



May 2020

SST Updates



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Welcome from the Chairman



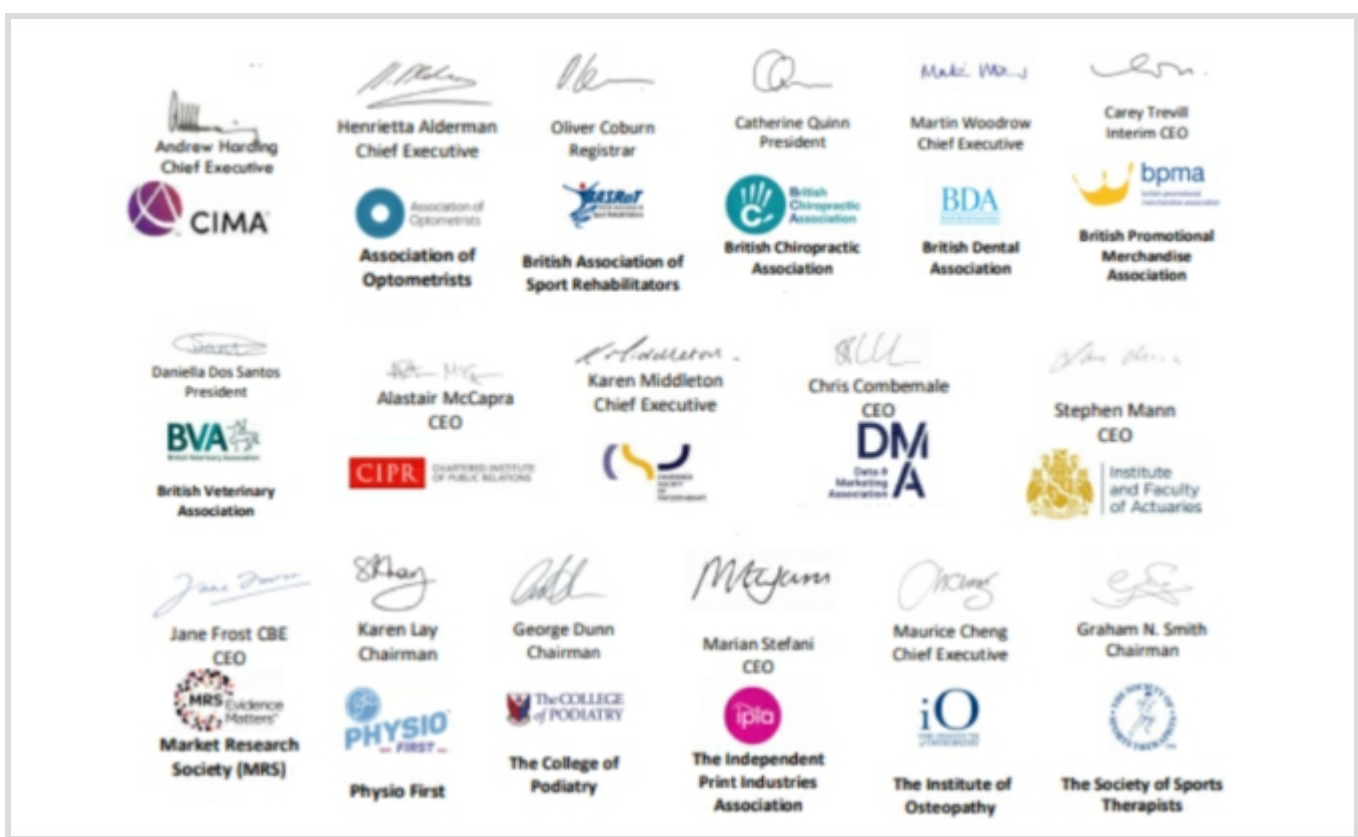
Welcome to the third of the Covid-19 pandemic newsletters. As indicated previously, the aim of these newsletters is to maintain regular contact with Members, provide updates and, hopefully, some thought provoking insight into what colleagues are doing during these worrying and challenging times.

