

British Association of Sport Rehabilitators and Trainers

www.basrat.org



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

pmc
pennygate medical centre

DDR Directorate
of
Defence
Rehabilitation



**movement
performance
solutions**



CYCLONE
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COR-KINETIC
EVOLVING MOVEMENT

**University
of Bolton**

Hosted by The University Of Bolton



BASRaT
British Association of Sport
Rehabilitators and Trainers
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

Time	Activity			
8:45am - 9:30am	Delegate Registration			
9:30am	Opening address: BASRaT Chair Steve Aspinall			
9:30am - 10:30am	Keynote lecture: Dr John Morgan			
10:30am - 10:40am	Tea & Coffee Break			
10:40am - 11:30am	Break Out A John Morgan	Break Out B Mike Nicol	Break Out C Ben Cormack	Break Out D Cyclone
11:30am - 11:40am	Tea & Coffee Break			
11:40am - 12:30pm	Break Out A John Morgan	Break Out B Mike Nicol	Break Out C Ben Cormack	Break Out D Cyclone
12:30pm - 1:30pm	Lunch			
1:30pm - 2:15pm	Break Out E Mark Airey	Break Out F Tom Sturdy	Break Out G DDR	Break Out H Pilates
2:15pm - 2:25pm	Tea & Coffee Break			
2:25pm - 3:10pm	Break Out E Mark Airey	Break Out F Tom Sturdy	Break Out G DDR	Break Out H Pilates
3:15pm - 4:15pm	Keynote lecture: Mr Mark Airey			
4:15pm - 5:00pm	BASRaT Annual General Meeting			

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

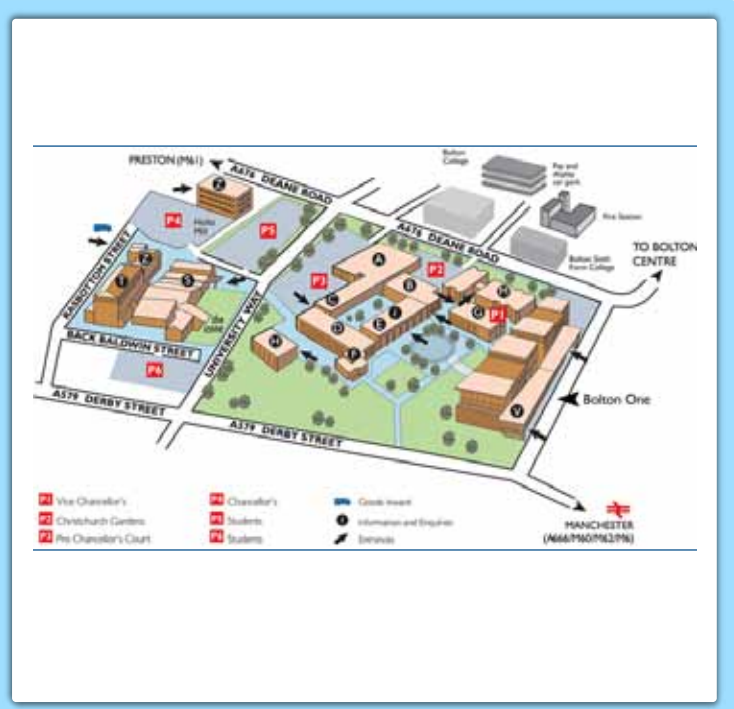
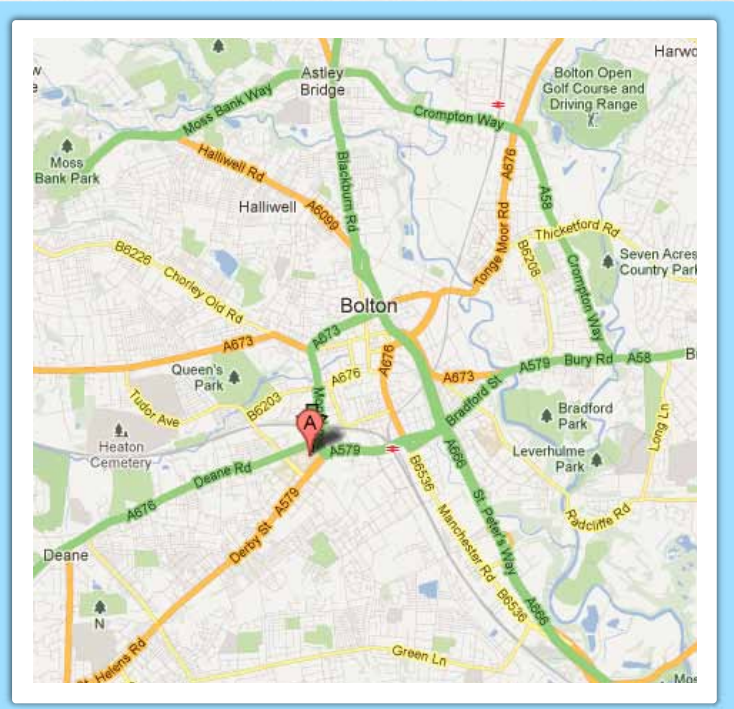
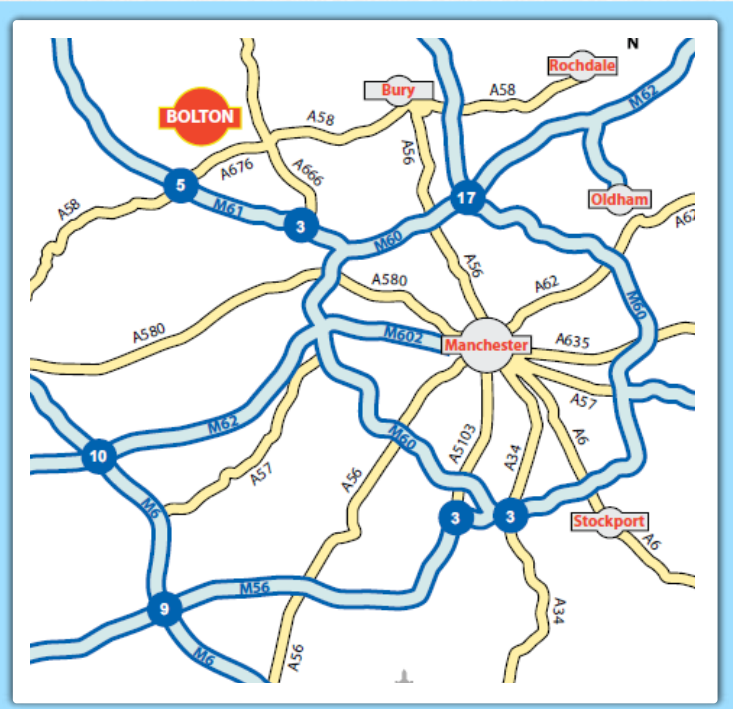
Maximum numbers will be in place for all break out sessions so please book early to avoid disappointment.



