



RCC Sport and Exercise Faculty CPD Event

Crucial cruciates, mucked-up menisci & ski biomechanics

Dates: 14th- 16th January 2018

Venue: Hôtel L'Hermine Blanche, 414 Chemin du Mas Metout,
74110 Morzine, Haute-Savoie, France

Event outline: A series of three two-hour seminars on ski biomechanics and the management & rehabilitation of injuries associated with skiing including an overview of current surgical procedures and case studies.

Speakers:

Jesper Dahl DC CCSP CCEP FRCC (Sport)

Jesper Dahl is a Sports Chiropractor & Rehabilitator based in Maidstone, Kent with 27 years of clinical experience. He has a keen interest in the diagnosis and management of all musculoskeletal injuries, and how this management is optimised towards full rehabilitation. He has worked with athletes in various sports and at major sporting events and competitions. Jesper has taught seminars for the past 15 years both nationally and internationally and enjoys changing complex physiological concepts into simple clinical applications.

Craig McLean DC B.App.Sci.(Chiro)

Craig McLean is a chiropractor and renowned Ski Injury expert based in Putney, London. He graduated from the Royal Melbourne Institute of Technology (R.M.I.T) Australia in 1994 and took over Putney Chiropractic Centre in 2002. He worked with Sophie Hosking, (the Gold Medalist in the lightweight women's double scull) in the lead up to London 2012 Olympics and was the chiropractor for the GB canoeing team. He has many years' experience in skiing biomechanics and is part of the Biomechanics and Physiology team for the Warren Smith Ski Academy. He is also health and fitness editor for Ski and Board magazine.

Learning Outcomes include:

- An understanding of conservative management of knee injuries with internal derangement
- A comprehension of diagnosis and criteria for conservative management
- A knowledge of criteria for surgical referral
- A review of therapeutic techniques
- An awareness of the principles of rehabilitation
- An understanding of optimal biomechanics for Skiing.

Associated Ski Trip

This series of three seminars is being provided by the RCC in Morzine, France, but registration is via Tim Button FRCC (Sport) who has independently organised a travel, accommodation and ski package to enable delegates to attend the seminars.

For full package details, please visit this link: <http://bit.ly/MorzineSkiTrip>

To register and for any other details, contact Tim Button directly at:
tim@clevechiropractic.com or call his clinic on 0117 957 5388 and mention 'Ski Trip'.