan

I gained a first class honours in BSc Sport Rehabilitation from the University of Salford. Since graduating, I have been working as a clinician across various musculoskeletal clinics, most recently setting up my own practise. My patient cohort is varied, ranging from amateur and professional athletes in various sports, through to stroke rehabilitation patients. Exercise Rehabilitation is at the heart of my approach to treatment, supported by manual therapy techniques from a holistic approach. I also teach IASTM CPD courses across the UK, to professional sports clubs, NHS Physiotherapy departments and clinicians in private practise. I have recently started a Master's degree in Strength and Conditioning. The theory, research and practise within Strength and Conditioning compliments my background in Sport Rehabilitation and will help me to achieve the best possible outcomes with patients.



Your Speakers



Mick Dwyer



Oliver Coburn



Adam Naylor

Occlusion Training. Mick Dwyer

Learn all about the hyped new training method. Occlusion training involves partially restricting blood flow to a muscle group. Occlusion training uses lighter weights which means that you can potentially obtain the same hypertrophy benefits without straining your joints.

Mick will talk you through Occlusion Training and importantly, how it can be adapted to help rehabilitate athletes injuries.

Mick Dwyer, Sports Therapy and Rehabilitation Lecturer, University of Bedfordshire.

With a PGCE and MSc in Sports and Exercise Medicine, I have developed a keen interest in the Blood Flow Restriction (BFR) training and the beneficial adaptation to athlete recovery through rehabilitation.

I have been Head of Science and Medicine at Ampthill & District RUFC for 12 years, implementing and managing player health, conditioning and wellbeing protocols whilst leading the medical team throughout the season during training and conditioning and managing the game day staff. I have also taken a leading role within East Midlands Rugby Union, leading the match day medical team throughout the 2016-2018 County Championships. I previously worked with International Rugby League teams - Germany, Estonia, Wales, and England Lionhearts.

Pub to Park Run - Programming and Managing the Novice Runner. Adam Naylor & Oliver Coburn

In this session you will learn the fundamentals of programming, screening the non-injured athlete, enabling you to prepare them to perform. You will then go on to implement similar principles in managing the injured runner. This is a practical workshop so do bring some shorts and trainers in order to gain the most from the session.

This is a two part workshop - please select both sessions on booking.

Adam Naylor

Adam is a Graduate Sport Rehabilitator an programme lead for the BSc and MSc degrees delivered at University of Bolton. Adam is a strength and conditioning specialist, currently completing his PhD in fatigue, recovery and whole-body cryotherapy, and a level 2 Triathlon coach.

Adam manages many athletes with running and triathlon-based injuries using the techniques covered in the workshop, and competes in many running and triathlon events, from 10km races to Ironman ultra endurance events.

Oliver Coburn

Ollie is a Graduate Sport Rehabilitator and also has a masters degree in Public Health. He's worked in a variety of roles spanning professional sport, rehab clinics and university lecturing.

Ollie has recently begun a role with BASRaT but continues his clinical work on a part-time consultancy basis. Predominantly, this involves working with local club athletes from a variety of sports. Outside of work, Ollie competes for his club in running events from 5km to Ultramarathon distance.



