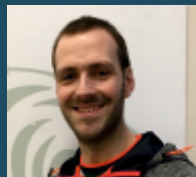
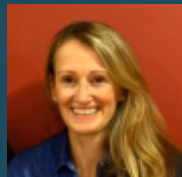


Your Speakers



Will Gowtage



Dr Fiona Moffatt



Dr Roger Kerry



Sinead Lodge



Jackie Hollowell



Liam Sykes

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

BASRaT Student Conference

16 Feb 2018

University of Nottingham



2018



The 2018 Student Conference

Stimulating speakers will inspire you with a diverse range of subjects, providing a fresh perspective on both your learning and clinical work.

Presenting an invaluable keynote and excellent practical workshops.

Unmissable content includes:-
Recovering an athlete from injury, instrument assisted soft tissue mobilisation, running myths and facts, individual health benefits from swimming, how to run a business as a Sport Rehabilitator, SIJ assessment and treatment and more.



University of
Nottingham
UK | CHINA | MALAYSIA

BASRaT Student Conference



2018

We are incredibly fortunate to benefit from the wisdom of a Sport Rehabilitator working in elite Sport, Will Gowtage will talk about rehabilitating an athlete from injury. We will also present varied workshops from experts to help you put learning into context.

Itinerary and workshop options

09:30 Registration

10:00 Welcome	Steve Aspinall Grahame Pope Becky Mayo	BASRaT Chairman Head of Medicine and Health Sciences, University of Nottingham Chair BASRaT Student Executive Committee
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10:15 Opening Keynote	Will Gowtage	Sport Rehabilitator, Leicester Tigers Return to Competition: A Practical Perspective
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11:15 Coffee Break

11:30 Workshops	(Choice of 5) 1. Jackie Hollowell 2. Dr Roger Kerry 3. Liam Sykes 4. Sinead Lodge 5. Dr Fiona Moffatt	Instrument Assisted Soft Tissue Massage Running: Myths and Facts SIJ Assessment and Treatment Business for the Sport Rehabilitator Physical Health Benefits from Swimming
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12:30 Lunch

13:30 Workshops	(Choice of 5) 1. Jackie Hollowell 2. Dr Roger Kerry 3. Liam Sykes 4. Sinead Lodge 5. Dr Fiona Moffatt	Instrument Assisted Soft Tissue Massage Running: Myths and Facts SIJ Assessment and Treatment Business for the Sport Rehabilitator Physical Health Benefits from Swimming
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14:30 Alumni Speeches Meet Sport Rehabilitators

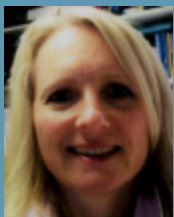
15:30 Executive Committee Update	Becky Mayo, Chair BASRaT Student Executive Committee
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15:50 Feedback and Close	Dr Elizabeth Fowler, BASRaT Student Liaison Officer
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Your Speakers



Will Gowtage



Jackie Hollowell



Dr Roger Kerry

Speakers and Workshops

Will Gowtage

Return to Competition: A Practical Perspective

Will Gowtage's keynote speech will concentrate on an athlete's recovery from injury. Will will talk about techniques and objective markers to consider during the rehabilitation process.

Will Gowtage

Will graduated from Salford University in 2008 with a degree in Sport Rehabilitation. He then went onto work in private practice and with local amateur and semi-professional sports teams.

In January 2009, Will established his own small sports injury clinic and in the same year spent a summer working for the Manchester United Soccer Schools. Will joined the Leicester Tigers medical team in January 2010 and focuses much of his work on injury prevention, rehabilitation and Active Release Techniques.

Jackie Hollowell

Instrument Assisted Soft Tissue Mobilisation (IASTM)

Jackie's workshop will introduce students to the use of instruments in soft tissue therapy. In this workshop you'll get a chance to use the IASM polycarbonate training tool to practice some basic techniques on various muscle groups.

Jackie Hollowell

Jackie is a Chartered Physiotherapist who has been lecturing at the University of Nottingham for 12 years. She is a course leader for the BSc Sport Rehabilitation programme. Jackie's interests are in musculoskeletal/sports injuries and rehabilitation. She has worked in a number of sports including ice hockey, football, and canoeing.

Dr. Roger Kerry

Running: Myths and Facts

This topic will look at the latest scientific evidence behind treatments, coaching and equipment used in running training and rehabilitation. Roger will discuss what is ineffective from the best of scientific support and focus on the clinical implications of it.

