

## Your Speakers



Dr Tasha Stanton



Professor Karim Khan



Professor John Buckley



Dr Paul Comfort



Keith Cronin



Dr Juliet McGrattan

Sponsored by

**PHYSIOUIPE**

### Research Presentation - Professor John Buckley

John will look at the impact of physical activity on cardiovascular health outcomes, presenting key points for the clinician on cardiovascular exercise prescription.

# BASRaT Symposium 2017

Rehabilitation and Fitness for Life  
17 Nov 2017 Etihad Stadium, Manchester



The 2017 BASRaT Symposium presents stellar keynote speakers, excellent practical workshops and stimulating speakers from varied sport disciplines and clinical backgrounds.

Our keynote guests are Vancouver's Professor Karim Khan, Editor of the BJSM and Dr Tasha Stanton, a specialist in pain and neuroscience research with Australia's renowned Body in Mind Research Group.

Our national symposium is renowned for the range and quality of practical workshops. The inspirational Dr Juliet McGrattan, GP and physical activity champion, will discuss exercise for health and well-being; Keith Cronin will provide you with two new clinical skill sets and Dr Paul Comfort will share cutting-edge strength and conditioning research for practical rehabilitation strategies.

Linking theory and expert knowledge, you will gain expertise that can be applied to practice immediately.

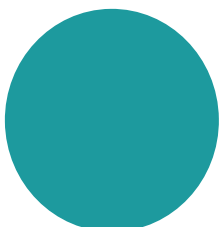
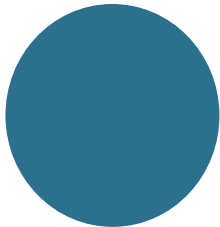
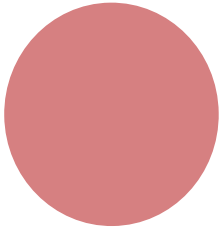
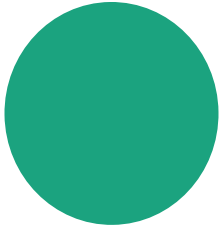
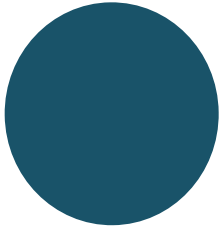
## Keynote Speakers

**Professor Karim Khan - Editor of the British Journal of Sports Medicine (BJSM) and co-author of Clinical Sports Medicine.**

Karim will present a keynote surrounding the reasons to exercise, how we translate the message to patients and discuss some current literature.

**Dr Tasha Stanton - Senior Research Fellow with Body in Mind Research group in Adelaide and Sydney. Dr Stanton is a specialist in pain and neuroscience research.**

Tasha will present **"Thinking outside the joint: the role of the brain in osteoarthritic pain."**



### Purchasing your Symposium Tickets

BASRaT Members	£89
Non - Members	£99

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

**Venue - Etihad Stadium, Manchester**



### Workshops - Alongside a workshop led by Karim Khan you will benefit from the following inspirational speakers:

#### Scrape and Tape. **Keith Cronin**

This hands on workshop will help you address varied orthopaedic, neurological, paediatric and sports related injuries and conditions. Introducing HawkGrips and Dynamic Tape, you will learn two new skill sets, reduce stress through the hands and expand your treatment scope.

#### Why and How to Get People Moving. **Dr Juliet McGrattan**

Looking at health benefits of physical activity, the impact that even small activity increases can make and your vital role in this. You'll learn how exercise works at a cellular level, how body shape can deceive and why you may not be as healthy as you think. You'll leave with tools to get your patients active and sore quads!

#### Implementation of Weightlifting Derivatives during Rehabilitation. **Dr Paul Comfort**

A perfect mix of exploring theoretical concepts and a practical focussing on performance of weightlifting derivatives. Paul looks at how both exercise and load can be manipulated to train desired areas of an athlete's force velocity profile.

### CPD Hours

Contribute to your CPD hours and help put theory, expert advice and knowledge into practice.

### Who should attend?

The conference is aimed at all healthcare practitioners including sport rehabilitators, physiotherapists, sports therapists, osteopaths, chiropractors and doctors. Book now at [www.basrat.eventbrite.co.uk](http://www.basrat.eventbrite.co.uk)

