

RCC LIVE WEBINAR

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Preventing Osteoarthritis throughout the Life Course: Diet, Bodyweight, Post-Trauma and more with Ben Steele-Turner

Webinar Outline

In this webinar Ben will delve into the anatomy of cartilage, how mechanical and inflammatory factors can impact joint health and discuss the role bodyweight can play in OA progression, and whether weight loss can help. He will also look at understanding how acute joint injury may trigger the arthritic process and cover a range of individual nutritional factors that may influence our patients' OA symptoms and progression.

Learning Outcomes

- Understand the anatomy of cartilage and how mechanical and inflammatory factors can impact joint health
- Understand how bodyweight can play in OA progression and whether weight loss can help
- Understand how acute joint injury may trigger the arthritic process
- Understand how individual nutritional factors that may influence patients OA symptoms/progression

Speaker

Ben is a musculoskeletal physiotherapist. After completing his A-levels, Ben completed a Personal Training diploma and worked in a commercial gym setting for a year before beginning a BSc (Hons) Physiotherapy, from which he graduated with first-class honours in 2017.

Whilst studying, Ben became very interested in weight training and went on to compete in physique bodybuilding and fitness model competitions. This fuelled a personal interest in nutrition and, in particular, how nutrition and musculoskeletal therapy could augment each other. As a result, Ben returned to university, gaining a Human Nutrition MSc with distinction from the University of Surrey.

Ben has since been working as a musculoskeletal physiotherapist and associate-registered nutritionist. Ben primarily works from a private clinic in West Sussex with additional roles at Horsham RFC and England Athletics. Alongside this, Ben is the lead tutor on the Nutrition for Sport, Exercise & Injury module on the BSc (Hons) Sport Injury & Treatment programme at Peter Symonds Adult Higher Education College.

Outside of clinical and teaching work, Ben is currently completing a Professional Doctorate through the University of Portsmouth. His research project is based around integrating weight



MARCH 2024

Wednesday 27th

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 27th March 2024, 5pm

Chair: Mark Jessop MRCC (Pain)

management and nutrition guidance to physiotherapist-led treatment of patients with knee osteoarthritis.