

# SPECIALIST CLINIC: SPORTS CLINIC

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## INTRODUCTION:

Welcome to the Sports clinic which re-opened in April 2017 and offers specialist treatment to those who have an injury which is preventing them from training or competing in their chosen sport or performing art discipline. This is a student led clinic with two lists where students work in pairs to assess, treat and formulate an appropriate individualised management plan for each patient (including exercise prescription).

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## CONTACTS:

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## CLINIC LOCATION:

UCO Clinic Building, Southwark Bridge Road

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## CLINIC TIMES:

Thursday Mornings: 09:00 – 13:00      Tutorial: 09:00 – 9:40

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## APPOINTMENT TIMES:

09:40 – 12:20 (NP 1 Hour and 20 mins; OP 40 mins; 2 lists)

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## MEETING POINT:

Team 1 Team point

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## ROTATION PERIOD:

6 Weeks Term Time / 1-4 weeks Holiday Periods

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## CLINIC ATTIRE:

Normal clinic attire, please see the Student Clinic Handbook for more info:

[http://intranet.uco.ac.uk/guidelines\\_and\\_handbooks/](http://intranet.uco.ac.uk/guidelines_and_handbooks/)

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## ATTENDANCE POLICY:

If you are unable to attend, please email Student Absences and copy the tutor in, or phone UCO Clinic Reception; for more information, please see the Attendance Policy:

[http://intranet.uco.ac.uk/policies\\_and\\_procedures/](http://intranet.uco.ac.uk/policies_and_procedures/)

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## RECOMMENDED READING:

Brukner, P., 2012. *Brukner & Khan's Clinical Sports Medicine*. North Ryde: McGraw-Hill.

Co-Kinetic Journal- <https://www.co-kinetic.com/>

British Journal of Sports Medicine (BJSM)- <http://bjsm.bmj.com/>

Physio Edge Podcast- <https://www.clinicaledge.co/podcast>

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## AIMS AND OBJECTIVES:

- To enable you to take greater professional responsibility for the care of patients in osteopathic practice, whilst becoming familiar with the concept of clinical uncertainty in the professional setting of osteopathic practice, with appropriate support and guidance.
  - To encourage you to develop practice management skills within the context of a multi-professional approach to health care and apply these skills critically and reflectively.
  - To facilitate you to become competent in developing reasoned osteopathic hypotheses that explain patients presenting symptoms and demonstrate an ability to integrate a broad range of knowledge appropriately.
  - To enhance your skills of osteopathic evaluation and enable these skills to be applied in a balanced, critical and reasoned fashion.
  - To enable you to formulate appropriate, effective osteopathic management and treatment plans within the context of multi-professional approaches to health care.
  - To develop inter and intra professional communication skills in support of patient care.
  - To expand the application of reflective practice in guiding your progress and development.
  - To gain a basic understanding of x-ray, MRI and CT images and reports and how they inform patient care.
  - To develop an understanding of common sports injuries and their management.
  - To develop an understanding of the principles of injury rehabilitation and to practice applying individualised progressive rehabilitation plans under supervision.
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## LEARNING OUTCOMES:

- Recognise, interpret and evaluate the multi-factorial nature of presenting patients so as to develop reasoned diagnostic and conceptual hypotheses appropriate to the individual with minimal supervision.

- Demonstrate, in a reasoned and logical fashion, the ability to examine a patient using a range of appropriate examination processes and techniques and critically analyse your findings in relation to other data available to you.
- Demonstrate, with minimal supervision, the ability to engage in clinic reasoning using a range of evidence to help formulate an osteopathic evaluation for your patients, and to justify your knowledge base.
- Identify, prioritise and manage patients with minimal supervision who present with a combination of factors, and devise an appropriate range of management strategies, which may then be explored with the patient.
- Identify and apply a range of management approaches to patients with sports injuries.
- Develop relevant and appropriate manual treatment strategies with minimal supervision taking into account the complexity of the biomechanical as well as psycho-social aspects of the patient's problems.
- Develop advanced musculoskeletal examination techniques to include functional movement testing, dynamic movement assessment and the selection of relevant orthopaedic tests and objective measurements.
- Identify, manage and take responsibility as a professional for the clinical decision making process within agreed guidelines and with minimal supervision.
- Communicate effectively and professionally with all relevant parties involved in the care of the patient.