Shoulder and Elbow injuries and Rehabilitation in Overhead Athletes

This course is a comprehensive look into shoulder and elbow injuries in throwing/overhead athletes including tennis, baseball, cricket and volleyball. In the course, we will cover in detail all the theoretical underpinnings of functional anatomy, biomechanics and pathology; then link this to the practical outcomes of rehabilitating elite athletes. Uniquely, the course is run in a full gymnasium setting so there will be a big emphasis on seeing a vast array of rehabilitation drills, and putting into practise what is learnt. As well, the course will cover real case studies of the rehabilitation of professional athletes. The course is run by a leading Sports Physiotherapist who has worked around the world including the London Olympics and regularly still consults with players from the ATP world tennis tour and Tennis Australia. By the end of the course, you will achieve a deep understanding of how and why the structures around the shoulder and elbow break down and how you can go about restoring full function.

Presenters

Sean Fyfe is the founder and Director of Performance Physio, Fitness and Sports. He is a leading Sports Physiotherapist, Masters Level Exercise Scientist (Strength and Conditioning) and Tennis Australia High Performance Tennis Coach. Sean has worked around the world in many capacities including the London Olympics, ATP World Tennis Tour and as Physiotherapist for London’s West End Shows. He is well known for his work as an author for Sports Injury Bulletin and Peak Performance and as an educator and presenter for Tennis Australia including the Australian Open Coaches Conference. Sean regularly consults to professional athletes from tennis, soccer and golf in particular. He specialises in high-level rehabilitation and injury prevention, and combining his sports medicine, rehabilitation and strength and conditioning knowledge for specialised Physical Performance Programs.

Scott de Wever is an Exercise Physiologist with over 10 years’ experience in the fitness and rehabilitation industry. Scott specializes in adolescent athletic conditioning, particularly in the sports of tennis and golf and has a particular interest in musculoskeletal rehabilitation, specifically related to the knee and shoulder and return to sport/daily function. Scott’s approach to treatment is to enhance an individual’s understanding of their own body’s mechanics; he believes patient education is the key to long-term independent management of conditions.

Schedule

Toowong, Brisbane, QLD: 9:30am-4:30pm; Saturday 7th October 2017 (7 CPD points)

On the day:

Includes tea & coffee, lunch will be provided along with printed handout and USB with exercises performed on the day including images, videos and descriptions. If you have any dietary restrictions please make it known on your registration form.
Contact Details

Name: Scott de Wever
Company: Performance Physio + Fitness + Sports
Phone: 0409 262 715 or (07) 3870 1861
Email: sdeerwever@performancepfs.com
Website: www.performancepfs.com

Registration

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<th>Members</th>
<th>$260</th>
<th>Student Members</th>
<th>$200</th>
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Payment Details:

Tax invoice

☐ Please forward me a tax invoice for payment

Cheque

☐ I have attached a cheque (addressed to Sean Fyfe)

Bank Transfer

☐ Name: Sean Fyfe Holdings Trust

BSB: 084 447  Acc: 86 347 0083

*Please place your name and ‘Shoulder’ on the bank transfer.

Credit Card

☐ I authorise Performance PFS to debit the following card for the amount of $__________

☐ VISA ☐ MASTERCARD

Card number: __________ / __________ / __________ / __________

Name of cardholder: ___________________________________________

Signature: ___________________________________________________
Terms & Conditions:

Upon registering to an ESSA accredited and Performance PFS Professional Development course, you automatically agree to the following terms and conditions.

Registration Fees – fees are listed with all marketing materials, please ensure you register within your appropriate fee definition.

Cancellation Policy – If you wish to cancel your position within the course you must provide written notice to the contact details provided by Performance PFS staff. Cancellation fees are as below.

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<th>Days Prior to Workshop</th>
<th>Cancellation Fee</th>
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<tr>
<td>35+</td>
<td>Full refund provided</td>
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<tr>
<td>35-21</td>
<td>25% of your registration fee</td>
</tr>
<tr>
<td>20-0</td>
<td>100% of registration</td>
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Substitution Policy – Substitutions or replacements are welcome, 5 working days’ notice is required, providing full details of the person accepting the new registration to Performance PFS staff.

Payment Policy – All payment must be completed prior to any registration being confirmed. Payment can be made by the variety of options made above.