

Level 2 Sports Physiotherapy Course

Timetable – 16-17 December 2022

DAY 1			
Time	Topic	Session Type	Presenter
8.15 – 8.30 am	Registration		
8.30 - 9.00am	Introduction to Sports Physiotherapy Level 2	Course and speaker introductions	Maria Constantinou & Mark Brown
9.00 – 9.30 am	Review of the Level 1 content	Discussion	Maria Constantinou & Mark Brown
9.30 – 10.30 am	The sporting elbow	Lecture and practical	Mark Brown & Maria Constantinou
10.30-10.45am	Morning tea		
10.45 – 11.45 am	The sporting wrist and hand	Lecture and practical	Maria Constantinou
11.45 am – 1.00 pm	The sporting foot	Lecture and practical	Maria Constantinou
1.00 – 2.00 pm	Lunch		
2.00 – 3.00 pm	Athletes across the lifespan	Lecture	Mark Brown
3.00 – 3.15 pm	Afternoon tea		
3.15 – 4.00 pm	Soft Tissue Techniques	Practical	Mark Brown & Maria Constantinou
4.00 – 4.30 pm	Case Studies/Clinical Reasoning	Discussion/Practical	Mark Brown & Maria Constantinou
4.30pm	Close		
DAY 2			
Time	Topic	Session Type	Presenter
8.30 - 9.00am	Review of Day 1	Discussion	Mark Brown & Maria Constantinou
9.00 - 10.30am	Soft tissue (muscle/ tendon) injury and management	Lecture and practical	Maria Constantinou
10.30-10.45am	Morning tea		
10.45-11.45am	The sporting shoulder update - Case Studies/ Clinical Reasoning	Lecture and practical	Mark Brown & Maria Constantinou
11.45-1.00 pm	The sporting knee update - Case Studies/ Clinical Reasoning	Lecture and practical	Mark Brown & Maria Constantinou
1.00 – 2.00 pm	Lunch		
2.00 – 3.15 pm	The sporting hip and groin update - Case Studies/ Clinical Reasoning	Lecture and practical	Mark Brown
3.15 - 3.30pm	Afternoon tea		
3.30 - 4.30pm	Case Studies/Clinical Reasoning	Discussion/Practical	Mark Brown & Maria Constantinou
4.30 pm	Close		