British Association of Sport Rehabilitators and Trainers

13th Annual Symposium: Sunday 18th November 2012

From only £50 for a full day of field leading lectures and several practical workshops suitable for students and professionals in the field of sports medicine, rehabilitation and physiotherapy:

- **Trauma Care Workshops**
- **Amputee Rehabilitation**
- **Armed Forces Rehabilitation**
- **Functional Rehabilitation**

Hosted by The University Of Bolton

www.basrat.org
Saturday 17th November

We invite all symposium delegates to an evening social event, local to Bolton, for an opportunity to network with other delegates and professionals in similar fields.

Please register your interest for this when registering for the Sunday after which we will send you further details.

Sunday 18th November

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45am - 9:30am</td>
<td>Delegate Registration</td>
</tr>
<tr>
<td>9:30am</td>
<td>Opening address: BASRaT Chair Steve Aspinall</td>
</tr>
<tr>
<td>9:30am - 10:30am</td>
<td>Keynote lecture: Dr John Morgan</td>
</tr>
<tr>
<td>10:30am - 10:40am</td>
<td>Tea &amp; Coffee Break</td>
</tr>
<tr>
<td>10:40am - 11:30am</td>
<td>Break Out A John Morgan</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30am - 11:40am</td>
<td>Tea &amp; Coffee Break</td>
</tr>
<tr>
<td>11:40am - 12:30pm</td>
<td>Break Out A John Morgan</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30pm - 1:30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30pm - 2:15pm</td>
<td>Break Out E Mark Airey</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>2:15pm - 2:25pm</td>
<td>Tea &amp; Coffee Break</td>
</tr>
<tr>
<td>2:25pm - 3:10pm</td>
<td>Break Out E Mark Airey</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>3:15pm - 4:15pm</td>
<td>Keynote lecture: Mr Mark Airey</td>
</tr>
<tr>
<td>4:15pm - 5:00pm</td>
<td>BASRaT Annual General Meeting</td>
</tr>
</tbody>
</table>

All delegates will attend the keynote lectures, plus a choice of two break outs for the morning session and two for the afternoon session.

Maximum numbers will be in place for all break out sessions so please book early to avoid disappointment.
Bolton One, Moor Lane, Bolton, BL3 5BN.

How to get there. **By Train:** There are frequent InterCity rail connections via Manchester. Bolton is just 20 minutes train ride from Manchester. Bolton station is a 10/15 min walk to the campus. **By Bus:** National Express operate regular services to and from London and other major cities. **By road:** Bolton is off the M61, Junction 5, and the University is on the A676 from the M61. Visitor’s parking is off the A579, Derby Street. **By air:** Manchester Airport is just 30 minutes drive from Bolton University.
Morning break out sessions

Dr. John Morgan

A graduate of Sheffield University, John works full time as a GP at Pennygate Medical Centre, a vibrant and enthusiastic 10-doctor training practice, committed to both undergraduate and postgraduate education in Wigan. He has a special interest in Sport and Exercise Medicine as Clinical Director of Bucket and Sponge Medical Services, providing Sports Medicine services to individuals, teams and organisations at an elite, amateur and professional level. John is raising the profile of physical activity for the prevention, treatment and management of long-term conditions and has received national recognition for this. John is experienced in the sporting environment, he is doctor to the Ireland National Rugby League Team and to Orrell RUFC and will be delivering a keynote lecture on the implementation of exercise and rehabilitation into a modern GP practice, practical applications and outcomes, and a break out on trauma care.

Cyclone ReWalk

The Cyclone ReWalk system is a power exoskeleton which provides user-initiated mobility to people who have previously suffered spinal cord injury or conditions such as spina bifida. It has recently gained media exposure following the completion of the 2012 London Marathon by Claire Lomas using the system.

The break out workshop will introduce and demonstrate the work done by the instructors, who include Graduate Sport Rehabilitators and Physiotherapists at the CyclonePlus rehabilitation and training centre in East Yorkshire.

Ben Cormack (Cor-Kinetic)

Ben Cormack is the founder of Cor-Kinetic. He is an educator, researcher and international presenter/speaker. Ben has been involved with elite sports and rehabilitation for over a decade and has taught and mentored many trainers, physiotherapists and osteopaths in the functional approach to movement, training and rehabilitation. Ben has presented across the globe both independently, in conference, and via the education arm of Cor-kinetic.

Ben uses assessment and training techniques based around principles derived from education such as the GIFT programme with Gary Gray.

Ben will lead a breakout session entitled “Functional Hip Assessment, Motion and Stability”.

Mr Mike Nicol (Movement Performance Solutions)

Mike is a Graduate Sport Rehabilitator who later became a dual registered practitioner registered with the CSP. He has applied his skills in a team sports and more recently in a clinical environment.

He has previously lectured at St Mary’s University Twickenham and been a member of the teaching team for Movement Performance Solutions for a number of years.

Mike will lead a breakout session teaching the Movement Performance Solutions innovative new four point express screen for the upper and lower limb, screening and rehabilitation.
### Afternoon breakout sessions

**Mr Tom Sturdy**

Tom is a graduate from the University of Salford who since graduating has worked as a member of Southampton Football Club’s medical team.

Tom continued his studies to complete an MSc in Physiotherapy allowing him to be a dual registered practitioner with both BASRaT and the CSP.

