

The Upper Limb in Sport

(SEP NZ LEVEL 2 COURSE)

This course is for registered physiotherapists who work with individual athletes or teams in which upper limb injury is common. The focus of the course is on pathomechanics, diagnosis and advanced rehabilitation of upper limb conditions and kinetic chain deficits as they relate to injury prevention and performance.

By the end of the course you will understand the pathoetiology of common upper limb injuries, be able to perform key clinical and functional tests, rehabilitate upper limb injury in a number of sporting contexts including swimming, throwing, racket and contact sports, and develop individualised return-to-sport programmes.

Location:	Date:	Course Fee:	
AUT North Campus (AA building) 90 Akoranga Drive, Northcote, Auckland Click for Google map Click for AUT North Campus map	Saturday 23rd February 2019 <i>9:00am – 5:00pm</i>	SEP NZ Member	\$450.00
	Sunday 24th February 2019 <i>9:00am – 4.00pm</i>	PNZ Member	\$520.00
		Non-PNZ Member	\$650.00



The course will cover:

- Pathomechanics of upper limb injury in collision sports, swimming, throwing & racquet sports
- Performance-related functional tests for the upper limb
- Diagnostic tests and imaging investigations for common sporting pathologies of the upper limb
- Design and implementation of rehabilitation programmes and processes
- Integration with coaching and biomechanics for technique modifications
- Return-to-sport decision planning and processes
- Injury prevention including conditioning, pacing and workload management

Presenters:

Dr Angela Cadogan	Physiotherapy Specialist (Musculoskeletal)
Mandy Gumbly	Registered Hand Therapist
Sports Physiotherapist	TBC

To Register:

Registration will be limited to the first 26 paid registrants
Online registration [HERE](#) via Physiotherapy New Zealand