

April 2026

CPD PORTFOLIO EVIDENCE

Warm-up is not a workout: a principles-based critique of continued efforts to use warm-up programmes for ACL injury prevention

April 2026

Source: BJSM <https://www.fmpa.co.uk/cpd/warm-up-acl-injury/>

The use of Bisphosphonates in the management of pubic overload in an English premier league footballer – A case report

April 2026

Source: FMPA <https://www.fmpa.co.uk/cpd/the-use-of-bisphosphonates/>

“MY 10-MONTH INTERVIEW”: UNPAID labour for performance and medical staff in men’s professional football

April 2026

Source: FMPA <https://www.fmpa.co.uk/cpd/my-10-month-interview-unpaid-labour-for-performance-and-medical-staff-in-mens-professional-football/>

MPA Diploma – FREE access to all members!

April 2026

Source: FMPA <https://www.fmpa.co.uk/courses/mpa-diploma/>

PODCAST – Beyond corticosteroids: The growing role of hyaluronic acid in joint health of a footballer

By: Nick Worth interviewed by Dr Daire Rooney

April 2026

Source. FMPA https://www.fmpa.co.uk/podcasts/nick_worth_podcast/