SPORTS FACULTY
RCC LIVE WEBINAR

REGISTER ONLINE
RCC-UK.ORG

The Royal College of
Chiropractors
#RCCAGM2020

Hamstring Injuries: A Chiropractor's Role in a Multidisciplinary Medical Team

With Nick Metcalfe FRCC (Sport)

Webinar Outline

Hamstring injuries continue to be a hot topic in sports medicine. Last year's "International Consensus and Delphi Study on hamstring injuries" highlighted some important considerations for chiropractors regarding managing hamstring injuries, and it seems experts are in agreement that the lumbopelvic area has an important role to play. So what factors are important and how might we test for it in a clinical setting? In this webinar, I will be looking into these lumbopelvic contributions to hamstring injuries and distilling the current research into some simple, clinical take-homes so we might increase our value in a multidisciplinary sports medical team.

Learning Outcomes

- Understand what international experts agree upon regarding the importance of the lumbar spine and pelvis in hamstring injuries.
- Understand what the current evidence is behind various lumbar spine and pelvis influences on hamstring injuries.
- Understand the accuracy or various lumbopelvic tests in a clinical setting.
- Understand how chiropractors can provide value in the prevention and treatment of hamstring injuries.

Speaker

Nick is a chiropractor with 16 years' clinical experience and 7 years' experience working in professional football (Fulham FC and Brentford FC). He currently consults twice per week with Brentford FC and owns two multidisciplinary clinics in south-west London. Nick has a special interest in lumbopelvic function and its influence on lower limb injuries. In a multidisciplinary sports medical team, he assesses spine, pelvis and hip function and co-manages both fit and injured athletes alongside the physios and soft tissue therapists.

NOVEMBER 2024

Wednesday 13th

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 13th November 2024, 5pm

Chair: Meriel Davis FRCC (Sport)