

# BASRaT Student Conference

# 2020

14th February 2020

University of Nottingham



## 2020 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.

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!"  
Previous Symposium Attendee

### Speakers



#### Keynote

David Roche, Sport Rehabilitator

#### Workshops

Ryan Gordon - Clinician and IASTM Tutor  
Jon Mallon - Strength & Conditioning Coach  
Daniel Morris, Sport Rehabilitator

#### Closing Keynote

Sian McGinn and Kara Cattell, Scoliosis SOS

**A unique opportunity to hear from Sport Rehabilitators working in varying settings.**

## Itinerary and workshop options

09:30 Registration

10:00 **Welcome**

10:15 **Opening Keynote** David Roche

The story so far... County champions to Olympic dreams

11:15 Coffee Break

11:30 **Workshops** (Choice of 4)  
David Roche  
Jon Mallon  
Daniel Morris  
Ryan Gordon

A multidisciplinary approach to Private Practice  
The Lifting Clinic – Strength & Conditioning for Rehab  
Current concepts in Upper Limb Rehab  
Instrument Assisted Soft Tissue Manipulation Masterclass

13:00 Lunch

14:00 **Workshops** (Choice of 3)  
Jon Mallon  
Daniel Morris  
Ryan Gordon

The Lifting Clinic – Strength & Conditioning for Rehab  
Current concepts in Upper Limb Rehab  
Instrument Assisted Soft Tissue Manipulation Masterclass

15:45 **Closing Keynote** Sian McGinn  
and Kara Cattell

Scoliosis SOS: Conservative Therapy for Scoliosis Patients

## Your Speakers



David Roche



Kara Cattell



Sian McGinn

### **David Roche**, Sport Rehabilitator: The Roche Injury Clinic

David is a multidisciplinary Therapist with BSc, Pg Dip's, MSc and specialist degrees in Sports Medicine, Sports Rehabilitation, Sport and Exercise and Strength & Conditioning. David is driven by the desire to help improve his patients' quality of life using relevant proven protocols. David has published numerous research papers and regularly conducts research at his clinic.

David has predominately worked in professional sports and with elite athletes. He has worked at the 2017 Athletics World Championships in London, with the 2016 All Ireland winning Kilkenny Camogie team, plus working the Irish Athletics Youths Elite Endurance squads at Olympic training camps around the world. David currently works with the Irish Football at under 21 and 17s levels. David regularly has Olympic Level athletes visit his clinic for treatment and advanced rehab workshops for days at a time, coming from as far as America.

### **Scoliosis SOS: conservative therapy for scoliosis patients.** Sian McGinn and Kara Cattell

We will be discussing what scoliosis is, including who is affected, what the effect is on patients' body/anatomy and how we diagnose and manage each patient according to the type of curve they present with. We will be demonstrating a few simple techniques we can use as therapists to assess for the presence of scoliosis.

### KEYNOTE -

#### **The story so far.... County champions to Olympic dreams.** David Roche.

David will discuss his career over in Ireland after qualifying as a GSR, progressing into Sports Medicine and his journeys around the world with various Olympic athletes, professional football, and Irish national sports champions.

### WORKSHOP -

#### **A multidisciplined approach to private practice.** David Roche

David will discuss the ins and outs of starting out as a newly qualified professional and opening your own business in the world of exercise medicine and rehabilitation.

### **Sian McGinn**, Scoliosis Therapist

Sian gained a Bachelor of Science Honours Degree in Sports Rehabilitation and Exercise Science from the University of Nottingham. She worked as a Sport Rehabilitator at an Academy Rugby Club and is now certified in the ScolioGold method.

### **Kara Cattell**, ScolioGold Therapist

Kara attended the University of Essex to study for her Bachelor of Science Honours Degree in Sports Therapy. Kara is a Medical Acupuncture and Dry Needling Practitioner and has had training in Neuro-Spinal Assessment and Treatment. Previously working as a Sports Massage Therapist, Kara is now certified in the ScolioGold method.

