



Biomechanics, Sports & Remedial Therapies

76 Derby Road, Long Eaton, Nottingham, NG10 4LB. Tel: 0115 983 5780 Email: enquiries@sobsart.com www.sobsart.com



Acupuncture in the management of sports injuries and sports performance

Course Overview	<p>This course Integrate massage therapy, sports medicine and physical therapy with traditional Chinese and western acupuncture. It is designed for practitioners who have completed a Foundation/Introduction course in acupuncture and would like to further develop their skills in the use of Western and traditional acupuncture techniques in the management of sports injuries and sports performance.</p> <p>Acupuncture, acupressure, moxibustion and cupping already have a long history of helping Olympic athletes reach the best possible condition pre-Olympic and pre-event, as well as helping them recover faster and feel better following rugged competition. It is suggested that athletes utilising acupuncture recover from delayed onset muscle soreness (DOMS) and fatigue quicker. In addition Recent studies regarding the use of Traditional Chinese Medicine (TCM), specifically acupuncture, suggest that it can be successfully used for enhancing human performance from several different angles including improving concentration, modifying metabolic processes typically involved in extreme exercise, and improving recovery time for athletic-based injuries.</p> <p>This course will allow you to focus your acupuncture treatment on treating common sports injuries, which are seen on a daily basis. It will also cover methods of improving recovery following intense training or competition and utilising a number of acupuncture techniques and specific point that may assist in improving performance during activity. These methods have been employed for several years in China, which account for them doing so well at the Beijing Olympics.</p>
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Suitable applicants:	Health professionals who have already completed a foundation course in acupuncture with an interest in sports injuries.
Workshop Duration:	2 days plus pre and post course work.
Workshop Dates:	All applicants will need to be registered no later than 4 weeks before the course starts to begin their pre-course work.
CPD Points:	30
Fee:	£195
APO Members:	£180
Number of Students:	Maximum 10
For More Information Contact:	
Sharron Ashby	(Head of CPD)
Course Facilitators:	Steve Bailey (Principal) Temujin Eradhun Rob Smith

If you require any further information, please contact the school on:
0115 983 5780
Or email at:
enquiries@sobsart.com

The numbers of places available is limited to ensure a low student to clinician ratio. Therefore, please note that applications will be accepted on a "first come first served" basis.

Please send your application form and the appropriate course fee to:

SOBSART, 76 Derby Road, Long Eaton, Nottingham, NG10 4LB.

Day One

08.45 am	Registration
9.00 am	The nature of sports injuries: <ul style="list-style-type: none">- Western Medical and TCM perspective- Psychological cause and effects TCM and Western perspective- Biomechanics of running and nature of running injuries- Footwear and type of playing/running surface
10.45 am	Tea Break
11.00 am	Review of meridians and special points categories: Meridian massage techniques Practical session
12.30 pm	Lunch
1.30 pm	Assessment and management of: <ul style="list-style-type: none">- Golfers Elbow- Tennis Elbow- Shoulder injuries
3.15 pm	Tea Break
3.30 pm	<ul style="list-style-type: none">- Hamstrings and groin strain- Medial collateral and coronary ligament sprain- Osgood schlatters disease- Severse Disease
5.00 pm	Close

Day Two

9.20 am	Registration
9.30 am	<ul style="list-style-type: none">- Medial tibial stress syndrome- Lateral ankle sprain- Hallux limitus / turf toe- Stress fractures
10.45 am	Tea Break
11.00 am	<ul style="list-style-type: none">- Achillies tendonitis- Patelofemoral and Runners knee- Iliotibial band syndrome
12.30 pm	Lunch
1.30 pm	Effects of acupuncture on enhancing human performance in sports
3.15 pm	Tea Break
3.30 pm	Practical session
5.00 pm	Close

Sports Acupuncture Coursework

There are approximately 14 hours of supervised practical and theoretical training, which takes place within classroom and clinical settings. The remaining 16 hours are calculated as follows:

<p>Pre-course work</p>	<p>You will need to read up on the following subjects prior to attending the course: The kidney; bladder; liver; gallbladder; spleen and stomach meridians and points along these meridians from the toes to just above the knee joint. Familiarise yourself with the main function of each meridian with regards to the tissue structure it most relates to i.e. kidney meridian and urinary bladder meridians are indicated in the treatment of bone and joint conditions.</p> <p>Study the notes on:</p> <ol style="list-style-type: none"> 1. The main causes of musculoskeletal disorders in TCM 2. The five elements in relation to musculoskeletal assessment and diagnosis 3. General principle of point selection <p>Prior to attending the course you will need to familiarise yourself with the following special points and how they may be used in the management of musculoskeletal injuries:</p> <ul style="list-style-type: none"> - Command points - Xi-clef points - Saucer points - Luo-connecting points - Extra-ordinary points - Trigger Points 	<p>8 hours</p>
<p>After course work</p>	<p>Complete a research case study (2000 words) on an athlete you have treated using acupuncture, justifying your choice of points.</p> <p>You have up to 6 weeks following the course to complete and submit the case study</p>	<p>8 hours</p>

After the Course

SOBSART and The Acupuncture Practitioners Organisation will continue to provide on going advanced training and CPD courses for practitioners who have completed a suitable 80-hour foundation-training programme or an intermediate course.

Once you have completed this intermediate course, you will be invited to join The Acupuncture Practitioners Organisation. As a member, you will have:

- Access to the latest updates in research in Acupuncture and musculoskeletal conditions.
- The opportunity to participate in research by gathering information and collecting data about specific techniques to help enhance the development and utilisation of acupuncture.
- The opportunity to register onto our evening and weekend workshops and seminars for those wishing to have a greater understanding of Traditional Chinese Medicine and Western acupuncture.

Recommended Reading

Chris Jarmey and Ilaira Bouratnos, **A Practical guide to Acu-points**. Lotus Publishing, 2008. ISBN 9780954318840. £24.99

Gabriel Stux, Brian Berman and Bruce Pomeranz. **Basics of Acupuncture**. Springer-Verlag Berlin and Heidelberg GmbH & Co. K. 2003. ISBN 3540442731

Whitfield Reaves, **The Acupuncture Handbook of Sports Injuries & Pain: A Four Step Approach to Treatment**. Hidden Needle Press, 2009.