

USA Rugby Sports Medicine Symposium

This live program is designed to educate athletic trainers and other healthcare providers on rugby-specific and sports medicine related issues and topics.

The full course is 2 days in length and participants should be able to gain understanding and apply knowledge or techniques specific to each presentation.

As rugby is a relatively new sport in North America and is a recent addition to the Olympic Games, it is important that athletic trainers and other healthcare providers are educated on these topics.

- Athletic Trainers are not familiar with the medical rules and regulations specific to rugby.
- Athletic Trainers are not familiar with injury epidemiology in rugby.
- Athletic Trainers are not familiar with concussion policy and management specific to rugby.
- Athletic Trainers are not familiar with hip injury diagnosis, management, rehabilitation and outcomes.

The specific learning objectives of the course include:

- Identify and apply USA Rugby Policy and RTP Guidelines regarding concussion
- Identify and apply World Rugby Concussion Guidelines and Research
- Describe the Incidence of Concussion and Injury in Youth and Community Rugby
- Describe the HIA (Head Injury Assessment)
- Identify and apply Current Concepts in Concussion Management
- Analyze What is a Safe Age to Let Kids Participate in Contact/Collision Sports
- Describe Player Welfare priorities within USA rugby
- Describe Medical Care for rugby at the Rio Olympic Games
- Describe the Fiji Rugby Union Medical Plan for the Rio Olympics
- Recognize the current State of Rugby in the USA – Player Welfare initiatives
- Identify and Apply Vestibular Rehabilitation Techniques
- Identify Player Welfare Strategies at the youth rugby level
- Describe the medical provisions within the Pro Rugby League in the USA
- Describe performance nutrition strategies
- Describe KT Tape techniques for injury

We expect that attendees following the course will have improved proficiency in these areas related to rugby sports medicine and will ultimately provide better care.

The course will provide educational materials to all attendees including live presentations using AV and also handouts of each presentation in the form of a hard copy or flash drive.

The schedule and agenda of the course will be posted on the website: www.rugbysportsmedicine.com and will distributed at the course.