



buretaphysiotherapy

MINIMISING INJURY TO MAXIMISE TRAINING POTENTIAL



Come and learn how to implement basic strategies to increase your athletes training potential and performance by minimising injury risks, as well as learning how to, best manage injuries when they occur so that you get your athletes back as quickly and safely as possible. Topics covered will include:

- utilising warmups for performance and injury prevention
- differences for female athletes
- load management
- sleep, hydration and recovery
- acute injury management
- practical application of basic & most useful strapping techniques

ABOUT JACINTA HORAN: After working as a Sports Physiotherapist overseas with Irish Athletics and the Portuguese Men's Sevens, Jacinta Horan settled in Tauranga with her family where she is now the Director and Lead Sports Physiotherapist at Bureta Physiotherapy, Otumoetai. She has spent the last 10 years in High Performance Sport in NZ, primarily with NZ Women's Sevens and 15's as well as NZ Junior Athletics but is now enjoying her time working with the BOP community and is excited about her role with WHISPA (Womens Health in Sport - a Performance Advantage). This is a High Performance multidisciplinary working group focused on how to maximise performance in our developing to elite female athletes.

Tuesday 6th March

5.45 – 8.00pm

**Adams HPC
52 Miro St,
Mount Maunganui**

FREE

**REGISTER with Sport
BOP Community
Coaching Advisor**

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