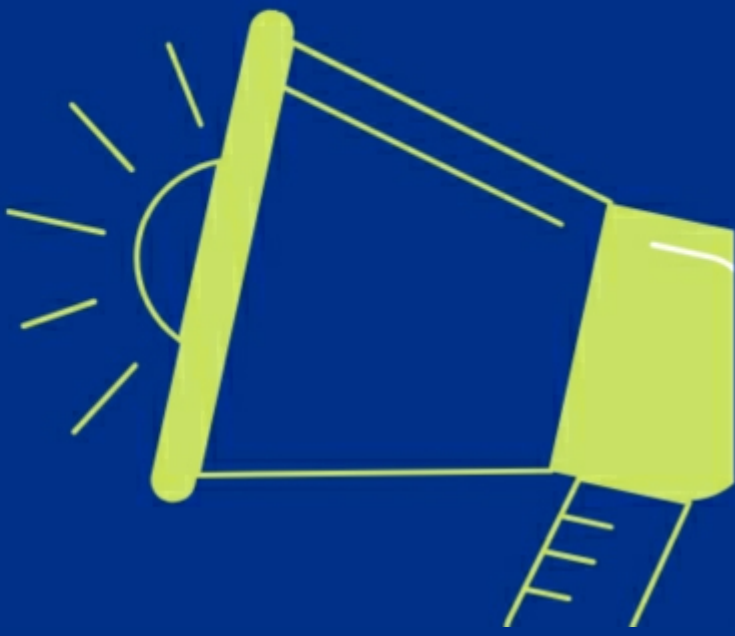




June 2020

SST Updates



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Welcome from the Chairman



As we embark on our 5th newsletter, I am conscious that the landscape continues to change at an ever increasing pace, regarding COVID-19. However, while positive in many ways, it also seems to be bringing with it a degree of confusion for some. So, following on from the guidelines posted in the last newsletter and for further clarity, please see 'Covid Guidelines – Don't be Confused' below.

The Directors of the Society have once again contributed to the newsletter, this time looking at the role of technology in their lives, particularly now at this time of crisis. Technology and COVID-19 are already changing the way we practise and I wonder just how it will change our lives going forward.

On that note, The Society would like to welcome Sports Injury Fix, a company that truly embraces technology, to its SST Extra programme. Their main product is a virtual management system designed to support therapists to work more effectively online. We look forward to working with them over the next twelve months.

Finally, thank you once again for all your feedback and positive comments about the newsletters. We hope you enjoy reading this latest edition.

Professor Graham N. Smith
Chairman



Covid-19 Guidelines: Don't be Confused

As Members will undoubtedly know, there have been some well publicised changes to the guidelines and restrictions regarding the Covid-19 Pandemic. Whilst many of these have been a relief to lots of people, they have also caused confusion too. The fact that each of the four UK countries has slightly differing guidelines means that practitioners in each area are increasingly uncertain as to what they can do.

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A Word From The Directors

Professor Graham N. Smith - [Embracing Technology](#)
Dr Kevin Campbell Karn - [Embracing Technology in Education](#)
Gareth Thomas - [Embracing Technology – What It Means to Me](#)
Ashley Jones - [Embracing Technology – What Has It Meant for Me?](#)
Keith Waldon - [How Technology is Helping Through the Lockdown and Beyond](#)

An Update from Richard Luddington, Chair SST Universities & Colleges Liaison Group



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An Update from Ed Pratt, Chair SST Communications Group



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Membership Renewals

Hopefully by now all members will have received communication from the Society regarding the upcoming membership renewals which are due on the 1st July 2020. If you have not received anything please contact the Society at the address below, as soon as possible. Further information regarding the actual renewal process will be sent out via email during week commencing 8th June. Therefore, if you have not received anything regarding membership renewals by the 15th June, please contact the Society Head Office.

Email: admin@society-of-sports-therapists.org

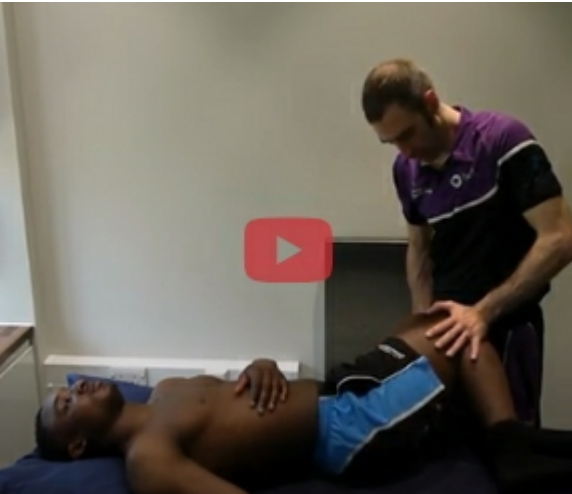
Dr Kevin Campbell-Karn Provides Some More CPD Resources

Kevin is back to take us through two different style videos, one for teaching purposes on the lumbar spine and the second one on early stage core and knee training which was designed for a specific patient.