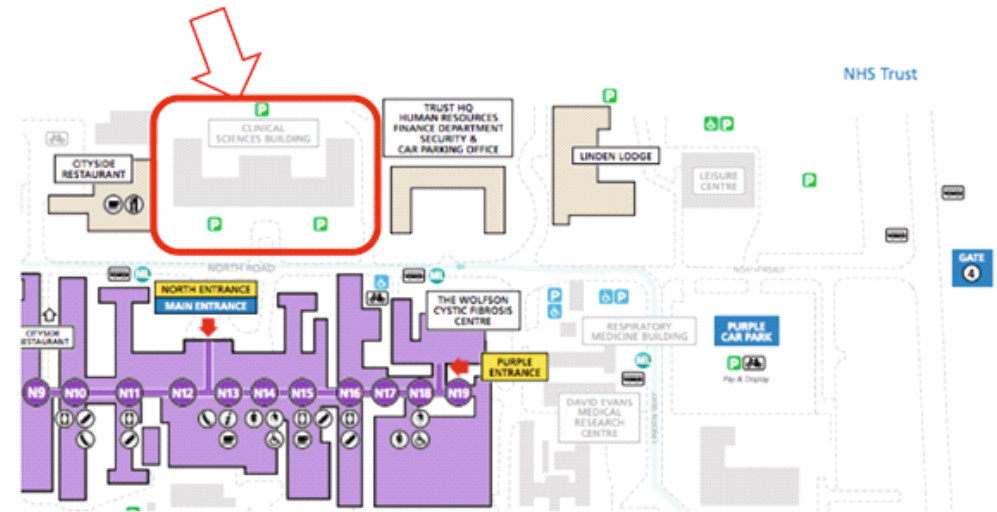


Purchasing your tickets

There are a limited number of free tickets for BASRaT student members. See page 6 for membership details.

BASRaT Student Members	Free
Non - Members	£25

Book at www.basrat.eventbrite.co.uk



Venue and directions

Venue: Clinical Science Buildings at Nottingham University City Hospital

By car - Postcode: NG5 1PB - Enter via Gate 4 (East Side)

From the M1: Leave the motorway at junction 26, follow the A610 to Nottingham City Centre. Turn left at the junction with the ring road (A6514 Western Boulevard). Continue on the A6514 and turn left at the 2nd roundabout into Edwards Lane. Take the 2nd entrance on the left.

Please use the public parking car parks indicated by a blue P symbol or blue disabled parking symbol on the map of the City Hospital site (parked is limited here), including all roadside spaces on Edwards Lane (from Gate 4-5) and the Purple car Park. Parking Charges: 1-2 hrs – £4, 2-4 hrs – £5, 4+ hrs – £6

Further parking is available via the Wilkinson Street park and ride sites, NG7 7NW. The Medilink bus runs every 10 minutes between Wilkinson Street park and ride sites and City Hospital. Cost*

Travelling by bus - A number of Nottingham bus services stop at the City Hospital:

- Nottingham City Transport: buses on Blue Line, Purple Line, Brown Line and Grey 53
- Trent Barton: 141 and The Threes
- The Medilink runs every 10 minutes between Queen's Drive and Wilkinson Street park and ride sites and QMC and City Hospital.

Cost* £1 using pre-paid Robin Hood tickets or £1.20 cash per journey.



BASRaT Student Membership

Join BASRaT for free* and benefit from:

- ✓ Up to 36 months worth of student membership
 - ✓ Option for malpractice insurance for massage – earn through massage
 - ✓ Opportunity to network at the BASRaT Student conference
- *Membership fee is reimbursed once you graduate and become a full BASRaT Member

Why become a Student member of BASRaT?

The many benefits include:

- ✓ FREE or reduced entrance to the Student Conference
- ✓ View jobs only advertised to members - you could apply as soon as you graduate, giving you an advantage
- ✓ Access course listings, BASRaT products and professional information in the BASRaT website membership section
- ✓ Opportunity to be a member of the Student Executive Committee
- ✓ Free access to the BASRaT Student Newsletter

How do I become a member?

How do I join?

Complete the Student Membership form at basrat.org/home/typesofmembership

When can I join?

You can apply for membership from October onwards, your membership is valid for up to three years and lasts until the 31st October after you graduate.

How much does it cost?

The fee is £45 and covers your three years of study. Your student membership fee is refunded once you graduate and become a full member of BASRaT. Post or email your completed forms with a cheque or pay by card using the contact details on the basrat website.

Find out more and access the application form at www.basrat.org/student/membership

Earn through massage - and build up your client base

Support yourself through uni by earning money through massage. Once you have passed the relevant module you could be earning and learning.



Gain insurance for massage with your BASRaT

The insurance could pay for itself within three sessions! Simply apply showing you have completed a massage module.

BASRaT students that have successfully completed the appropriate modules within the BASRaT BSc programme in Sports & Exercise Medicine (or hold a suitable alternative Sports Massage Qualification) can apply for this Professional Liability Insurance offered at discounted rates for BASRaT members. You need to be a Student Member of BASRaT to be eligible to apply for Massage insurance.

More information is available at www.basrat.org/student/membership

