



## Sports Injury Technician Association of Europe

presents

### Managing Sports Injuries in Gymnastics

Saturday 26<sup>th</sup> January 2008 – Stephen's Green Hotel, Dublin - 10.00am to 5.00pm



For the first time in Ireland, the Sports Injury Technician Association of Europe is presenting a series of 18 specialist sports first aid and injury management courses. To inaugurate this ground-breaking initiative, the sport of gymnastics has been chosen and the course will be presented in Dublin on Saturday 26<sup>th</sup> January 2008. It is a certified specialist sports first aid and injury management course for coaches, athletes, and parents.

#### Who should attend?

Firstly, ALL coaches should attend as this is the only time the course will be held in Ireland (incl. NI) during 2008 so it will not be held here again until 2009, though the course is run in 28 countries. Secondly, athletes (from 15 years upwards) should be interested in attending as information relating to rehabilitation of injuries will also be provided. And finally parents who may wish to have a better understanding of gymnastics injuries and possible developmental anomalies in their children. Clubs should not simply nominate one person from their club to attend this vitally important course. This course is, after all, an investment in the future welfare of a club's athletes. Please don't be put off by the medical terms used in the course content. The course IS for non-medical people.

#### What is covered on the course?

Soft tissue injury management, bleeding (external, internal), dislocations, fractures, CPR, concussion, spinal injury management, body piercing, skin tears, capsulitis, scaphoid fractures, hamate fractures, ulnar impaction syndrome, distal radius stress fractures, carpal stress fractures, carpal tunnel syndrome, wrist ganglia, supraspinatus strain, rotator cuff tendonitis, impingement syndromes, bicipital tendonitis, subacromial bursitis, sternoclavicular and acromioclavicular sprains, shoulder dislocations, triceps tendonitis, medial & lateral epicondylitis, osteochondritis dissecans, elbow dislocation, anterior cruciate ligament sprains, cartilage tears, patellar subluxations and dislocations, Osgood-Schlatter's disease, patellar tendonitis, iliotibialband friction syndrome, Sinding-Larsen-Johansson syndrome, patellofemoral syndrome, chondromalacia patellae, Scheuermann's disease, Schmorl's nodes, disc injury, spondylolysis, spondylolisthesis, capsulitis, anterior impingement syndrome, Achilles tendonitis, plantar fasciitis, Sever's disease.

Participants receive a pan-European certificate, valid for 3 years, meaning the standard of training and certificate is equal throughout Europe.

#### How much does it cost, how do I book, what if I can't turn up on the day, and where can I find further information??

The course including bullet point notes and certificate is €55 per person. You may book on-line by credit card. Go to [www.sitae.org](http://www.sitae.org) Early booking is very strongly advised as attendance is limited due to the practical nature of the course. Your booking IS transferable but we cannot refund anyone for non-attendance. Your nominee should reimburse you. There is a dedicated e-mail which is [gymnastics@sitae.org](mailto:gymnastics@sitae.org). We welcome your enquiries.

This is the ONLY hosting of the gymnastics course in Ireland for 2008