Dr Kevin Campbell-Karn is a Senior Lecturer in Sports Therapy and Course Leader for the BSc (Hons) and MSc Sports Therapy degrees at Bucks New University.

NB These videos were produced prior to the Covid-19 pandemic.

[Subscribe to Kevin's Youtube Channel](#)



Lumbar Spine Passive
Physiological Rotation
Manual Therapy Mobilisation

[Play Video](#)



Core and Knee training -
early stage

[Play Video](#)

SST EXTRA: Welcome to Sports Injury Fix Ltd



The Society of Sports Therapists welcomes [Sports Injury Fix](#) to our growing family of partners. The company supports therapists to meet their business and clinical goals through an online platform, advice and support. Members should log in to read all about it and find details of a time limited introductory offer.

SST EXTRA: Our Current Partners

As many of you start to think about the road ahead and how you will work going forward, why not take a look at SST Extra on the website and see what great savings you can make.

NB : If you know of a particular supplier who could benefit our Members and is interested in becoming a partner, please send us their details and we will contact them.



[Start Saving](#)



The Society of Sports Therapists Speaking at Therapy Live - 26th June 2020

Members may well have noticed the event 'Therapy Live' advertised within the CPD listings in the last newsletter. This fully virtual MSK conference includes industry leading guest speakers and also

panel discussions on current issues within MSK practice which will no doubt provide quality CPD opportunities for Members of the Society.

The Society of Sports Therapists are pleased to announce a commitment to sponsor and participate at the event, with Chairman Professor Graham Smith and member Dr Kate Williams representing the Society. Professor Smith will be part of a panel discussion focussing on 'Competency Based Recruitment for MSK Rehabilitation' whilst Kate will be presenting evidence based clinical advice as part of the 'Exercise Rehabilitation' themed session. Throughout the day, representatives of the Society will also be present at the virtual stand to answer any questions from delegates. The event is free to attend for all delegates and more information can be found at [Therapy Live](#).

We look forward to seeing you there!



FREE Webinars, Courses and Updates

[Series of free online Sport & Exercise Science events during Covid-19 from BASES](#)
[Free webinar ACSM series - Using Sport Injury Surveillance Data to Study Injury Outcomes](#)
[Free Course: Infection Control and Prevention](#)
[Coronavirus \(COVID-19\) Awareness Course \(£2 fee for certificated version\)](#)
[Free Course: COVID-19: Psychological Impact, Wellbeing and Mental Health](#)
[Free Conference: Therapy Live \(26th June 2020, 9am\)](#)
[Free Webinar: Update on foot and ankle injuries Webinar \(24th June 2020, 1-1.45pm BST\)](#)
[Free Webinar Series: Musculoskeletal Ultrasound \(every Thursday, 6-7pm BST\)](#)

[Free Course: Sports Medicine: Understanding Sports Injuries](#)

[Podcast Series: Physio Edge](#)

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Original Research

[Efficacy of early controlled motion of the ankle compared with immobilisation in non-operative treatment of patients with an acute Achilles tendon rupture: an assessor-blinded, randomised controlled trial](#)



Kristoffer Weisskirchner Barfod, Maria Swennergren Hansen, Per Hölmich, Morten Tange Kristensen, Anders Troelsen

[Review](#)

Epidemiology of injuries in professional football: a systematic review and meta-analysis

Alejandro López-Valenciano, Itaki Ruiz-Pérez, Alberto García-Gómez, Francisco J Vera-García, Mark De Ste Croix, Gregory D Myer, Francisco Ayala

[Read More](#)



Keep in Touch - Tell Us How You Have Been Coping with the Covid-19 Pandemic

The Society would really like to hear from you to learn how you have been dealing with the pandemic. Some of you may have found other ways to utilise your skills and your time, perhaps you have been helping the NHS in a rehab setting, or have you unearthed your teaching skills for home schooling, or perhaps you have been upskilling yourself with the myriad of online courses and webinars now available. Whatever you have been up to we would love to hear from you.

Contact the Society at: **comms@society-of-sports-therapists.org**



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We have sent out this message to all current Members and Student Members of The Society of Sports Therapists.

If you no longer wish to receive this newsletter, simply click on the following link to [unsubscribe](#)

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