



The South African
Society of Physiotherapy

**The First South African Sports
Physiotherapy Congress**
For Physios hosted by Physios
The Sports Physiotherapy Group of the SASP

From Plinth to Podium
A Journey from pre-injury to rehabilitation

The **Inaugural Sports Physiotherapy Congress** will take place from the **5th to the 6th of November 2010** at the **St. Georges Hotel, Olifantsfontein, Gauteng.**

The conference will focus on the physiotherapist's role in sports medicine including ***preventative treatment, acute and chronic injury treatment and final stage rehabilitation.*** The congress will be in the form of ***national and international keynote addresses, interactive workshops and a tradeshow.*** ***Free papers*** will also be presented.

The following keynote speakers have confirmed:

Prof Hakan Alfdredson:

Sports medicine physician and tendon expert from Sweden and founder of the ground breaking tendon scraping technique.

Dr Wayne Diesel:

Former Bok rugby physio; current Medical director at Tottenham Hotspur Football club in the English premiership.

Helen Millson:

Former Stormers rugby physio, among many other SA sports physio positions; current position in the UK is Elite Clinical Client Relationship, IPRS Ltd

Dr Marie-Elaine Grant:

Lead Physiotherapist for the Olympic Council of Ireland, in Dublin.

The program will include presentations from well known South African speakers such as:

- Doug Heel (Muscle Activation),
- Tanya Bell (Shoulder Rehabilitation),
- Corina Avni (the core and the pelvic floor),
- Clint Readhead (SARU and the Boksmart programme),
- Dr Steve Stavrou (Dry needling in sport)

You are invited to submit an abstract for presentation by 15th of June 2010. Full details can be obtained by contacting Megan Smith at manager@saphysio.co.za. Presentation format: 5 slides 5 minute talk and 2 minute question session.

Cost: R1400 SPG members
R1600 SASP members
R2000 non-members

16 CEU applied for, including 4 ethics points

The Congress Chair is Ria Sandenbergh, please direct any questions directly to her at sandenbergh1@icon.co.za

Registration forms and further programme details will be available in April/May 2010.