



Sando Treats SAAFL Trainers



Attendees at the Amateur Football League Trainers night on Monday, Feb 25 were treated to a presentation by one of the greats of Sports Medicine in Australia, Dr Brian Sando of the Wakefield Sports Clinic.

Brian is one of the most experienced and decorated Sports Doctors in Australia. His long list of achievements includes four-time Chief Medical Officer for the Australian Olympic Team, Adelaide Football Club Chief Medical Officer; Davis

Cup Tennis Medical Officer; Australian Track and Field Team Doctor; and Australian Swim Team Doctor. He was awarded the Medal of the Order of Australia in 1995 for his services to Sports Medicine and inducted into the Sport Australia Hall of Fame in 2001.

Dr Sando shared his considerable experience with the dedicated trainers in the areas of **Head Injuries**, and **Stress Fractures of the Lower Limb**. His invaluable knowledge collected from decades on the front line bypassed textbooks and offered practical advice that only experience can bring.



Also presenting on the evening was Wakefield Sports Clinic Physiotherapist **Kym Eyers**. Kym is the physio for Woodville West Torrens Football Club, and the Adelaide 36ERS. He presented vital information on the most costly sporting injury – the hamstring – and offered practical solutions for minimising the damage and possibility of recurrence.

Those who attended the Trainers Workshop received invaluable tips on how better manage their playing group.

All information presented at the workshop will be available at www.wakefieldsports.com.au/enews.cfm

For more information on our workshops, visit www.wakefieldsports.com.au/workshops.cfm

