

August 2024

**CPD PORTFOLIO EVIDENCE**

How Does Altering the Volume-Load of Plyometric Exercises Affect the Inflammatory Response, Oxidative Stress, and Muscle Damage in Male Soccer Players?

July 2024. FEATURE / MAXIME GASPAR & FLORIAN FORELLI

Source: <https://www.fmpa.co.uk/cpd/surface-electromyography-implementation-in-football-players-rehabilitation-after-lower-limb-surgery/>

PODCAST - From the NBA to the premier league: The importance of a practical biomechanical assessment in injured athletes.

August 2024. By: By: Andy Barr interviewed by Daire Rooney.

Source: <https://www.fmpa.co.uk/podcasts/from-the-nba-to-the-premier-league-the-importance-of-a-practical-biomechanical-assessment-in-injured-athletes/>

Pubic apophysitis – an important cause of groin pain in young athletes

August 2024.

Source. BJSM <https://bjsm.bmj.com/content/early/2024/09/09/bjsports-2024-108710>