

February 2026

## CPD PORTFOLIO EVIDENCE

**The Connection Edge – How psychological safety & belonging can unlock performance, engagement & player availability in football**

February 2026

Source. FMPA <https://www.fmpa.co.uk/cpd/the-connection-edge/>

**A practical approach to the skeletal muscle morphology and its importance in sports-related skeletal muscle injuries**

February 2026

Source. FMPA <https://www.fmpa.co.uk/cpd/a-practical-approach-to-the-skeletal-muscle-morphology-and-its-importance-in-sports-related-skeletal-muscle-injuries/>

**PODCAST: Advancing Hamstring Assessment: “Where biomechanics meets performance”**

**By: Martin McIntyre interviewed by Dr Daire Rooney**

February 2026

Source: FMPA <https://www.fmpa.co.uk/podcasts/hamstring-risk-and-injury-gauge-hrig/>