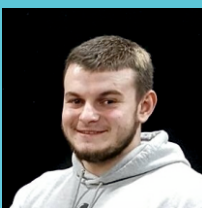
### Your Speakers



**Ryan Gordon**



**Daniel Morris**



**Jon Mallon**

#### **Instrument Assisted Soft Tissue Manipulation (IASTM) Masterclass.**

**Ryan Gordon**

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 Gordon, Sport Rehabilitator**

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.

#### **Daniel Morris, Sport Rehabilitator**

Daniel is a GSR who works in private practice and in an education setting. He graduated from the University of Salford with first-class honours in 2014 and is currently working towards a masters in Sport Injury Rehabilitation. His previous experience includes working full-time within professional football at Fleetwood Town football Club and working in a private sport injury clinic. Daniel has completed various mentorship programmes and will be presenting on a 'coordinative return to play approach' for the shoulder.

#### **Current Concepts in Upper limb Rehab. Daniel Morris**

Daniel will discuss the "coordinative approach" to upper limb rehabilitation, a somewhat new concept in the rehab of the upper limb, and one that could guide the rehab process for several upper limb injuries and conditions. A practical workshop to really get stuck into.

#### **The Lifting Clinic - Strength & Conditioning for Rehab. Jon Mallon**

In this practical workshop you will learn to assess the movement patterns that are essential in the "big lifts", how to coach these patterns into your patients and how to dissect these movements, spot weaknesses and coach around them. Jon will cover the "4 S's" of writing a programme to help you design and deliver a well structured, periodised programme.

#### **Jon Mallon, Strength & Conditioning Coach**

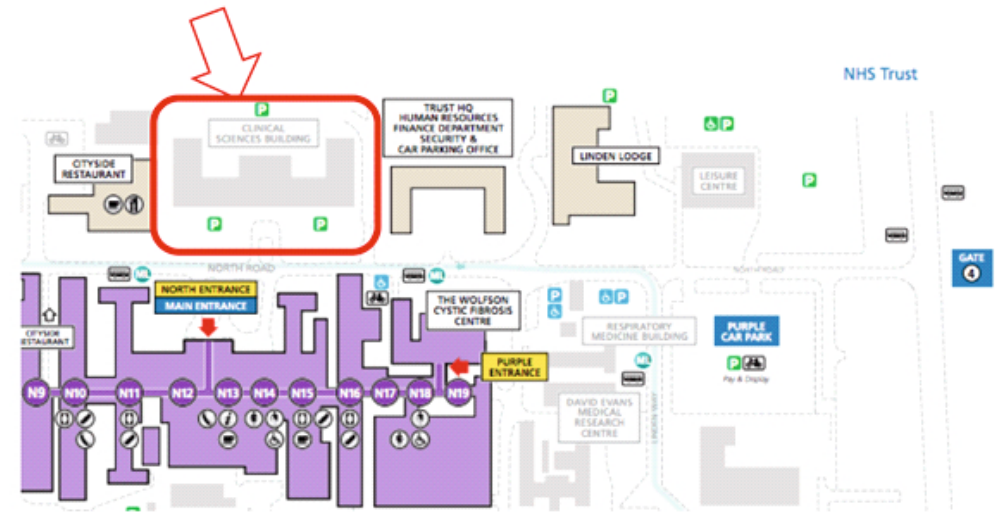
After graduating from the University of Salford with BSc Hons Sports Science: Strength and Conditioning and a MSc: Advanced Strength and Conditioning, Jon launched his business: "Strength Forge™" to remove all barriers to strength training and educate on the importance of being strong. Jon has provided strength and conditioning support to a wide array of athletes such as Sale Sharks 1st team, amateur boxers, dodgeball and netball players, marathon runners well as General Population and Clinical/GP Referral Patients. Jon has now begun to develop the knowledge of other practitioners, providing online content with articles, videos and training programs and full time one to one coaching.



### Purchasing your tickets

BASRaT Student Members      £20

Book at [www.basrat.eventbrite.co.uk](http://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.

