

# RCC LIVE WEBINAR

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## Chiropractic Care of the CrossFit Athlete

### Robert Crowley DC

#### Webinar Outline

CrossFit® is a lifestyle characterised by safe, effective exercise and sound nutrition. CrossFit can be used to accomplish any goal, from improved health to weight loss to better performance ([www.crossfit.com](http://www.crossfit.com)). This event will explore the epidemiology and presentation of CrossFit injuries.

#### Learning Outcomes

An understanding of:

- Epidemiological data of CrossFit Injuries
- Typical presentation of CrossFit Injuries
- Psychosocial aspects of CrossFit Athlete
- How care of the CrossFit Athlete can benefit your practice

#### Speaker

Robert Crowley is originally from Chicago, IL. He grew up playing baseball, American football, and soccer. In his teens he discovered the barbell and began competing in bodybuilding. After receiving treatment from a Chiropractor for a lower back injury, he decided to become a Chiropractor and, in 1998, he completed a Bachelor of Science in Exercise Physiology at the University of Illinois at Chicago. In 2002 he completed his Doctorate of Chiropractic at National University of Health Sciences.

Robert practiced in the United States for 5 years and, for the last 12 years, has practised in the UK. He currently works in private practice inside CrossFit Gain in Norwich, where he is also a Crossfit Coach. He is a Level 1 British Weightlifting Coach and is also a Senior Rocktape Instructor with Rocktape UK. From 2014 he has worked within an inter-disciplinary team in Athlete Services at CrossFit Games Meridian Regionals, serving as Clinical Lead from 2015-2017. Robert is a competitive Masters CrossFit athlete.



**APRIL 2021**

**Wed 7th**

**19:00 - 20:00**

Free for RCC Members.  
Non-Members: £35

To register please visit:  
[rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Registration opens:  
Wednesday 30<sup>th</sup> March 2021

Registration closes:  
Wednesday 7<sup>th</sup> April 2021, 5pm.

**Convenor**

Nick Metcalfe FRCC (Sport)