

RCC LIVE WEBINAR

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The Role of Nutrition in Osteoarthritis: An Overview for MSK Clinicians

Ben Steele-Turner

Webinar Outline

In this 1-hour webinar, Ben will cover the role of macro- and micronutrients in the progression of OA, how weight loss impacts OA symptoms, current evidence and what more we can do as musculoskeletal clinicians.

Learning Outcomes

- Understand the importance of nutrition in patients with OA
- Understand how individual nutrients impact OA progression and symptoms
- Understand the significance of weight loss in OA patients
- Acquire confidence in communicating this complex topic to patients.

Speakers

Ben qualified with First-class honours in Physiotherapy from Bournemouth University in 2017. This allowed him to gain Chartered Physiotherapist status after a background in Personal Training and Group Workout Instructing. Ben is interested in treating all musculoskeletal issues using a completely personal approach; no pre-written exercise plans. This means he prides himself on considering each and every person, their preferences, lifestyle, sports, work and more to give a truly individualised approach.

Alongside physiotherapy, Ben went on to study a Master's degree in Human Nutrition at the University of Surrey, graduating in 2018 with distinction, allowing him to become an Associate Registered Nutritionist. He strongly believes that what we eat can play a large role in exercise performance, injury prevention and recovery.

Outside of work, Ben's main interest is weight training, having previously competed in fitness model and physique bodybuilding competitions.



FEBRUARY 2022

Wed 9th

19:00 - 20:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit:
rcc-uk.org/rcc-events

Registration closes
Wednesday 9th February
2022, 5pm.

Chair
Julia Gover MRCC,
LRCC (Pain)