

January 2026

CPD PORTFOLIO EVIDENCE

Tackling Football's Achilles Heel

January 2026

Source. FMPA <https://www.fmpa.co.uk/cpd/tackling-footballs-achilles-heel/>

Chronic pain in football

January 2026

Source. FMPA <https://www.fmpa.co.uk/cpd/chronic-pain-in-football/>

****OPEN ACCESS**** 'Match load' construct in professional football: complexities and considerations

January 2026

Source: BJSM <https://www.fmpa.co.uk/cpd/open-access-match-load-construct-in-professional-football-complexities-and-considerations/>

PODCAST: **KEY LINKS ADDED** Relative energy deficiency in a footballer

By: Dr Alessio Kenda interviews Dr Nicky Keay

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Source: FMPA <https://www.fmpa.co.uk/podcasts/relative-energy-deficiency-in-a-footballer/>