



February 2021

SST Updates



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A Light at the End of the Tunnel



Since the last newsletter the Society has been extremely busy, especially with regard to informing and advising Members and Student Members on their eligibility for receiving the Covid -19 vaccination. Whilst it is acknowledged that the current vaccination roll out information has been for Members and Students primarily residing and studying in England, it has still been a pleasure to be able to pass on positive news, which I know Members have appreciated. For those Members living in the other parts of the UK, the Society will continue to monitor the situation and advise Members and Student Members accordingly, as soon as it has any updated information to pass on.

Following recent announcements by the Prime Minister and First Ministers, I am also aware that over the next few weeks hopefully there will be more positive changes being introduced which will have implications for all Members. Therefore please be assured that, as the proposed changes to restrictions occur and the implications for the membership are determined, the Society will endeavour to update Members either directly via email or via the [Society website](#).

In the meantime, what happens over the next few months is going to decide how we move out of this current situation into a hopefully more open and more 'normal' world. As such, it is vital that Members continue to follow Government and Society guidelines and continue to practise in the excellent way that they have during these extremely challenging and difficult 11 months. At last there is light at the end of the tunnel, albeit a journey is still required to reach it.

Stay safe and keep well
Professor Graham N.Smith

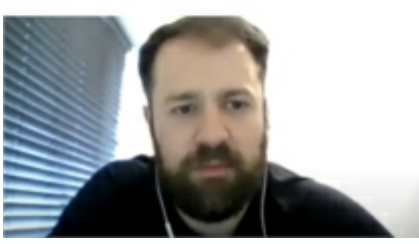
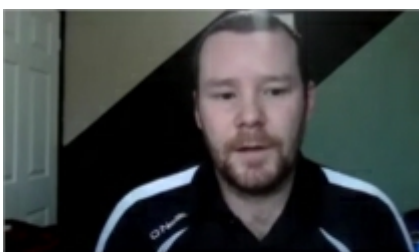
Covid-19 Links

Updated links for the 4 home countries are now available on the website together with a breakdown of the roadmap for England Stages 1-4.
For England before taking each step, the Government will review the latest data on the impact of the previous step against four tests. The tests are:

1. The vaccine deployment programme continues successfully.
2. Evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated.
3. Infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS.
4. Our assessment of the risks is not fundamentally changed by new Variants of concern.

No dates are set in stone and Members should keep following these links and UK Governments and Society announcements.

<https://society-of-sports-therapists.org/our-news/covid19-information/>



Society Director Ashley Jones and SST Member Dr Ieuan Cranswick discuss the development of a new injury rehabilitation model

Society Director Ashley Jones was joined by member Dr Ieuan Cranswick who discussed his research plans which focus on the development of a new injury rehabilitation model. In this interview, Ieuan explains how combining contemporary theories into traditional rehabilitation models may offer a solution for students and graduate practitioners when planning injury rehabilitation sessions and timeframes.

Ieuan is a Senior Lecturer at Leeds Beckett University where he teaches on the BSc and MSc Sports and Exercise Therapy programmes. If anyone would like to contact Ieuan regarding the rehabilitation framework discussed on this podcast, his email address is i.cranswick@leedsbeckett.ac.uk

[Watch Interview](#)



SST Webinar Series 2021

The SST's Communications Group will be running a series of webinars throughout 2021. Here's number one:

Title: The Role of Strength and Conditioning in Rehabilitation/Sports Therapy
Date: 11th March 7-8pm
Speakers:
Jen Wilson: MSST, CSCS: Programme Leader for Sport Therapy and Rehabilitation at University of Derby
Joshua Davidson: Strength and Conditioning Coach
Robert Walsh: Physical Performance Lead for Netherlands Snowsport
John Kiely: Senior Lecturer in Elite Performance at the Institute of Coaching and Performance, University of Central Lancashire, UK

Full details coming soon - In the meantime put the date in your diary



Win a Trigger Point GRID Roller & STK Contour

Our SST Partner, Rocktape has once again provided a great giveaway for our Members and Student Members. For your chance to win these two trigger point products, check out the latest post on our Instagram Feed - [@theSSTofficial](#) for details of how to enter the giveaway.

