



PHYSIOTHERAPY

"FROM INJURY TO RETURN TO PLAY IN ACTIVE KIDS"

Chandler's Ford, Eastleigh

October 12-13th 2024

ANGELA JACKSON, YOUTH ATHLETE CONSULTANT

Summary:

Paediatric pathology and working with children are rarely covered at undergraduate level, yet many jobs in the NHS, private practice and within elite sport require you to see younger athletes. This comprehensive, evidenced based practical 2-day course covers the key aspects of assessing maturation and working with youth athletes with apophyseal injuries, lumbar bone stress injuries, relative energy deficiency in sport, and how to recognise when it is more serious pathology.

The high rate of recurrence following injuries such as lateral ankle sprains and ACL injuries, suggest we are not preparing athletes adequately for the highly complex and chaotic environment of sport. We will explore the changes in the brain after injury, and how our traditional strength and power-based approaches to return to play testing might not address these changes. Simply making athletes stronger is not enough. Adding cognitive and motor challenges to increase working memory, reaction times and processing early in the rehabilitation journey will set the foundation for neuroplasticity in the sensory and motor areas of the brain, improving performance and reducing the risk of further injuries.

Bio – Angela Jackson

Angela Jackson is a highly experienced Youth Athlete Consultant physio, who will share with you her vast experience in giving children the confidence and tools they need to meet the demands of their active sporty lives. She has spent the last 35 years seeking to understand why some young athletes get injured, yet others don't. Her determination to educate young athletes on reducing their injury risk, has fuelled a career that has taken her from Canada, to working with national teams, clubs and schools across many sports becoming an expert in understanding all aspects of youth athlete development. She is the physio to the Cheshire Cricket Board and has a particular interest in lumbar bone stress injuries. She is a passionate educator through her online and in person courses and lectures to health and exercise professionals both in the UK and internationally.

Who is this course suitable for?

This course is applicable to therapists with a degree level undergraduate knowledge who see sporty kids in their clinical setting both within private, sports club, and NHS settings. This is not just a course for therapists who work with elite athletes but those children who are injured from juggling multiple sports as they go through the adolescent growth spurt.



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Learning Outcomes

- Understand the anatomy of the child at different stages of maturation and how that contributes to pathology in growth tissue.
- Become aware of specific populations that might be at greater risk of injury.
- Be able to recognise stress fractures, signs of overtraining, Relative Energy Deficiency in Sport (REDs) and serious pathology in this unique population group.
- Understand how the language and methods of rehabilitation can influence the outcomes and how to integrate neurocognitive rehabilitation into treatment plans.
- Understand sensory re-weighting and how to reduce the risk of visual dominance.
- To be able to motivate children to do exercise programmes based on findings of the assessment to create great outcomes.
- Learn how to prepare athletes for a safe return to sport that meets the demands of their sport and develop confidence in knowing when an athlete is ready & confident to return to sport/play.
- Know how to educate the child and parent on the impact of poor nutrition, sleep, workload management and stress on injury rates and performance.

Course details

Venue: go Physio 11 Bournemouth Rd, Chandler's Ford, Eastleigh SO53 3DA

Parking

There is limited parking in our private car park to the rear of the property. There is also free parking adjacent to and opposite the clinic, in the nearby Chandlers Ford Railway Station and in the surrounding residential streets.

Public Transport

We are a couple of minutes walk from the Chandlers Ford railway station.

The Blue Star 1 bus stops near the clinic. This has regular buses to/from Southampton and Winchester.

Refreshments

Light refreshments will be provided during the scheduled breaks. Water is available throughout the day. You will need to bring provision for your own lunch as the lunch break is short to allow maximum learning contact time.

Accommodation

If you require accommodation, the nearest hotels are: Village Hotel Southampton Eastleigh

Holiday Inn Southampton Eastleigh M3 Junction 13 Travelodge Eastleigh Ham Farm, Twyford Road
Travelodge Eastleigh Central

Premier Inn Southampton (Eastleigh)



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Places limited to 20. Cost: £250

To confirm your place please:

1. Sign up at <https://angelajacksonphysio.thinkific.com/courses/Return-to-play-in-junior-athletes>
2. Request NHS supplier set up to organise payment via an NHS trust
3. Email your contact details to info@angelajacksonphysio.com and make your payment to:

Kids Back 2 Sport Limited
70376090
608372

Use your surname and the date of course (00/00/23) to identify the payment or pay online
<https://angelajacksonphysio.thinkific.com/courses/Return-to-play-in-active-kids>

If you would like to join the [Kids Back 2 Sport register](#) following the course you need to show evidence of MSK Paediatric Pathology CPD and complete the Kids Back 2 Sport Assessment. The Kids Back 2 Sport online course is available to delegates at an additional price of £99. The discount code is available after registration for the practical course.

Timing: Registration: 8.45am. Start: 9.00am – 4.30pm

Day 1 timetable

- 8.45 Registration
- 9.00 Introduction to MSK Paediatric Pathology
- 9.40 How to ask the right questions to establish risk of recurrent injuries.
- 10.30 COFFEE
- 10.45 Introducing OPTIMAL learning.
- 11.30 Management of apophyseal injuries
- 12.45 LUNCH
- 1.30 Developing motor control in rotational based sports.
- 2.15 Train the brain, not the sprain
- 3.15 TEA
- 3.30 Introducing neurocognitive rehabilitation.
- 4.30 FINISH

Day 2 timetable

- 8.45 Registration
- 9.00 Recognising REDs and Overtraining
- 10.00 LBP in junior athletes
- 10.30 COFFEE
- 10.45 Management of bone stress injuries
- 11.15 Baseline and return to sport capacity testing.
- 12.30 LUNCH
- 1.15 Assessing landing mechanics.
- 2.15 From control to chaos – Can I return to play?
- 3.15 TEA
- 3.30 Educate the Athlete
- 4.30 FINISH

Contact details on the day Fiona Moir 07765346141 or Angela Jackson 07812607115