



FROM INJURY TO RETURN TO PLAY IN ACTIVE KIDS”

20-21 MARCH 2027, HELSINGBORG SWEDEN

ANGELA JACKSON, YOUTH ATHLETE CONSULTANT

Course details

To register your interest please contact kurser@arenafysio.com

8.45am for a 9am start

Summary:

This comprehensive 2-day course addresses the often-overlooked field of paediatric pathology and working with young athletes, essential for roles in the NHS, private practice, and elite sports. It covers assessing maturation, managing apophyseal and lumbar bone stress injuries, relative energy deficiency in sport, and recognising serious pathology. The course also examines high injury recurrence rates, such as lateral ankle sprains and ACL injuries, and highlights the need to go beyond traditional strength-based approaches. By incorporating cognitive and motor challenges early in rehabilitation, the course aims to enhance neuroplasticity, improve performance, and reduce injury risk.

Bio – Angela Jackson

Angela Jackson is a highly experienced Youth Athlete Consultant physio, who will share with you her

vast experience in giving children the confidence and tools they need to meet the demands of their active sporty lives. She has spent the last 35 years seeking to understand why some young athletes

get injured, yet others don't. Her determination to educate young athletes on reducing their injury risk, has fuelled a career that has taken her from Canada, to working with national teams, clubs and

schools across many sports becoming an expert in understanding all aspects of youth athlete development. She is the physio to the Cheshire Cricket Board and has a particular interest in lumbar

bone stress injuries. She is a passionate educator through her online and in person courses and

lectures to health and exercise professionals both in the UK and internationally.

Who is this course suitable for?

This course is applicable to therapists with a degree level undergraduate knowledge who see sporty

kids in their clinical setting both within private, sports club, and NHS settings. This is not just a course

for therapists who work with elite athletes but those children who are injured from juggling multiple sports as they go through the adolescent growth spurt.

Practical workshop

It is expected that delegates participate in practical demonstrations and understand that they do so at their own risk. Please dress accordingly and make known to the organisers any concerns you might have about the practical elements of the course. Please alert the organisers at the start of the

course if you do not consent for pictures and video material being taken for the purpose of the course and social media to be shared.

To enable us to provide a service that is tailored to your particular requirements, we kindly ask that if you have additional learning needs, please make Angela Jackson aware of these before signing up

to ensure you would get the most out the course. Learning Outcomes

- Understand the anatomy of the child at different stages of maturation and how that contributes to pathology in growth tissue.
- Become aware of specific populations that might be at greater risk of injury.
- Be able to recognise stress fractures, signs of overtraining, Relative Energy Deficiency in Sport (REDs) and serious pathology in this unique population group.
- Understand how the language and methods of rehabilitation can influence the outcomes and how to integrate neurocognitive rehabilitation into treatment plans.
- Understand sensory re-weighting and how to reduce the risk of visual dominance.
- To be able to motivate children to do exercise programmes based on findings of the assessment to create great outcomes.
- Learn how to prepare athletes for a safe return to sport that meets the demands of their sport and develop confidence in knowing when an athlete is ready & confident to return to sport/play.
- Know how to educate the child and parent on the impact of poor nutrition, sleep, workload management and stress on injury rates and performance.

Timing: Registration: 8.45am. Start: 9.00am – 4.30pm

Day 1 timetable

8.45 Registration

9.00 Introduction to MSK Paediatric Pathology

9.40 How to ask the right questions to establish risk of recurrent injuries.

10.30 COFFEE

10.45 Introducing OPTIMAL learning.

11.30 Management of apophyseal injuries

12.45 LUNCH

1.30 Developing motor control in rotational based sports.

2.15 Capacity testing

3.15 TEA

3.30 Train the Brain

4.30 FINISH

Day 2 timetable

8.45 Registration

9.00 Recognising REDs and Overtraining

10.00 LBP in junior athletes

10.30 COFFEE

10.45 Management of bone stress injuries

12.30 LUNCH

1.15 From control to chaos – Can I return to play?

3.15 TEA

3.30 Educate the Athlete

4.30. FINISH