The SST has once again collaborated, this time with 16 other professional bodies, to send a second letter to the UK Chancellor, the Rt Hon Rishi Sunak MP, addressing the financial difficulties and problems faced by SMEs and self-employed during the Covid-19 pandemic. Like many of the SST members, a large number of the 300,000 members collectively represented in the letter have been affected by the lack of recognition and help being given to them. This collaboration clearly demonstrates how organisations can come together in times of need. **See letter details below.**

We have again asked each of the Directors to write something on a topic that either inspires or interests them. It would also be good to get some content for future newsletters from Members. So, if there is anything that you would like to share or has inspired you, then please don't be shy and send it in. We hope that you enjoy the newsletter.

Professor Graham N. Smith
Chairman

A Second Letter is Sent to the UK Chancellor #ForgottenLtd Small Business Owner



[Read Letter](#)



Medical Malpractice Insurance Cover – Don't Get It Wrong

Could you list all of the skills and techniques that you have and use in your role as a Sports Therapist? Alternatively, if you are looking for insurance cover and were asked to list what you need/want to be covered for, what would you include? Would it be everything you have listed in the first question, because basically that is what you need to be insured for if you practise as a Sport and Exercise Therapist? More worryingly, does that mean that if you do not include something and then, whilst undertaking that technique/skill a problem occurs, you are not covered?

[Read More](#)



A Word From The Directors

Professor Graham N. Smith - [Facing The Challenges of Maintaining Standards](#)
Gareth Thomas - [Practical Business Advice for Members in Private Practice](#)
Dr Kevin Campbell-Karn - [An Opportunity Awaits](#)
Keith Waldon - [Returning to Sport](#)
Ashley Jones - [What Are Your 12 Rules of Life?](#)



FREE Webinars, Courses and Updates

[Free Webinar: A Multifactorial Approach to Hamstring Prevention in Team Sport – 12 th May 2020, 9:30am \(BST\)](#)
[Free Webinars: #PerformanceMDT from Playmaker available to watch now](#)
[Free Nutrition Webinars from MyNutriWeb](#)
[Free online presentation on Injury Profiling in Elite Female Athletes](#)
[Free COVID-19 Awareness course](#)
[Free Coronavirus guidance for clinicians and NHS managers](#)
[Read For Credit exams from the Journal of Orthopaedic & Sports Physical Therapy \(JOSPT\)](#)
[Free and paid courses from Rocktape](#)

A Great CPD and Revision Resource from

Dr Kevin Campbell-Karn

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. Here are two teaching videos that Kevin has put together that may help you in your studies/practice – great for revision and of course CPD.

You can also check out Kevin's Youtube channel where you will find many more great teaching videos.



Ankle Inversion and
Eversion Subtalar



Knee passive
physiological
mobilisations

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

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BJSM May 2020 Vol. 54 Issue 10



Warm Up

Diversity among our disciplines: let's provide differing perspectives in the interest of athlete care

Jon Patricios

Editorials

How sport and exercise medicine research can protect athlete health and promote athlete performance

Margo Mountjoy, Lars Engebretsen

[Read More](#)



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

The Society would like to know what Members are doing during the pandemic, for both work and looking after your emotional and physical health. You can email or tweet us with what you have been up to or with any hints, tips and ideas for fellow Members to make the most of their time at home. Members work in a variety of different environments in carrying out their roles as Sports Therapists. We want to hear from you about how you are coping with Covid-19. How has it affected you? Have you volunteered already to support the NHS in any way at all? Driving, delivering, supporting – let us know? Working with a sports team – how are your players coping? Are you keeping in touch? Are you coping working at a distance? Working in a clinic – how are you keeping in touch with patients? Virtual consultations, email, phone – tell us about it! If you already work in the NHS, how are you coping? Has your role changed – let us know how and what you are doing? If you are in self-isolation how are you spending your time? Are you modifying and addressing your CPD?



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

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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