

REGISTRATION FORM

Sports Physiotherapy

Date	:	25 – 27 March 2019
Time	:	9.00 am – 5.00 pm
Venue	:	Therapy Skills Training Lab, Academia
Fee per pax (incl of 7% GST)	:	\$1,120 (SingHealth) \$1,240 (Regular)

This course is funded under e2i Training Grant. Course fee after grant is **S\$902.95** (inclusive of 7% GST). Only **Singaporeans and PRs** are eligible to be considered for the funding. Funding will be subject to approval. Successful applicants will be notified via email.

Please email your registration form to agnes.low.s.m@sgh.com.sg by **15 February 2019**.

By registering for the course, you agree to the terms & conditions of PGAHI. Click [here](#) or visit PGAHI website for more information.

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.

CANCELLATION POLICY

Any cancellation or replacement must be conveyed to PGAHI in writing. **A cancellation fee of 50% of course fee will be charged if the cancellation is received before 15 February 2019. There will be no refund of registration fee for cancellation on or after 15 February 2019.** PGAHI reserves the right to cancel the workshop and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

The information provided is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

PARTICIPANT'S PARTICULARS

Participant's Name:
(to be reflected on cert)

Contact No:

Email:

Profession:

AHP (please indicate): _____

Doctor Nurse Others: _____

Department:

Organisation:

Kindly complete the below table should you be sponsored by your organisation.

BILLING DETAILS

Bill to:

Contact Person:

Tel No.:

Email:

Billing Address:

Participant's NRIC No.:

For payment by cheque, please issue cheque payable to **"Singapore General Hospital Pte Ltd"** to:

Ms Agnes Low
SGH - Postgraduate Allied Health Institute
20 College Road, Level 2 Academia
Singapore 169856



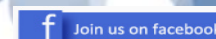
**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE



SPORTS PHYSIOTHERAPY

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Website: www.sgh.com.sg/pgahi

INTRODUCTION

Participation in sport is widely recognized as encouraging positive behaviours that are protective of our health and support physical and mental wellbeing across the lifespan. This course will take a strong practical focus on upskilling clinicians in the assessment, treatment and promotion of evidence-based high value care for athletes across the lifespan, from the elite athlete to the recreational athlete.

Using the contemporary theoretically-derived Musculoskeletal Clinical Translation Framework¹, it aligns with current pain science and musculoskeletal Models of Care²⁻⁴ to examine clinical cases moving from acute, simple clinical presentations through to more challenging persistent, recurrent sports-related musculoskeletal conditions.

Participants will be introduced to screening tools to assist in the early recognition of conditions that may require on-referral or specific care pathways, as well as the recognition of factors that are associated with the risk of chronicity in athletes. Clinical cases will cover spinal and peripheral musculoskeletal sports-related conditions, including capturing bony, soft tissues and nerve-related pain.

Physiotherapists will be guided through knowledge and skills with the aim of strengthening their clinical competencies to diagnose a sports-related condition and inform a sound, contemporary evidence-based rehabilitation program that reflects each athlete's specific functional needs and goals.

OBJECTIVES

At the end of the course, participants will be able to:

- 1) apply a contemporary model of musculoskeletal care in the context of assessment, treatment and rehabilitation of athletes
- 2) apply contemporary decision-making aids and enabling tools (including digital tools) to screen for conditions and risk of chronicity in your athletes and know how this information may influence 'right' care decisions
- 3) develop and implement an evidence-based rehabilitation plan that involves shared decision-making with the athlete and reflects a plan that meets their specific functional needs and goals
- 4) know when to on-refer your athlete and how to communicate this information
- 5) understand how to inform a sound prognosis

TEACHING FACULTY

Prof Helen Slater, PhD, FACP

School of Physiotherapy & Exercise Science
Faculty of Health Sciences
Curtin University



Professor Helen Slater (PhD, FACP, MAppSc(Phty), BAppSc(Phty)) is a Clinical Researcher and full Professor in the School of Physiotherapy and Exercise Science, Faculty of Health Sciences, Curtin University.

Prof Slater is a Fellow of the Australian College of Physiotherapists (Musculoskeletal Specialist as awarded by the Australian College of Physiotherapists in 2007). She leads the teaching of units on Clinical Masters programmes in Physiotherapy (Musculoskeletal/Sports). She was also Co-Chair of the International Association for the Study of Pain, Physiotherapy Curriculum update for 2018.

Prof Slater co-leads a research group at Curtin University. Her research combines laboratory-based clinical phenotyping, clinical pain research and health services research including policy-into-practice initiatives and the use of digital technologies (eHealth and mHealth) to support sustainable implementation of musculoskeletal Models of Care.

Her research is focused on driving strategic capacity-building initiatives in musculoskeletal pain and health that have real world impact. Her research stretches across jurisdictions, sectors (health systems and policy, health industry and educational systems) and disciplines, with the aim of re-orienting health services to support consumers receiving high value 'right' care. This intersection of these diverse roles helps to ensure that education about musculoskeletal health is strongly focused on real world applications.

TARGET PARTICIPANTS

Physiotherapists with 6 years or more working experiences in the practice of Physiotherapy.

CONTACT & ENQUIRIES

Ms Agnes Low

SGH - Postgraduate Allied Health Institute

Phone: (65) 6576 2714

Email: agnes.low.s.m@sgh.com.sg

COURSE OUTLINE

25 March 2019

9.00am Introduction: what does contemporary practice for athletes with sports-related conditions look like?
The Musculoskeletal Clinical Translation Framework (MCTF): a clinical enabler of best practice in sports-related conditions

Tea-Break @ 10.30am

Assessing the athlete: use of the MCTF, decision aids and screening tools

Lunch @ 12pm

Case studies

Tea-Break @ 3pm

Case studies

5.00 pm Wrap up of Day 1: Clinical pearls, learning summary and reflections.

26 March 2019

9.00 am Quick quiz and recap: making sense of Day 1
Case study: acute sports-related tissue damage: lower limb assessment and evidence-informed rehabilitation planning

Tea-Break @ 10.30am

Case study

Lunch @ 12pm

Case study

Tea-Break @ 3pm

Q and A session

5.00 pm Wrap up of Day 2: Clinical pearls, learning summary and reflections.

27 March 2019

9.00 am Quick quiz and recap: making sense of Day 2
The challenging athlete: persistent/recurrent musculoskeletal pain

Tea-Break @ 10.30am

Case study

Lunch @ 12pm

Case study

Tea-Break @ 3pm

Prognosis-making, on-referral and communicating with the athlete, coach, health team

5.00 pm Wrap up of Day 3: Clinical pearls, learning summary, reflections and evaluation