Dr. Roger Kerry

Roger is an Associate Professor at the University of Nottingham. He is a Chartered Physiotherapist, and an honorary Fellow of the UK's Musculoskeletal Association of Chartered Physiotherapists. His main clinical research interests have been musculoskeletal dysfunction, clinical reasoning and adverse events and physiotherapy interventions of the head and neck. Roger is also undertaking research activity in the Philosophy of Science, and this was the focus of his PhD. He is a renowned speaker and recently pronounced as one of UK's most social media savvy academics by Jisc.

Your Speakers



Dr Fiona Moffatt



Sinead Lodge



Liam Sykes

Workshop Options

The Individual Physical Health Benefits from Swimming. Dr. Fiona Moffatt

Fiona has recently worked as a commissioned author for Swim England. Fiona's workshop will focus on her work producing evidence based reviews of the well-being effects of swimming for both the individual and wider communities.

Dr Fiona Moffatt

Fiona is an assistant lecturer at the University of Nottingham and a Chartered Physiotherapist.

Her PhD was a sociological investigation of quality and productivity improvement in the healthcare context. Her personal and professional interests also lie in the field of health promotion, specifically addressing the global epidemic of physical inactivity.

She is collaborating with 'Exercise Works', and is one of the originators of the Movement for Movement programme.

Business in Sport Rehabilitation. Sinead Lodge

This workshop will look at some of the key elements of running a clinically focused business and how to create a variety of income streams. It will also look at where and how different funding streams can be accessed.

Sinead Lodge

Sinead qualified as a Physiotherapist in 1992 from the Welsh School of Physiotherapy in Cardiff, she then worked in the NHS in both Cardiff and London initially doing rotations and then as a senior in MSK Physiotherapist.

Travel and work in New Zealand followed and in 2001 she gained a Master in Manipulative Physiotherapy at the University of Otago. Sinead has been involved in physiotherapy education since 1999 and latterly held the position of Director of Clinics at the University of Otago. Sinead returned to the UK in 2012 and continues to be involved with clinical education at the University of Nottingham.

SIJ Assessment and Treatment. Liam Sykes

The sacroiliac joint (SIJ) is an integral part of both the lumbar spine and the pelvic girdle, it can be the source of low back pain and pelvic girdle pain. Liam will look at assessing SIJ and suitable treatment options.

Liam Sykes

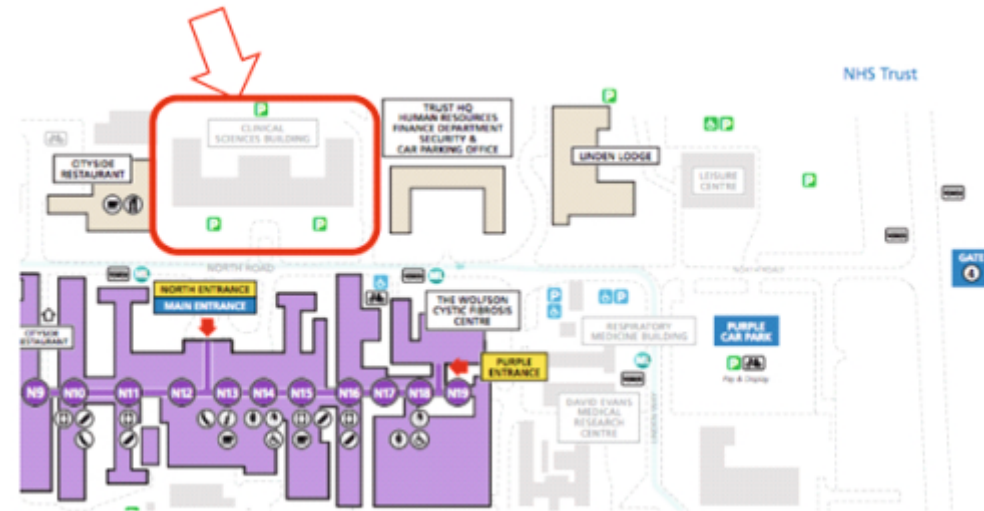
Liam is a lecturer on Sport Rehabilitation, a Chartered Physiotherapist (MCSP) and runs a private physiotherapy practice.

Liam previously worked at Hull FC and has worked for the NHS specialising in musculoskeletal physiotherapy, hand surgery and therapy and post-operative orthopaedic care. Liam is currently lecturing at University of Hull alongside running his private physiotherapy and sports massage business.

Purchasing your tickets

BASRaT Student Members	£20
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.

