

RCC LIVE WEBINAR

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Anti-inflammatory diets: What's the evidence?

with **Ben Steele-Turner**

Webinar Outline

This webinar will discuss the complex topic of anti-inflammatory foods and what this means for musculoskeletal health.

Learning Outcomes

- Understand what is meant by 'anti-inflammatory food'
- Recognise individual variations in response to consuming 'anti-inflammatory' foods
- Be able to summarise the best available evidence surrounding anti-inflammatory dietary patterns and musculoskeletal health

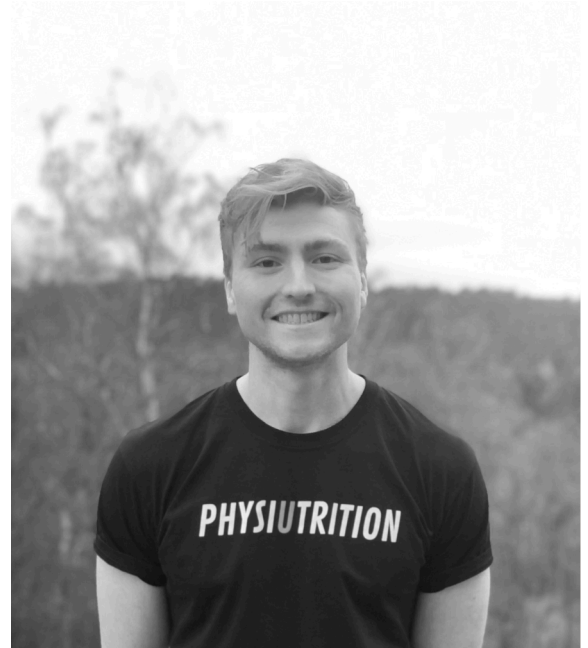
Speaker

Ben is a musculoskeletal physiotherapist. After completing his A-levels, Ben completed a Personal Training diploma and worked in a commercial gym setting for a year before beginning a BSc (Hons) Physiotherapy, from which he graduated with first-class honours in 2017.

Whilst studying, Ben became very interested in weight training and went on to compete in physique bodybuilding and fitness model competitions. This fuelled a personal interest in nutrition and, in particular, how nutrition and musculoskeletal therapy could augment each other. As a result, Ben returned to university, gaining a Human Nutrition MSc with distinction from the University of Surrey.

Ben has since been working as a musculoskeletal physiotherapist and associate-registered nutritionist. Ben primarily works from a private clinic in West Sussex with additional roles at Horsham RFC and England Athletics. Alongside this, Ben is the lead tutor on the Nutrition for Sport, Exercise & Injury module on the BSc (Hons) Sport Injury & Treatment programme at Peter Symonds Adult Higher Education College.

Outside of clinical and teaching work, Ben is currently completing a Professional Doctorate through the University of Portsmouth. His research project is based around integrating weight management and nutrition guidance to physiotherapist-led treatment of patients with knee osteoarthritis.



SEPTEMBER 2024

Wednesday 18th

19:00 - 20:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit: rcc-uk.org/rcc-events

Registration closes:
Wednesday 18th September 2024,
5pm

Chair: Julia Gover MRCC, LRCC
(Pain)