



This sports injury course covers types of injuries around the body, including their cause and treatments. The holder will gain a thorough understanding of how to prevent and minimise injuries that occur during sports pursuits.

Training topics will include:

- Head injuries, including concussion and GRTP (Graduated return to play protocol)
- Acute musculoskeletal injuries
- Limb injuries
- Sports first aid

Learning outcomes:

- To be able to assess sport injuries and have an understanding of how they occur
- To understand treatment and management of sport injuries
- To develop a knowledge of the principle behind the rehabilitation of sports injuries.



Sports injuries conference

Wednesday, October 18 2023

SESSION

09:30 - 10:45 Introduction to the principles of MSK examination & management

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

• Dr Sam Barke, Head of Sports Medicine, Meliora Medical Group

The session will discuss the framework on how to approach all musculoskeletal examinations, assessing the seriousness of the injury and principles of safe early management.

10:45 - 11:00 BREAK

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11:00 – 11:45 Pitch-side medical and emergency care

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

• Dr Sam Barke, Head of Sports Medicine, Meliora Medical Group

The session will look at what does a good match-day medical provision looks like and a safe approach to managing serious injuries on the pitch?

11:45 - 12:00 BREAK

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12:00 – 13:00 Head and Neck Injuries in Sport

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

• Dr Mike Forsythe, Deputy Head of Sports Medicine, Meliora Medical Group

This session will cover identification and treatment of head and neck injuries in sport, and a focus on concussion diagnosis and the importance of effective management.

13:00 – 14:00 **LUNCH**

SESSION

14:00 – 14:45 Musculoskeletal examination of the upper limb

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

• Dr Alex Maxwell, GP and Head of School Medicine, Meliora Medical Group

This session will cover acute and chronic musculoskeletal injuries of the upper limb including how to triage how urgently they should be managed.

14:45 - 15:00 **BREAK**

SESSION SESSION

15:00 – 16:00 Musculoskeletal assessment of lower limb injuries

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

• Liz Robson, Head of Physiotherapy and Concussion Clinical Specialist, Meliora Medical Group

This session will cover acute and chronic musculoskeletal injuries of the lower limb, how to treat and advise, when, where and how urgently to refer.

16:00 **CONFERENCE CLOSE**



Lee GlaserDirector
Hieda and Director of Health
and Wellbeing, BSA Group



Dr Sam BarkeHead of Sports Medicine
Meliora Medical Group



Dr Mike ForsytheDeputy Head of Sports Medicine
Meliora Medical Group



Dr Alex MaxwellGP and Head of School Medicine
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