

2018 Train the Trainers Night – a great success!

On Monday 23rd April, Peninsula Sports Medicine Group hosted the 2018 Train the Trainers Night.

This annual event was well attended by local football club trainers from the [MPNFL \(Mornington Peninsula Nepean Football League\)](#) and the [FDJFL \(Frankston and District Junior Football League\)](#).

The Train the Trainers Night is aimed at sharing the latest best practice information on game day injury support across both junior and senior football. Participants received information on concussion testing protocols, practical advice on foam roller usage as well as the latest taping techniques.

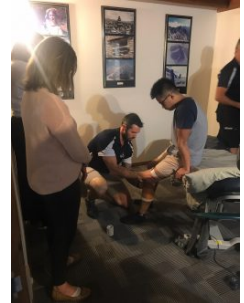


Concussion Testing
Protocols

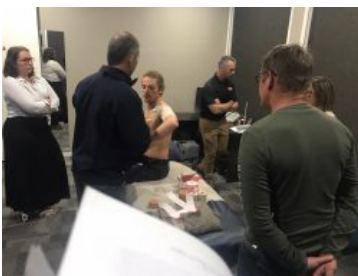
“The night was a great success. We are committed to sharing our knowledge to help trainers deliver best practice care for their players. It was fantastic to see so many trainers from clubs all over the Peninsula taking part” said Lachlan Goodision, Peninsula Sports Medicine Group Director and Sports Physiotherapist.

An impressive line-up of speakers and experts with decades of experience were present including [Jon Park](#) and [Lachlan](#)

[Goodison](#), Sports Physiotherapists from Peninsula Sports Medicine Group, [Dr Liam Geraghty](#), Sports Physician from MP Sports Physicians and [Paul Karak](#), Podiatrist from Core Podiatry Group.



Knee Taping



Shoulder Taping

“We aim to make the night as practical and hands on as possible. Trainers have the opportunity to share real-life situations that we can then help them to analyse and provide advice on best practice management” said Lachlan Goodison.

Sports trainers play a critical role within sporting clubs in the provision of treatment and advice to players and coaches. Ensuring their knowledge is kept up to date provides them with the tools to keep sport safer for the team allocated to their care.



Foot/Ankle Taping

Thank you also to Peninsula Sports Medicine Group Physiotherapists, [Cameron Bicknell](#), [Simon Johnson](#) and [Emma Iacovou](#) for sharing their expertise, [Elastoplast](#) for supplying all tape at the event and to all the participants. We look forward to hosting you again in the future.

