



THE ASSOCIATION FOR
SOFT TISSUE THERAPISTS

CONFERENCE 2017

WORKSHOP



Dan Buchanan

Dan is a Soft Tissue and Performance Therapist with 14 years of experience working in professional sport. He currently divides his time between running his own Sport Injury and Performance clinic (GoPerform) and working with Derby County FC.

Dan is also a regional director of the SMA with a particular interest in developing the standards of Soft Tissue Therapy amongst those working in Professional Sport.

Much of Soft Tissue Therapy focuses on encouraging the parasympathetic system, reducing tone, quietening the body and promoting optimal recovery and healing.

How about the sympathetic/pre-performance side of therapy? What do you do with a footballer reporting groin pain before a Cup Final or a sprinter feeling a reduction in power warming up in the blocks? How can you facilitate their performance in that moment?

Dan will describe and demonstrate a simple protocol that can be applied to attenuate pain and overcome inhibition prior to performance, an approach that he uses alongside his colleagues working in professional football.