



Cedar Hall Clinic one of the Essex Athletics Network's external partners shared their expertise and knowledge on Lower Limb, anatomy and injuries.

James Di Cicco opened the session with explaining the anatomy and discussed with the network coaches signs to look for of common lower limb injuries. Kimberley Hughes continued the session by explaining the rehabilitation process for the injuries. Sara Lovett Cedar Hall Director was also present to give examples of recent injuries from local athletes that they have seen in the clinic.



The coaches also gained an insight in taping and how to correctly tape an athlete correctly. This part of the work generated an interest and suggests more coaches would benefit from this information.

"A big thank you to Cedar Hall for hosting, and presenting this workshop. The feedback has been positive which coaches confirming an increase in their knowledge and how enjoyable the workshop was"

This workshop looked at various parts of the body and the injuries that athletes may typically experience – how they occur, how they can be treated, and most important of all – what can be done to try to avoid them.

For details of future workshops, please visit our website:

www.essexathleticsnetwork.org