



SANDRINGHAM SPORTS PHYSIO (SSP) MENTOR PROGRAM

OUTLINE

PHASE ONE

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CLINICAL OUTCOMES

1. The **SSP** New Episode Checklist
2. The Subjective/Objective Assessment Link
3. Teamwork & being a Team-member at **SSP**
4. Re-Bookings
5. Professional Profile & Behaviour
6. Professional Interactions
7. Time Management

PHASE TWO

USE OF TECHNOLOGY AT SSP

8. Real Time Ultrasound Series

- *TA, PF, Mf, Glute med min, QF, Iliacus, adductors*



9. Pro Ice Inservice



10. Multi-Cervical Unit - Capabilities (*one hour*)



11. Dartfish Video Analysis Software and Analysis Template on Frontdesk

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PHASE THREE

CLINICAL ASPECTS

12. The GEMt Needle Technique Multi-Cervical Unit
- Capabilities (*one hour*)



13. Multi-Cervical Unit - Full Training (*2 days*)
• Including *Acute WAD guidelines*
14. Acute Injury (*Sporting*) Management Guide
15. High Functional Knee Testing
16. Achilles Tendon Rehab
17. Hand Splinting
18. Tendinopathy - *Theory*
19. Tendinopathy - *Assessment*
20. Tendinopathy - *Body Region Rehab*
21. Femoro-acetabular Impingement
22. Radiology of the Hip
23. Hip and Groin Assessment and Rehab
24. A-C Joint rehab
25. Cervicogenic Headache
26. Chronic Non-Specific LBP
27. Plantar Fascia/Nerve Entrapment
28. Golfing Injuries
29. Pelvic Girdle Pain
30. Lateral Hip Pain
31. TMJ

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PHASE THREE

CLINICAL ASPECTS

32. ACL reconstruction rehab
33. Hamstring strain rehab
34. Pilates for Runners
35. Mulligan MWM
36. Agility training
37. Vertigo
38. Netball KNEE Program
39. Shoulder Rehab
40. Lateral Elbow Pain
41. Psoas Rehab

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