



March 2021

## SST Updates



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### There's More To It Than People Think



Many Members will have participated in the Society's first webinar which was held on Thursday 11th March 2021 and which focused on Strength and Conditioning in Rehabilitation and its application to Sport and Exercise Therapy. This was the first in what the Society plans to be a monthly event and I would particularly like to thank all of those involved, in not only pulling it together but making it such a success. The next webinar will focus on nutrition.

As you will see already, the programme is aiming to cover a broad spectrum of subject areas that all have an integral role within Sport and Exercise Therapy. To me, this is extremely important as it demonstrates the breadth of knowledge, skills and expertise that Members of the profession have. It isn't just about working in a clinical environment. It also confirms why any Higher Education Institute that wishes to run a Society accredited programme, must have Sport and Exercise Science as an integral part of their academic portfolio. It is this that forms the foundation on which Sport and Exercise Therapy is built.

Strength and Conditioning should commence on Day One following an injury and not when the rehabilitation process finishes. It forms a key component of the rehabilitation journey and as such, Sports Therapists must know what to do, so that they can work with and prepare their patients for when they are fit, and then progress into their strength, conditioning and fitness programmes. Good nutrition is also important for recovery and performance; consequently, a knowledge of this is imperative too. That's why The Society of Sports therapists must offer an education programme that covers the spectrum of the profession and challenges Members and participants both on their principles and expectations. If we can do this, then the knowledge and awareness of what Sport and Exercise Therapists can offer, will increase.

Stay safe and keep well

Professor Graham N. Smith



#### The Society's First Webinar Proves a Big Hit

While lockdown has created many different issues for our Members, it has also provided a great opportunity to catch up on some quality CPD, and the Society's first webinar in its 2021 series was no exception.

Just under 1,000 people signed up to listen to 'The Role of Strength and Conditioning in Rehabilitation/Sports Therapy' and judging by the feedback they were not disappointed.

[Read More](#)



#### Sara Gray Proves That Dedication and Determination Can Go a Long Way in a Pandemic World

'Take every opportunity and if they are not coming to you go and find them' is the message to Graduate and Student Members of The Society of Sports Therapists, from University of Wales Trinity Saint David (UWTSD) Graduate, Sara Gray, who is now Academy Sports Therapist at Swansea City AFC. And she herself has certainly done just that.

[Read More](#)

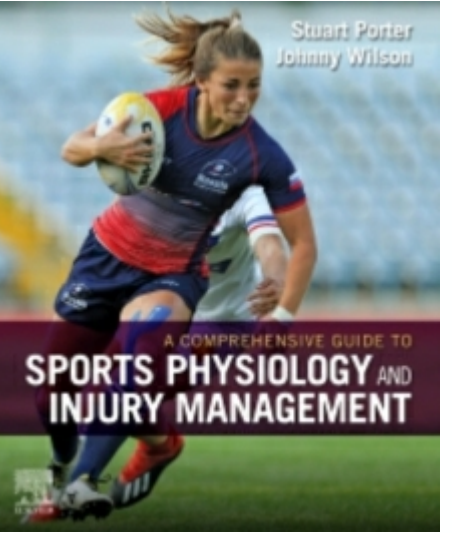


#### Member Spotlight - Nick Mulryan

In the first of a new series highlighting success stories of Members of the Society, Communications Group Vice Chair, Tom Pinder talks to Graduate Sports Therapist Nick Mulryan. Nick is Company Founder and Lead Therapist at The No. 1 Pain Relief Clinic in Buxton.

Nick, who is visually impaired provides a glimpse into some of the challenges he has faced and some great tips for any visually impaired students thinking about a career in Sports Therapy.

[Watch Interview](#)



#### A Comprehensive Guide to Sports Physiology and Injury Management Editors: Stuart Porter, Johnny Wilson

Congratulations to five Members of The Society of Sports Therapists who have contributed to this excellent clinical and evidence based guide: Jill Alexander, Neil Greig, Nic Perrem, Neil Sullivan and Professor Graham N Smith. Also to Society Honorary Member, Brent Arnold, Professor and Chair, Indiana University, Indianapolis.

We'll done to all. Full details can be found here: <https://www.elsevier.com/books/a-comprehensive-guide-to-sports-physiology-and-injury-management/porter/978-0-7020-7489-9>



The format will be three 15-minute presentations followed by a Q&A session

**Hayley Clarke BSc (Hons)** Chair of the SST Communications Group will host the session

**Dr Ian Rollo** PhD Principal Scientist, Gatorade Sports Science Institute, SENR Applied Practitioner  
'Role of Nutrition in Return to Play: An Interdisciplinary Approach'

**Dr Sally Waterworth PhD MSST SENR** Sports Therapy Programme Lead, University of Essex  
'Integrating Sports Therapy and Nutrition'

**Charlie Beestone, MSc, SENR** Performance Nutritionist and Performance Lifestyle Coach at CB Nutrition  
'Low energy availability in the endurance athlete - Physiological, Psychological and Practical considerations'

[Register for the webinar](#)



#### Upcoming Courses and Webinars

-FREE SST Webinar **The Role of Nutrition in Injury Rehabilitation and Recovery** 21st April 2021 7pm-8.10pm

- BASEM Virtual Spring Conference - FREE **20-20 Hip & Groin Vision Day** Bookings Now Open