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 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.



Booking form

Registration details <i>(please print)</i>				Symposium fees <i>(please tick)</i>		
Title: (Prof/Dr/Mr/Mrs/Miss/Ms)				BASRaT Student Member*	£20	<input type="checkbox"/>
First Name:		Surname:		Other Student*	£30	<input type="checkbox"/>
Address:				BASRaT or ARTI Member	£50	<input type="checkbox"/>
				MoD (including a BASRaT Associate membership)	£80	<input type="checkbox"/>
				MoD (not including a BASRaT Associate membership)	£70	<input type="checkbox"/>
Postcode:				CSP, UKSCA or SST Member	£80	<input type="checkbox"/>
Phone number:				Other delegate	£100	<input type="checkbox"/>
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 <i>(please tick)</i>		

Breakout sessions <i>(rank both sessions in order of preference 1 to 4 – choose 2 from each session)</i>				Payment <i>(please tick and complete)</i>									
Morning Session:				I enclose a sterling cheque for £ _____, made payable to 'BASRaT'									
A: John Morgan – Trauma care													
B: Mike Nicol – Movement screens				Please debit £ _____ from my card, details below.									
C: Cormack – Hip function, motion, stability				<input type="checkbox"/> Visa Debit					<input type="checkbox"/> Visa Credit				
D: Cyclone – Cyclone Rewalk system				<input type="checkbox"/> Mastercard					<input type="checkbox"/> Solo/Switch				
Afternoon Session:				Card Number					Security Code				
E: Mark Airey – Complex trauma rehab													
F: Tom Sturdy – Hip joint preventative exercise				Start Date:					Expiry:				
G: DDR – Defence medical rehabilitation				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									
H: Fionnuala Geoghegan – Pilates masterclass													
Payment can be made by cheque (payable to 'BASRaT') at time of booking or by card via email, post or telephone. BASRaT Office, C/O University of Salford, Frederick Road, Salford, M6 6PU. Phone:: 0161 2950070 email:: administration@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**