



# ROWING INJURY SPORTS MEDICINE MASTER CLASSES

PHYSIOTHERAPY & SPORTS MEDICINE FOR CLUB & SCHOOL PRACTITIONERS

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## SUNDAY 16TH SEPTEMBER 2018

SASI, ADELAIDE

8:30AM - 3:30PM, LUNCH PROVIDED

\$400 PLUS GST

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COMMON INJURIES & MANAGEMENT

RETURN TO ROWING PROTOCOLS

WARM UP & STRETCHING

MOVEMENT SCREENING AND GYM PROGRAMS

HIP TREATMENT TECHNIQUES

MEDICATION & SUPPLEMENT POLICIES

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KELLIE WILKIE & DR LARISSA TREASE, ROWING AUSTRALIA RIO OLYMPIC LEAD PHYSIOTHERAPIST & DOCTOR, INVITE PHYSIOTHERAPISTS, SPORTS PHYSICIANS AND SPORTS DOCTORS INVOLVED OR INTERESTED IN CLUB, SCHOOL AND ELITE ROWING MEDICINE TO AN EDUCATION DAY WITH A PRACTICAL & PERFORMANCE FOCUS.

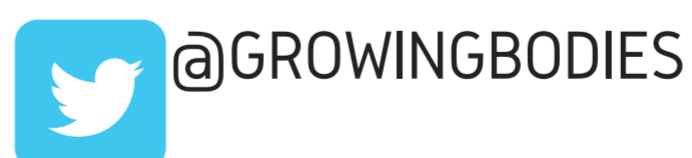
THIS EDUCATIONAL EVENT IS ENDORSED BY ROWING AUSTRALIA

ATTENDEES WILL BE ELIGIBLE TO APPLY TO ROWING AUSTRALIA FOR BRONZE PREFERRED PROVIDER STATUS FOLLOWING COMPLETION OF THIS COURSE

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RESERVE YOUR PLACE VIA EMAIL  
BODYSYSTEM@BODYSYSTEM.COM.AU

[HTTPS://GROWINGBODIES.BLOG](https://growingbodies.blog)







**GrowingBODIES**

INJURY PREVENTION EDUCATION

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## SUNDAY 16TH SEPTEMBER 2018

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0830 - 0915	WELCOME & INTRODUCTION TO ROWING
0915 - 1100	COMMON ROWING INJURIES <ul style="list-style-type: none"><li>• CHEST WALL</li><li>• LUMBAR SPINE</li><li>• INTERSECTION SYNDROME</li><li>• BUTTOCK &amp; KNEE</li></ul>
1100 - 1130	LOAD MANAGEMENT & MONITORING
1130 - 1200	RETURN TO ROWING PROTOCOLS
1200 - 1245	LUNCH AND INFORMAL DISCUSSION
1245 - 1315	MUSCULOSKELETAL SCREENING
1315 - 1400	WARM UP, STRETCHING & TRUNK CONTROL
1400 - 1415	AFTERNOON TEA
1415 - 1445	MASTER CLASS - TREATING HIPS
1445 - 1500	ROWING AUSTRALIA MEDICAL POLICIES
1500 - 1515	OPPORTUNITIES WITH ROWING AUSTRALIA
1515 - 1530	CONNECTING WITH SCHOOLS AND CLUBS

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ALL EDUCATION RESOURCES WILL BE PROVIDED TO ATTENDEES ON USB



# REGISTRATION FORM - DOCTOR / PHYSIO DAY

Name: -----

Main place of work: -----

Address of practice: -----

Work phone: -----

Mobile: -----

Email: -----

## PAYMENT

Direct credit [preferred]:

Deposit to: BODYSYSTEM PHYSIO

BSB 087 007 Account 4321 96633

Reference SMEDU & your initials

Credit card

call BODYSYSTEM Physio on 03 6231 5991

to pay with credit card over the phone

OR return details below

Credit card -----/-----/-----/-----

Expiry -----/----- CCV -----

Special **DIETARY & ACCESS** requirements

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## RETURN COMPLETED FORM TO

Email: [bodysystem@bodysystem.com.au](mailto:bodysystem@bodysystem.com.au)

OR Fax 03 6231 5991

*An email and copy of your receipt will be emailed to you on receipt of payment and registration form - this is your confirmation of a place on this course.*