Closing Monday 1st March 3pm; Giveaway open to SST Members and Student Members only. Members you can access up to 50% discount off Trigger Point products by visiting SST Extra

[Enter the Giveaway](#)



Free Courses and Webinars

- **Public Lecture: Mental toughness- from elite sport to weight management**
Dr Elizabeth Stamp Lecturer in the School of Sport, Exercise and Health Sciences at Loughborough University, will deliver the lecture.
Tuesday 16th March 2021, 5:30pm GMT
Book here <https://www.ncsem-em.org.uk/from-elite-sport-to-weight-management/>
- **Reconditioning the athlete - Is 95% good enough?**
A round table discussion moderated by Vern Gambetta.
Panel includes Bill Knowles, Knowles Performance & Scott Kneller, Houston Rockets
This is a pre-recorded discussion
- VALD Performance Online Workshop Series**
 - Integrating Sports Science and Strength and Conditioning
Jose Fernandez and Dan Howells
- VALD Performance Adolescent Series - Library**
 - Anterior cruciate ligament reconstruction and the hamstrings: implications for injury prevention and rehabilitation
Daniel Messer Vald Performance
 - Injury risk reduction training in female footballers: Evidence from the literature
Tyler Collings, Griffith University

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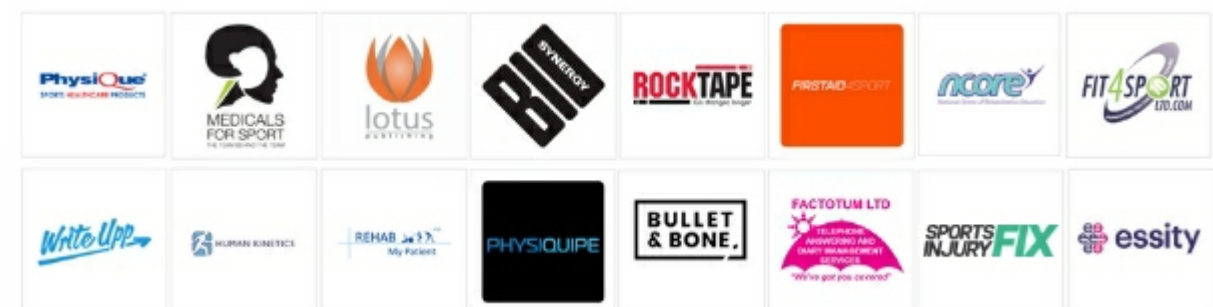
Original Research
Optimising outcomes of exercise and corticosteroid injection in patients with subacromial pain (impingement) syndrome: a factorial randomised trial
Edward Roddy, Reuben O Ogollah, Raymond Oppong, Irena Zwierska, Praveen Datta, Alison Hall, Elaine Hay, Sue Jackson, Sue Jowett, Martyn Lewis, Julie Shufflebotham, Kay Stevenson, Danielle A van der Windt, Julie Young, Nadine E Foster

Review
Which treatment is most effective for patients with Achilles tendinopathy? A living systematic review with network meta-analysis of 29 randomised controlled trials
Arco C van der Vlist, Marinus Winters, Adam Weir, Clare L Ardern, Nicky J Welton, Deborah M Caldwell, Jan A N Verhaar, Robert-Jan de Vos

[Read More](#)

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Visit all of our Partners in the SST Extra Programme and check out your SST Member Discounts



[Start Saving](#)



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Are you looking for a Sports Therapist for your club, clinic, educational establishment or organisation?

Submit your job vacancy directly to The Society of Sports Therapists' website and have your role advertised to all Society Members. It's quick, simple and free of charge.
Just head to the [Society website to place your advertisement](#).



Keep in Touch

Wherever you practise, the Society and other Members would be interested to hear how you are adjusting to life in 2021. Tell us about your journey so far. How are you dealing with things? How is it affecting you and your patients/athletes/players? Do get in touch and let us know. You don't have to write a full article just email comms@society-of-sports-therapists.org with brief details and a member of the Charles Whitney team can give you a call.
Take care and stay safe



The Society of Sports Therapists
16 Royal Terrace
Glasgow
G3 7NY
<http://www.society-of-sports-therapists.org/>
admin@society-of-sports-therapists.org

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