



CPD event: Helping you perform your personal best

The College of Chiropractors Sport and Exercise Faculty presents a series of four one-day events

Day 1: Saturday 13th November 2010

Day 2: Saturday 11th December 2010

Day 3: Saturday 22nd January 2011

Day 4: Saturday 5th March 2011

Venue: The Clarendon Suites, 2 Stirling Road, Edgbaston, Birmingham B16 9SB (map/directions sent with registration confirmation). Free parking.

Series outline

This series of four stand-alone seminars, which combine to form a comprehensive series, is to be facilitated by experienced Fellows and Members of the Sport & Exercise Faculty, plus guest speakers.

The series provides a practical introduction to sports chiropractic for the qualified chiropractor while helping those more experienced in supporting sportspeople to keep abreast of the latest developments and advances.

In particular, the series will cover the circumstances in which injuries occur, relevant examination procedures and the rationale and methodology of treatment. As a result, delegates will feel competent addressing the sportsperson in clinic or at the trackside.

Speakers to include:

Jesper Dahl

Fiona Jacobs

Ulrik Sandstrøm

Richard (Dik) Skippings

Alyson Wreford

Fees: These are shown on the registration form overleaf. There is a **10% discount** if an individual registers for all four days in advance.

How to Register: To register with Direct Debit payment, please phone 0118 946 9727 or email admin@colchiro.org.uk stating which day/s you wish to attend. To register with cheque payment, please complete the registration form (overleaf or linked) and send it with your cheque payable to 'College of Chiropractors' to the address shown.

Cancellations: Fees will be refunded, less a £10 administration charge per date cancelled, for all cancellations received at least 10 days before the event date. No refunds can be given after this date. The College reserves the right to cancel any or all of the dates at any time, in which case registration fees only will be refunded.

Seminar 1: General principles – An Introduction to Sports Chiropractic

Saturday 13th November 2010
Start: 09:30 | Finish: 17:00

- The mechanisms and elements of typical sports injuries: acute injuries, chronic injuries.
- The mechanisms of intervention: The role of adjusting - spinal and extremities
- The role of soft tissue therapies and progression of care.
- Functional muscle testing: Local myofascial inhibition, kinetic chain inhibition.
- The multidisciplinary team

Seminar 2: Upper Limb

Saturday 11th December 2010
Start: 09:30 | Finish: 17:00

A presentation of the mechanism of injury, relevant examination procedures as well as rationale and methodology of treatment including shoulder, elbow, wrist and hand and the throw.

Seminar 3: Lower Limb

Saturday 22nd January 2011
Start: 09:30 | Finish: 17:00

A presentation of the mechanism of injury, relevant examination procedures as well as rationale and methodology of treatment including hip, knee, ankle and foot and shoe prescription.

Seminar 4: Spinal and Overall Considerations

Saturday 5th March 2011
Start: 09:30 | Finish: 17:00

- Postural support principles: Core stability, stability/mobility patterns, common compensation patterns
- Mechanism of spinal injuries and significance
- Pelvic injuries and significance
- Head and more serious trauma
- Concussion management
- Injuries requiring emergency care: Decision process, procedures.

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Registration Form: Helping you perform your personal best

Surname: Forename:
 Address: Phone no:

Post code: Email:

Please tick the relevant box/es to indicate the date/s for which you wish to register & the applicable fee/s

	Day 1 13/11/10	Day 2 11/12/10	Day 3 22/01/11	Day 4 05/03/11	All four dates (~10% discount)
College members:	£115 <input type="checkbox"/>	£115 <input type="checkbox"/>	£115 <input type="checkbox"/>	£115 <input type="checkbox"/>	£415 <input type="checkbox"/>
Sport & Exercise Faculty members:	£105 <input type="checkbox"/>	£105 <input type="checkbox"/>	£105 <input type="checkbox"/>	£105 <input type="checkbox"/>	£375 <input type="checkbox"/>
Non-members:	£150 <input type="checkbox"/>	£150 <input type="checkbox"/>	£150 <input type="checkbox"/>	£150 <input type="checkbox"/>	£540 <input type="checkbox"/>
Total due:					£

Please tick if you have enclosed a cheque:
 Please tick if you wish to charge your existing Direct Debit mandate:

Office refs: SEE101113, SEE101211, SEE110122, SEE110305