- FREE Webinar: **Rehabilitation of recurrent calf injuries in elite sport: the challenges of the connective tissue** - Mr Colin Griffin, Strength & Conditioning Coach - Kingsbridge Private Hospital

- 31st March, 7pm

- Free **Pacey Performance MasterMIND Series**

Acceleration for team sports - 13 April 19:00 BST / 14:00 EDT

Foot function and plantar pressure technology in sport - 21 April 19:00 BST / 14:00 EDT

Weightlifting for sports performance - 25 April 19:00 BST / 14:00 EDT

Collecting and using subjective data effectively in sport - 5 May 19:00 BST / 14:00 EDT

- Free **Seminar Series** by Faculty of Sport and Exercise Medicine UK

Thursday 08 April - Physical Activity and Maternal Health

Thursday 15 April - Physical Activity and Cancer Prehabilitation: Innovation in Digital Delivery

Thursday 22 April - Physical Activity and Mental Health

Thursday 29 April - Physical Activity and COVID-19 Recovery

- Free **Short Courses** in Injury, Illness, and Rehabilitation, Nutrition and Health or Sport Psychology - City and Islington College

- Free University of Michigan Concussion Center **Speaker Series** - 29th April

- Hip pain in the current COVID-19 era- a lockdown 3.0 update with Mr Ronan Treacy - 31st March, 7pm For any further details or to book please contact: email [michelle@midlandorthopaedicpractice.co.uk](mailto:michelle@midlandorthopaedicpractice.co.uk) or [michelle.gallagher@gmail.com](mailto:michelle.gallagher@gmail.com) or call/ text 0792 9569787

- Webinar: **Integrating Strength & Conditioning into an Athletes Training Plan** By Cork Sports Partnership, 28th April Fee: 6€

- **ECSS Webinars** - Free for ECSS members. Fee for non-members of ECSS is 50€ per webinar

- **Injury Prevention Symposium** 2-Day Virtual Conference - The Steadman Clinic. Lineup includes speakers from United States Olympic & Paralympic Committee - April 28 & 29, 2021 Fee: 30\$

- Women in Sport webinar by Sport Ireland + Meath Local Sports Partnership - 'She Inspires and Belongs in Sport' - in April - more details coming soon - save the date: <https://twitter.com/MeathLocalSport/status/1374027232851722240>

- FSEM Spring Study Day in collaboration with Ulster University - 'Joint Health in Sport' - 22nd April 2021 - 5:30pm-8:30pm - Registration link and further details will be available shortly [https://twitter.com/FSEM\\_IRL/status/1372591249459396609](https://twitter.com/FSEM_IRL/status/1372591249459396609)

- @Aspetar - Register now to download your **electronic copy of #Wrist and #Hand chapter** and to join the live online forum moderated by Dr Jonny K Anderson, Senior Consultant Hand Surgeon, Wednesday 14th April 2021 8pm Doha time (GMT +3)



Original Research

Nine typical injury patterns in German professional male football (soccer): a systematic visual video analysis of 345 match injuries (26 August, 2020)

Christian Klein, Patrick Luig, Thomas Henke, Hendrik Bloch, Petra Platen



PhD Academy Award

Paediatric anterior cruciate ligament injuries: management, treatment rationale and long-term outcomes (21 August, 2020)

Guri Ranum Ekås

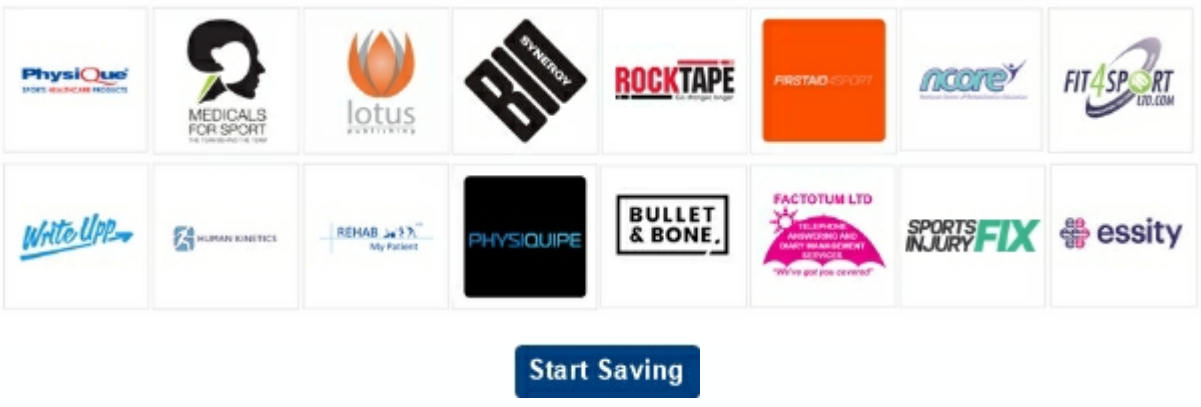
Review

Comparative effectiveness of treatments for patellofemoral pain: a living systematic review with network meta-analysis (26 October, 2020)

Marinus Winters, Sinéad Holden, Carolina Bryne Lura, Nicky J Welton, Deborah M Caldwell, Bill T Vicenzino, Adam Weir, Michael Skovdøl Rathleff

Read More

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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](mailto: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



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