

8<sup>th</sup> International Conference on

# CLINICAL NUTRITION

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## Leveraging the multi disciplinary team in return to play nutrition support for ACL and injured athletes

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This presentation will examine some the clinical nutritional challenges related to injury especially ACL ones. How a multi disciplinary approach with these types injuries, will help the rehabilitation period and increase their chances to go back to play as soon as possible. We will examine how frequent we assess these injured athletes to keep their body composition as optimal as possible through its long rehabilitation period. What anthropometry measures are taken and how do we assess them. The support given during their rehabilitation period to help with their recovery (supplements) . What are their education needs and how is it given to reach this type of population.

### Biography

Rita Mansour is a clinically trained Canadian Sports Dietitian with over twelve years working experience. She has a post degree in Sports Nutrition from the International Olympic Committee in Switzerland and is an ISAK accredited level 2 anthropometrist. Rita has worked in Aspetar Sports Medicine and Orthopaedic Hospital, Doha since its opening in 2007. Her primary roles have included working with injured and non-injured international and professional athletes. This includes Qatar national football teams since 2010.

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