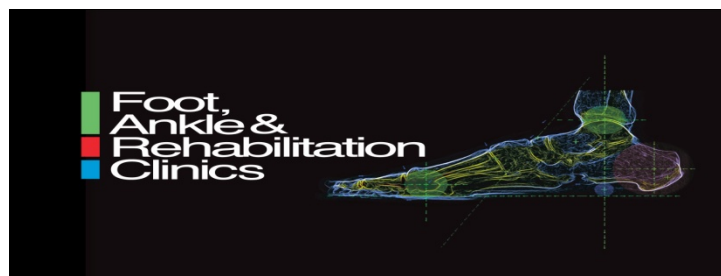


1 day Sports Medicine Seminar



Presents a 1 day *Sports Medicine Seminar* focusing on elite sports management. We are inviting all allied health professionals, doctors, surgeons, exercise physiologists and sports trainers with an interest in sports medicine.

When: Saturday 22nd of November, 2015 (9 to 5pm)
Where: Aurora Stadium (York Park) Inveresk and York Park Precinct, Launceston
Cost: \$250 / \$200 (for full time students)
Contact: 6327 1920 or email j.cook@farc.com.au

<https://www.facebook.com/footankleandrehabilitationclinics>

Program

TBC

Confirmed Speakers:

Blake Mclean: Sport Scientist, Strength & Conditioning Coach



Blake has been involved in elite team sports for the past 8 years as a sports scientist and strength and conditioning coach. Initially working in the National Rugby League with the South Sydney Rabbitohs as a Strength and Conditioning Coach while also completing applied research examining different methods monitoring fatigue during the season. He then moved to the University of Texas at Austin where he worked closely with the Longhorns Basketball and Soccer programs. Here Blake continued his research in examining fatigue throughout a team sport season (soccer), using a novel inertial load cycling technique to quantify neuromuscular fatigue. After completing his studies in Texas, Blake joined Collingwood Football Club, working on a joint research venture with Australian Catholic University to investigate the efficacy of different hypoxic training techniques for improving running performance in AFL players. Blake recently completed his PhD in this area (hypoxic training) and finished the 2014 season working with Collingwood as a Sports Scientist and Strength Coach.

Ben Cunningham B OT, M Clin Sci (Hand & Upper Limb), Member of the Australian Hand Therapy Association



Ben is a director of Action Rehab and manages a team of 9 Physiotherapists and Occupational Therapists. Ben has over 16 years' experience providing hand and upper limb therapy, and is currently the Hand Therapist at the Collingwood Football Club. Ben's previous roles included three years working in the United Kingdom at the Queen Victoria Hospital and eight years as the senior clinician at The Alfred Hospital in Melbourne

Ben completed postgraduate Masters of Clinical Science (Hand & Upper Limb) through Curtin University in 2006. Ben is currently an Adjunct Lecturer at Monash University where he has teaches both undergraduate and postgraduate Physiotherapy students

Ben is a full member of the Australian Hand Therapy Association (AHTA) and has held previous roles on the management committee. Ben is the author of the Hand Trauma and Fundamentals of Hand Therapy workshops run through the AHTA and presents on these locally and interstate. Ben has taught both here in Australia and overseas on the specialist area of hand trauma and biomechanics

Ben's special interests are in sports biomechanics and hand trauma and through his role at Olympic Park Sports Medicine Centre he treats a number of elite athletes including players from the AFL, NRL, A-league, Cricket Australia, Melbourne Victory and Netball Australia. Ben has led the way in the treatment of complex intra-articular fractures in the hand, thumb and digits, presenting at national and international conferences.

Jason Cook: Podiatrist



Jason is a director of Foot, Ankle & Rehabilitation Clinics that have practices in Melbourne and throughout Northern Tasmania. He has worked as a consultant Podiatrist to Chelsea Football Club, Saracens Rugby Club, and the England Institute of Sport. He was assistant director of podiatric services at the Manchester Commonwealth Games in addition to attending the Athens Olympic and Melbourne Commonwealth Games. He has a special interest in all things musculoskeletal concerning the foot and ankle.