

Unravelling Strength & Conditioning for Therapists

Andrew McCauley MSc BSc CSCS HCPC MCSP

Tutor

Andrew is a highly experienced and specialised physiotherapist in musculoskeletal and sports medicine. He currently divides his time between ProCare Sports Medicine and working as an extended scope practitioner in hips, knees and shoulders.

He has worked with a number of professional and high level athletes from a mixture of different sports including: netball, football, running, cross fit and martial arts. Andrew's background started with a degree in PE/Sports Science from Liverpool University. This included modules in exercise physiology; sports psychology, coaching science and a final year dissertation researching 'Overuse Injuries in Dancers'. He then graduated from the Royal College of Surgeons in Ireland with an honours degree in physiotherapy. His final year dissertation focused on 'Overuse Injuries in Professional Soccer Players'. In 2013, Andrew completed his masters in Sports and Exercise Medicine from Exeter University with distinction. His research looked at 'Achilles Tendinopathy and Tibial Stress Fractures in Marathon Runners'. He has extensive post graduate training in manual therapy (MACP) including spinal manipulation.

Andrew has also qualified as a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association in the USA. This enables him to develop detailed and specific exercise programmes so that clients adapt and get stronger in the quickest possible timeframe. It also helps with improving sports performance and athletic development. As well as exercise therapy, Andrew uses a mixture of manual treatment techniques, taping, video biomechanical analysis and is also trained in injection therapy.

Andrew has a passion for sports medicine and athletic development. He believes that if someone wants to train or play sport, they deserve the best treatment possible. He is dedicated to helping diagnose, rehabilitate and improve athletes from all ages and levels.

Course Description

I have completed a lot of courses and qualifications over the years and I can say without doubt that becoming a strength and conditioning specialist has totally transformed my practice as a physiotherapist. It is something that unfortunately is not taught on our undergraduate degree, yet it is perceived that we are experts in exercise prescription. I now know, after finishing my physiotherapy degree, I was not an exercise prescription specialist. As physiotherapists we are in a perfect position to be leaders in the world of sports medicine and performance enhancement. However, although we are experts in movement analysis, we are definitely in second place when it comes to strength training. This course will give you an introduction into how S&C can transform your current practice both with athletic and non-athletic patients (Granny's & Grandad's included).

Learning outcomes

- Understanding the key principles of S&C & how you can implement these into early, mid and late stage rehab (from post op to pole vault...if that's your sport)
- Why exercise prescription is more than just 3 sets of 10.
- How to identify the correct strength-training goal for your patients (& not just the sporty ones).
- Understand the biomechanics of strength training (This is more fun than it looks, I promise)
- How you can adjust exercise programmes for pathological conditions & get better, faster results (including guidelines on return to sport).
- How to increase your patient's strength without hypertrophy or needing a gym membership.
- Why rest intervals during strength training are so important for the recovery of the nervous system & how manipulating this can affect the quality of your exercise programme.
- The difference between strength and power movements & why knowing the difference is essential in return to sport from injury.
- Why adjusting load is the key to managing overuse injuries & why light load can sometimes be not as effective as heavy load.
- Why fundamental movement patterns are essential for all your patients.

This course will include a mixture of practical and theory.

Fee: £130 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual and CPD certificate of attendance - 8.5hrs).

Programme for Unravelling Strength & Conditioning for Therapists

- 08.30 - 10.00 What is strength and why should you become a S&C coach
- 10.00 – 10.45 Intro to foundations for movement and patterns
- 10.45 – 11.00 Break
- 11.00 – 12.30 The Secrets to exercise compliance - Part 1
- 12.30 – 13.15 Squat practical
- 13.15 – 13.45 Lunch
- 13.45 – 15.00 The secrets to exercise compliance - Part 2
- 15.00 – 15.45 Hinge practical
- 15.45 – 16.00 Break
- 16.00 – 17..00 Strength training not body building
- 17.00 – 18.00 Pull, Push practical - Principles of simple strength training and how to implement with your clients and why.

All courses can be booked and paid for online at www.heseminars.com
Register your details (free) and then log in to pay for any course using secure payment system

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Funded Delegates

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

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