

RCC LIVE WEBINAR

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Nutrition for Musculoskeletal Health: An Overview for MSK Clinicians

with **Ben Steele-Turner**

Webinar Outline

This presentation is aimed at musculoskeletal practitioners and will explore how nutrition can impact patients' health. It will start with a brief summary of nutrition basics, appropriate for MSK clinicians. It will then explore the research and understanding of nutrition surrounding soft-tissue health and injury and go through the link between nutrition and skeletal health. Finally it will consider when we can take a food-first approach, and the use of supplementation.

Learning Outcomes

- A revised understanding of nutrition basics
- An evidence-based understanding of nutrition in the context of soft-tissue health and injury
- Able to appropriately discuss nutrition with our patients and clients.

Speaker

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.



OCTOBER 2022

Wed 5th

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 5th October 2022, 5pm

Chair:

Julia Gover MRCC, LRCC (Pain)