

# 2011 Sports Trainer Workshops



## STEPNEY CLINICS

### **Injury management workshop**

Wednesday, 13<sup>th</sup> April, 7:30 pm  
With Physiotherapist Patrick Custance and  
Sports Doctor Damian Newberry  
For trainers and coaches

- Head injuries and concussion
- Soft tissue injuries

### **Hands on taping workshop**

Wednesday, 11<sup>th</sup> May, 7:30 pm  
With Physiotherapist Patrick Custance  
For trainers and coaches

- Taping techniques for the knee, ankle, and shoulder
- Practical demonstration
- Preventative taping vs. injury taping

### **Knee and ankle injuries in court sports**

Wednesday, 7<sup>th</sup> September, 7:30 pm  
With Adelaide 36ers Physiotherapist Andrew Webber  
For trainers and coaches

- Contributing factors: sport stressors, strength, proprioception, gender factors and biomechanics
- Practical stretching for the lower limbs
- Taping techniques for muscle injury

## BLACKWOOD CLINIC

### **Injury management workshop**

Wednesday, 4<sup>th</sup> May, 7:30pm  
With Podiatrist Kristian DePasquale,  
Physiotherapists Ned Pontifex and Tim O'Leary

For trainers and coaches

- Hamstring, hip and ankle
- Practical treatment and assessment

## MORPHETT VALE CLINIC

### **Management of tendon injuries workshop**

Wednesday, 27<sup>th</sup> April, 7:30pm  
With Physiotherapist Andrew Webber,  
Podiatrist Connor Holmes and Sports Doctor Chris Ball.

For trainers and coaches

- Practical treatment and rehabilitation
- A focus on Achilles tendinopathy

**For more information or to register for one of the above workshops contact:**

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