

Injuries – why do they happen? How can we reduce the risk?



A lecture by Gwynn Wallace

Wednesday 27th November 2024

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School.

Physical activity is essential for a healthy lifestyle, but it carries an inherent risk of injury, particularly in certain sports and activities. These injuries can lead to significant individual and societal consequences, including the costs associated with assessment, treatment, and ongoing care. According to a study by Davies et al. (2023), the overall incidence of injuries across various sports is 5.4 per 100,000 participants, with a higher occurrence in males (6.4) compared to females (3.3). One study suggests that 40% of the population has suffered from a sport injury at some time, while 34% of those still have residual issues.

To address this issue, various models exist to predict and mitigate the risk of injuries. Gwynn will present a basic model to explain the mechanisms behind injuries and discuss strategies to reduce associated risks.

Gwynn is a qualified chartered musculoskeletal physiotherapist of 24 years. He worked in the NHS and the RAF as a commissioned physiotherapist. During this time in the military, he worked with several RAF sports teams where he implemented several prehab strategies and introduced the concept of dysfunctional breathing to improve performance and reduce the chance of injuries. He retired from the RAF in February 2022 and has been working in his practice as the “Breathing Mechanic” where he delivers sports rehabilitation, breathing re-education, personal training and specialist training to other physiotherapist about dysfunctional breathing.



Entry to these lectures is free to all members of the local community. For further details, or to book a seat, contact Alex O'Donnell at aodonnell@royallatin.org