Tom will be delivering a break out session focusing on the hip, including the concepts and practical application of its rehabilitation and preventative conditioning.

---

**Fionnuala Geoghegan**

Having graduated from Sport Rehabilitation in 2001, Fionnuala has worked in private practice and with a Rugby Union team for 7 years. In 2008 she started lecturing on the BSc (Hons) Sport Rehabilitation at the University of Bolton and was central to setting up the University of Bolton Sports and Spinal Injuries Clinic (SSIC).

She has continued to manage and practice at the SSIC, treating patients with sports injuries, particularly focusing on those with long-term back or neck pain. Since training in Clinical Pilates she has observed the benefits of its use in the treatment and prevention of back pain.

Fionnuala will lead a pilates break out session which will give an overview of the theoretical background followed by the practical use of Pilates in sporting and clinical environments.

---

**Mr Mark Airey**

Mark has worked in a variety of roles within the injury rehabilitation field including lecturing at the University of Salford and being Senior Instructor at Headley Court, working with injured military personnel. Mark is the founder of Team True Spirit who take part in sporting events, such as long distance triathlon.

Mark will use his experience in injury rehabilitation to deliver a break out session on amputee and complex trauma rehabilitation as well as a presentation on his experiences working with Team True Spirit; their training, rehabilitation and competition with extraordinary athletes.

---

**Directorate of Defence Rehabilitation**

BASRaT is pleased to welcome speakers from the Directorate of Defence Rehabilitation (DDR) Defence Medical Rehabilitation Centre (DMRC) based at Headley Court, Surrey.

The breakout session will provide an overview of the implementation of musculoskeletal rehabilitation within a defence medical setting as well as real-life accounts of working within this unique environment.
### Registration details (please print)

<table>
<thead>
<tr>
<th>Title: (Prof/Dr/Mr/Mrs/Miss/Ms)</th>
<th>BASRaT Student Member* £20</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Other Student* £30</td>
</tr>
<tr>
<td>Surname:</td>
<td>BASRaT or ARTI Member £50</td>
</tr>
<tr>
<td>Address:</td>
<td>MoD (including a BASRaT Associate membership) £80</td>
</tr>
<tr>
<td></td>
<td>MoD (not including a BASRaT Associate membership) £70</td>
</tr>
<tr>
<td>Postcode:</td>
<td>CSP, UKSCA or SST Member £80</td>
</tr>
<tr>
<td>Phone number:</td>
<td>Other delegate £100</td>
</tr>
<tr>
<td>Email:</td>
<td>*Proof of full time student status required</td>
</tr>
</tbody>
</table>

### Symposium fees (please tick)

- Title: (Prof/Dr/Mr/Mrs/Miss/Ms) BASRaT Student Member* £20
- First Name: Surname: Other Student* £30
- Address: BASRaT or ARTI Member £50
- MoD (including a BASRaT Associate membership) £80
- MoD (not including a BASRaT Associate membership) £70
- Postcode: CSP, UKSCA or SST Member £80
- Phone number: Other delegate £100
- Email: *Proof of full time student status required

All fees include lunch and refreshments.

### Professional body:

- Membership number: PLEASE send me further details for the Saturday Social evening event (please tick)

### Breakout sessions (rank both sessions in order of preference 1 to 4 – choose 2 from each session)

#### Morning Session:

- A: John Morgan – Trauma care
- B: Mike Nicol – Movement screens
- C: Cormack – Hip function, motion, stability
- D: Cyclone – Cyclone Rewalk system

#### Afternoon Session:

- E: Mark Airey – Complex trauma rehab
- F: Tom Sturdy – Hip joint preventative exercise
- G: DDR – Defence medical rehabilitation
- H: Fionnuala Geoghegan – Pilates masterclass

### Payment (please tick and complete)

#### Morning Session:

I enclose a sterling cheque for £ , made payable to ‘BASRaT’

#### Afternoon Session:

Please debit £ from my card, details below.

- Visa Debit
- Visa Credit
- Mastercard
- Solo/Switch

#### Card Number Security Code

Start Date: Expiry:

### Cancellation policy

All cancellations must be made in writing (via letter, fax or email). A cancellation charge will be incurred depending on the notice received:

- 14 days or over – 100% refunded
- Between 6 and 14 days notice – 50% refunded
- 5 days or less – £0 refunded

BASRaT cannot be held responsible for any costs incurred by an individual because of a postponed or cancelled event. BASRaT reserve the right to make programme changes. If any changes are made the up to date programme will be available via basrat.org
Exhibitor Stands and Information

We are inviting a strictly limited number of companies to exhibit at the 13th Annual BASRaT Symposium.

Many of the top Sport Rehabilitation practitioners in the UK will be in attendance representing elite sport through to private practice.

Bolton One,
The University of Bolton
Sunday 18th November 2012
9.00am – 4.15pm

Company Attendance Rate
£100
(Product samples are free to distribute at the event)

Book now to reserve your place

Contact name

Company

Address

Contact number

Contact email

Payment can be made by cheque (payable to ‘BASRaT’) or invoiced at time of booking.

BASRaT Office, C/O University of Salford, Frederick Road, Salford, M6 6PU.
0161 2950070 administration@basrat.org