Nick Grantham

Nick has become recognised as a specialist in athletic preparation and has worked in high performance sport for more than 15 years. He has worked closely with professional, National Governing Bodies and home institute medical teams assisting in the management, monitoring and implementation of injury management programmes.

Nick continues to develop his knowledge of advanced training concepts and evidence based training principles.

A sought after ‘expert’ Nick has presented seminars and practical workshops for the Football Association, BASEM, British Olympic Association and UK Strength & Conditioning Association. Nick has successfully transferred his detailed knowledge of training athletes into the public arena for rapid results and has a great ability to make the complex seem obvious and simple, making it easy to apply in your clinics.

Nick will show you simple evidence based principles that will allow you to produce effective rehab and reconditioning programmes that meet your client’s needs. Nick will show how effective programme design will improve compliance and rehabilitation outcomes.

08:30-09:00 - Registration

SESSION ONE - Injury Reduction and Rehabilitation
In this session Nick will provide an overview how strength and conditioning actually links with other allied health professionals as part of the rehabilitation process. Nick will discuss the role of strength and conditioning in injury reduction and performance enhancement and show you that an ‘athletic’ approach to training and rehabilitation is more than just lifting big heavy weights.  Delivery: classroom and hands on

SESSION TWO - 21st Century Injury Reconditioning
In this session Nick will discuss the range of novel interventions and conditioning techniques that he uses with his clients on a daily basis. He will share strategies used to get athletes back to full fitness in time for major competitions. Learn why Nick loves pool based training sessions, how he uses an old bodybuilding technique (occlusion training) and how isometrics and hypoxic training can help load-compromised athletes.  Delivery: classroom and hands on

SESSION THREE - Modern Rehab Programme Design
In this workshop Nick will show you why rehabilitation programme design principles from the 1940’s are simply not acceptable. Rehabilitation programme design and exercise selection are simple concepts that we make more complex than necessary. Nick will show you simple evidence based principles that will allow you to produce effective rehab programmes that meet your client’s needs. Nick will show how effective programme design will improve compliance and rehabilitation outcomes.  Delivery: classroom

SESSION FOUR - Movement Quality Training
Movement quality training is a fundamental component of rehab that can significantly impact the quality and effectiveness of a programme Nick will discuss the importance of movement quality training and will explore a range of strategies including pre-activation drills, soft tissue techniques, flexibility and mobility and lifting complexes.  Delivery: classroom and hands on

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PLACES ARE EXTREMELY LIMITED
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