



West Coast Health

AND HIGH PERFORMANCE

LOWER LIMB REHABILITATION: **FROM INJURY** **TO RETURN TO PERFORM**

WHEN - Saturday 21st - Sunday 22nd November

WHERE - Mineral Resources Park, Lathlain.

CLICK [HERE](#) TO REGISTER or SCAN THE QR CODE



Registration Form

WCH are delighted to invite you to a weekend of practical based learning at our brand new facility at Mineral Resources Park in Lathlain – the home of the West Coast Eagles.

This course is aimed at Physiotherapists and Allied Health and Exercise providers. We will demonstrate the practical journey from the onset of injury through the rehabilitation process and finally return to sport and high performance.

We have presenters from various disciplines: Sports Physiotherapists, two Orthopaedic Surgeons, an Exercise Physiologist and a former professional athlete to name a few.

Learn how to bring high performance into your private practice. You will be shown unique exercises in order to achieve the best outcome for your clients.



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Chris Perkin

Specialist Sports Physiotherapist who leads the team as the Director at West Coast Health with over 20 years of experience in the field of Sports Physiotherapy. Chris has worked with the West Coast Eagles for over 15 years where he has been involved in two premierships and four AFL Grand Finals. He is an expert in the field of sport injuries and ongoing pain related problems. Chris also consults with many Sports teams, physio's and Insurance companies on client's cases and provides second opinions for other physios and health professionals.



Steve Allan

Steve has recently returned to Perth after working for the Melbourne Football Club for the past 5 years. He is now the Head Physiotherapist for Australian Olympic Women's Hockey team. Steve has a special interest in treating injuries of the lower limb and combines his clinical time with teaching Post Grad students from Latrobe University.



CALL TODAY OR BOOK ONLINE

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Community access to clinical experts



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Dr Dror Maor

ORTHOPAEDIC SURGEON

Coastal Orthopaedics

PH: (08) 9230 6333 website <https://www.drormaor.com.au/>



Dr Maor is an Orthopaedic Surgeon specialising in knee, foot & ankle with extensive experience in the paediatric, adult and especially athlete population. Dror completed fellowships at the world renowned Fortius Clinic in London working with some of the world's best knee and foot & ankle surgeons. He then did further fellowships and worked in the United Kingdom, Europe, Israel and United States. He joined Chelsea Football Club as a Consultant and on their tour to Australia and, worked with English Cricket, French Football and Rugby and numerous professional tennis players and Olympic Athletes. Dror is a Consultant orthopaedic surgeon for several professional sports teams in Western Australia, as well as does private surgical work for Coastal Orthopaedics with a public appointment at Perth Children's Hospital and Fremantle/Fiona Stanley Group.

Presenting on: Syndesmosis and Navicular – A Surgeon's Perspective.

Dr Peter D'Alessandro

ORTHOPAEDIC SURGEON

Coastal Orthopaedics

PH: (08) 9230 6333 website <http://www.drpeterdalessandro.com.au>



Dr D'Alessandro specializes in arthroscopic reconstructive surgery: ACL & Multi-Ligament, Knee Reconstruction, Arthroscopic Shoulder Instability and Rotator Cuff Surgery, Hip Arthroscopy, Workers Compensation and Surgery for Athletes. Peter is one of the few fellowship trained Hip Arthroscopy Surgeons in Western Australia. He combines his busy surgical schedule with being the Director of the Orthopaedic Research Foundation Western Australia and also consults to Western Australia's professional sporting teams. He has international experience in Europe and North America working with elite athletes across a range of sports and also completed training at the Fortius Clinic in London.

Presenting on: Hip Arthroscopy - When to operate.



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Darryn Sargant

PODIATRIST

Peak Podiatry

PH: (08) 9388 9999 website <https://peakpodiatry.com.au>



Darryn is an experienced sports podiatrist with a blend of more than 20 years in private practice and involvement with elite athletes and sports medicine teams. Darryn has undertaken post graduate studies and has received Fellowship of the Australasian Academy of Podiatric Sports Medicine. Career highlights include the Sydney 2000 and Athens 2004 Olympic Games and Melbourne 2006 Commonwealth Games.

Presenting on: Lower Limb Mechanics.

Anthony Jones

EX AFL PLAYER

Current S & C Coach at the West Coast Eagles



Anthony played over 80 games and 9 seasons for the Fremantle Dockers, and the winner of the 2007 Sandover Medal. During his career, he was forced to miss many games due to injuries to his knee, foot, hamstring and shoulders. Since 2009, Anthony has been a strength and conditioning coach for the West Coast Eagles football club, focusing mainly on the rehab group. His professional qualifications include a Bachelor of Science majoring in sports science at Edith Cowan University. Anthony's perspective from having played at the highest level, coping with many injuries of his own as well as now coaching rehabilitating athletes gives him a unique insight into long term return to performance programming.

Presenting on: Conditioning in Rehab.



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SCHEDULE

DAY 1 Saturday 21st November

TIME TOPIC and PRESENTER

7:45	Registrations and Introductions
8:00	Tour of the West Coast Eagles Facilities and West Coast Health Gymnasium: Chris Perkin
8:15	Assessment of the Sporting Foot and Ankle - What Not to Miss: Steve Allan
9:00	The Syndesmosis – A Surgeon's Perspective on Clinical Decision Making: Dr. Dror Maor
9:45	Morning Tea
10:00	Practical - Foot and Ankle Assessment and Decision Making: Chris & Steve
11:00	The Sporting Hamstring – Clinical Based Criteria for Assessment & progression: Steve
12:30	Lunch - Laika Cafe
1:00	Hamstrings and Hips – 'When to Operate?': Dr. Peter D'Alessandro
2:00	Hip & Groin 'From the Elite Athlete to Hip Replacement' Assessment & Practical: Chris
3:00	Afternoon Tea
3:15	Real Patient Assessment of a Complex Lower Limb: Chris
4:30	Finish – Snacks, beer & wine

DAY 2 Sunday 22nd November

TIME TOPIC and PRESENTER

7:45	Arrive & Register
8:00	Lower Limb Strength Exercises & How to Progress in a Rehab Setting Practical: Chris
9:00	Return to Run Drills and Sport Specific Progressions: Steve
10:00	Morning Tea
10:15	An Athletes Perspective on Long Term Injury: TBC
11:00	Lower Limb Mechanical Assessment - 'What can I do Differently as a Physio?': Darryn Sargent
12:00	Lunch - Laika Cafe
12:30	Plyometric Rehab Progressions in Rehab Practical: Chris & Steve
1:15	Conditioning in Rehab - How to do this in the Private Practice Setting: Anthony Jones
2:00	Afternoon Tea
2:15	Performance Testing - VO2 Max Testing, Biodex, DEXA: Chris & Steve
3:15	Wrap-Up, Q & A - Snacks, beer & wine.