



# Sports Injury Course

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## Topics Being Presented:

Sports Training Principles  
Strength Training  
Stretching  
Yin Yoga  
Soft Tissue Injury  
Overtraining  
Rehabilitation  
The Sporting Case History  
Sport Verses Health  
Adaptations To Different Populations  
Performance Psychology  
Assignment

## The Three Causes of Sports Injuries:

Lack of Training  
Overtraining  
Incorrect Training

&

Unlucky!?

## Purpose of Lectures:

Introduce some existing and some new ideas about the onset and management of sports injuries.  
To provide a framework for you to use in how to assess and manage sports injuries.  
To share some ideas so I can learn from you!

## Your Learning Outcomes:

To be able to give advice about how someone trains in order to improve their performance as well as prevent injury.  
To effectively construct a rehabilitation program for a sports injury.  
To understand how sports injuries occur and how to treat them.

*Your hands-on treatment of a sports injury is no different from how you treat most of your patients.  
The difference lies in the onset and the management of the individual and how quickly they can respond.*



**Key Concept!**

## How to use this study guide:

This study guide is intended to help you with the course in Osteopathic Sports Injuries. It is not a substitute for lectures and recommended reading - many ideas, concepts and information will be presented but will not make sense without attending the lectures.

## Aims:

The aim of the course is to enable you to discover how you can treat and manage a rehabilitation program for a sports injury without having to constantly go online and download a one size fits all approach.

I personally prefer to treat people as individuals and tailor rehabilitation programs to suit the individual based on scientific as well as experienced concepts.

We come into osteopathy from various backgrounds, some of you will already have knowledge of sport and training methods with your own understanding, whilst others come with a completely blank canvas with no pre-existing knowledge. The course is designed to teach you principles rather than an ABC method, allowing you to develop as a practitioner and apply the theory into practice based on a foundation of knowledge to be presented.

## Design of the guide:

The guide is designed to help you by providing information but also to be filled in allowing you to be an active learner and to stimulate ideas to be explored in your own time both as an under & postgraduate student.

## Side Headings:

**Key Concept!**

⇨ **Expand on this in your own time!**

**Important Question!**

**Know the definitions of these!**

⇨ **Link to rehabilitation!**

**Think/Lookup.....**

**Remember!**

**Recommended reading.**

[Look at web links too!](#)

Where questions are put, both within the text and side margins, spend time thinking about them. Don't skip over them because you can't be bothered. You will need these answers and thoughts within the clinic. Without this self reflection you will not progress as either a student nor as a qualified practitioner.



**Question:** What are your own goals from this course?

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*Light Bulb Moment!*

THE ORIGINS OF SPORTS MEDICINE:  
<https://www.aspetar.com/journal/viewarticle.aspx?id=322#.Xbl5o-j7SUK>

*⇨ Expand on this in your*

## Philosophy of Sports Medicine!

Nothing is as practical as a well developed philosophy about life and medicine. It can give you direction, it can guide you through everyday situations, it can interpret events that are thrown at you.

For me philosophy means the pursuit of wisdom; it can help answer fundamental questions about what, why and how. My philosophy is unique to me in how I view people and relationships with them. It entails the values that I hold about all these.

Do you know the condition of your own mind? Is your philosophy of life well formulated? Is your philosophy of osteopathy well defined? Or are you uncertain about your beliefs on important issues in life and in treating sports people? The key to developing a philosophy of osteopathy and of life is coming to know yourself.

So why start a course on osteopathic sports medicine with an introduction to philosophy? Philosophy is the foundation of psychology! Philosophy is derived from self awareness and self awareness is an objective of psychology. The information about sports medicine presented will be understood and related to, in substantially different ways depending on your own experience and philosophy.

The presentations provided will give you a road map to treating and managing sports injuries, but it's up to you to select the right roads. A principle consists of beliefs or principles that serve as guides to action. These principles help you cope with many of life's

*own time!*

**Key Concept!**

**Brain workout!**



**“The beginning of philosophy is to know the condition of one’s own mind.” Epictetus**

⇨ **Expand on this in your own time!**



**If you don’t know where you are going - any road**

situations. Often some of your beliefs or principles are formative; events lead those developing principles by placing you in situations where you are uncertain about the best way to respond. But when you do respond, the consequences are evaluated against your principles. If the evaluation is favorable, it strengthens your principle. If it is unfavorable, and repeatedly so, you search for a different principle or belief.

Some therapists, however, give little consideration to this evaluative process. They consequently have a philosophy that is insufficiently developed to meet the demands of therapy. Others form philosophies that are less favorable and less productive in achieving their objectives.

Developing a useful philosophy involves two major tasks. The first is to develop greater self awareness, to come to know yourself better. The second is to decide what your objectives are as an osteopath, which in turn will shape the way you see your role as a sports therapist.

**will get you there!**



**"If I can supply you with a thought you may remember it or not. But if I can make you think a thought for yourself, I have indeed added to your stature."** Elbert Hubbard

