

BODY SHAPE AS A PERFORMANCE AND FUNCTION INDICATOR FOR ATHLETES, AND INDUSTRIAL WORKERS

**SATURDAY 18TH MAY 2019
CROWNE PLAZA, PLYMOUTH PL1 2HJ**

EVENT OUTLINE

This seminar will offer an ergonomic insight into the human structural framework. Using a hands-on approach, delegates will gain an understanding that, regardless of whether the patient is an athlete or an industrial worker, their body's performance, function and protective responses can be analysed, thereby directing diagnosis and designing individual treatment programmes.

A detailed functional assessment focuses on each individual's body symmetry and spatial awareness; simple tests giving a numerical assay. These scores act as a performance indicator as well as providing evidence of the relative efficacy of any proposed treatment in the lead up to competition, thereby helping to avoid overload. Solutions designed to fit the individual athlete rely on the body's systems employing feedback, feedforward and neural pattern generators such as the myotatic reflex arcs and 'muscle memory'. Using simple methods of neural re-programming, treatment is designed to improve both the individual's everyday function and their performance at work or in competition.

SPEAKER Bernard Masters FRCC (Ortho)

Bernard Masters initially trained in design engineering before graduating from AECC in 1979, when he and Itsuo Sugiyama were jointly awarded the ECU's Thesis Prize. Bernard holds a PhD and degrees in Education (BEd Hons), and Publication (MA Pub) and a Diploma of the American Chiropractic Neurology Board (DACNB, USA). He is a Fellow of the Royal College of Chiropractors' Rehabilitation and Exercise Faculty, a Specialist Fellow of the European Academy of Chiropractic (Neuro), a Senior Associate Member of the Royal Society of Medicine and an Associate member of the Chartered Institute of Ergonomics and Human Factors.

Convenor: Bernard Masters FRCC (Ortho)

PROGRAMME

09.00 - Registration
09.30 - Seminar begins
17.00 - Close
Lunch is included

REGISTRATION FEES

RCCSEE Members: £89
RCC Members: £99
Non-Members: £135

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****