



Healthy Hoops

Basic Injury Management Sessions

Basketball Victoria and Smartplay are providing you with the opportunity to learn more about Injury Management.

This workshop is designed to educate the basketball community on correct sports injury management. The practical and interactive workshop focuses on the skills required to manage soft tissue injuries and taping for the ankle, thumb and finger.

This workshop is aimed at coaches, parents, administrators, players or anyone involved in sport.

What the session covers:

- Immediate management of soft tissue injuries including identification and treatment
- RICER & NO HARM Principles
- Rehabilitation and return to play
- Basic taping including thumb, finger and ankle
- Further training and resources available

Additional Information:

- The session costs \$20 per person
- Registrations are required to attend each workshop
- Each session is lead by an accredited sports medicine practitioner.

For further information or to host a session at your association contact:

Fiona Kuilboer
Health Promotion & Marketing Officer
Basketball Victoria
03 9927 6666
fiona.kuilboer@basketballvictoria.com.au

