

Learning  
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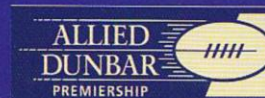
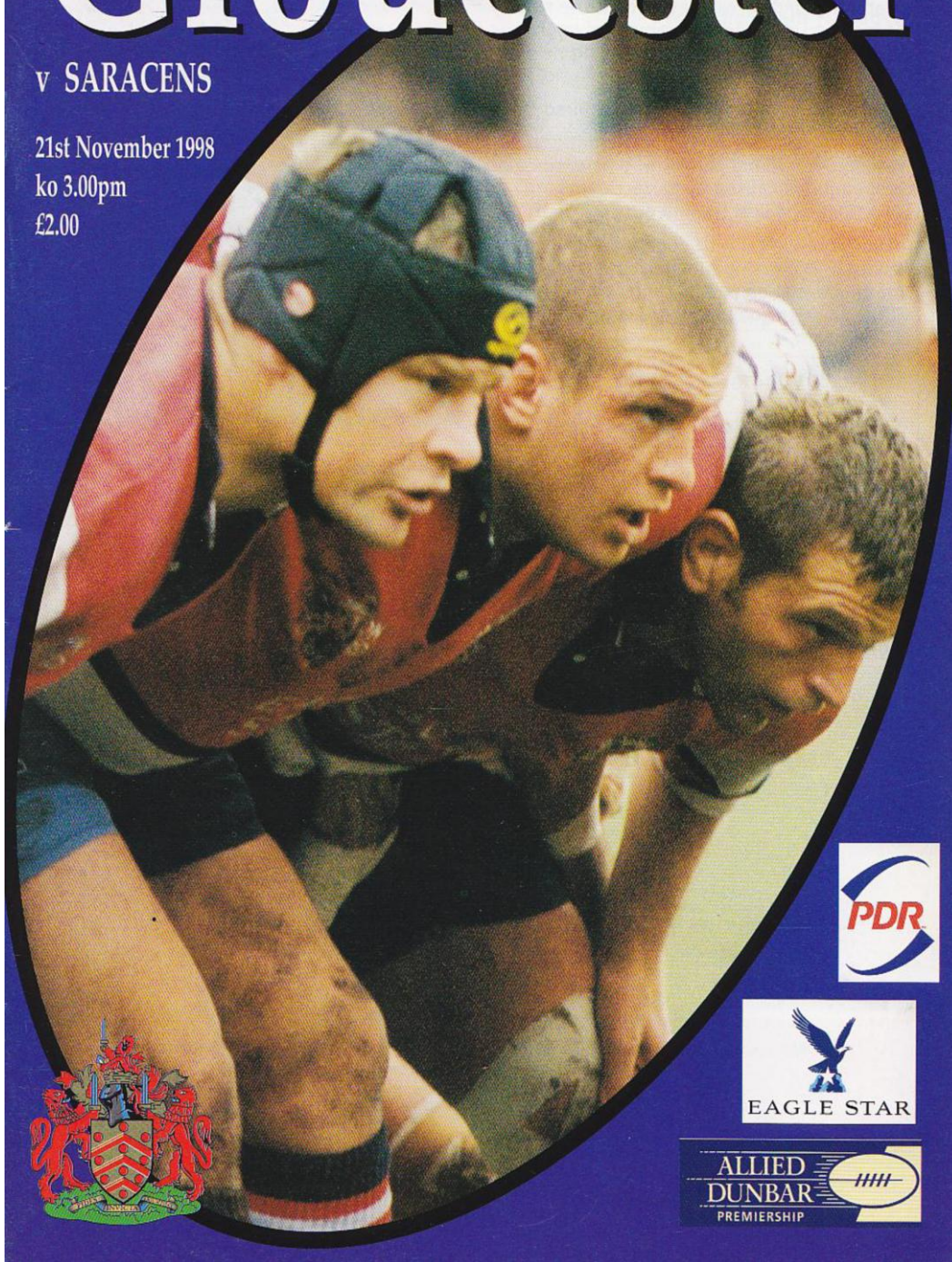
# Gloucester

v SARACENS

21st November 1998

ko 3.00pm

£2.00



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## From the Physio

The Gloucester Rugby Club Medical Team now tackles over behind the scenes seven days a week, trying to keep the machinery of the team functioning so that they can turn out against the opposition come rain or shine. What a difference from the amateur days when I first joined the club in 1991 when a group of about fourteen people took part in a rota to cover the two training evenings a week and the 1st XV and United games at the weekend.

Today's team consists of two club doctors, who are local General Practitioners, consultants from Gloucester Royal Hospital who give us valuable support, myself as physiotherapist and an osteopath on a part time basis, a full time supports therapist, two other part time

physiotherapists, a sports masseuse and a theatre technician. Between us we cover the 1st team squad, the United squad and the Colts for all of their training sessions and matches. From 9.00am to 8.00pm you will generally find one of us at the club.

Our role is not just that of patching up the bits that go wrong but helping the players get to peak fitness levels and keeping them there. We are now challenged every day by athletes striving to reach the top of their profession, and we are trying to prevent injuries from happening before the event – a difficult job in the modern first class game with six foot plus frames carrying large amounts of weight on them at a great pace for 80 minutes, and meeting likewise objects at the same velocity!! As we think we have solved one bit of the puzzle another challenge appear on the horizon. We now work closely with the coach and fitness advisor helping to decide who can play or not. A very difficult aspect of the job is telling a player that they cannot play because of injury – especially if it involves a long break from the game.

The medical room is the centre for keeping players fit, treating injuries and getting players back to fitness. It is also the centre for all that chat, gossip, laughter and tears – and those same old

faces and bits of body keep appearing don't they.....! No names mentioned though we keep it all strictly confidential!!

On match days we can be found making our start of two hours before the game helping to prepare the players, whether with warming up muscles or taping joints. Once the team are on the field and playing our role is to keep them there. An injury during the game has to be quickly assessed and the decision made as to whether the player can carry on. We should mention here that on home match days we know we have the invaluable support of the Gloucester Ambulance Service whose highly trained paramedics are always on hand. Once the match has finished we do an assessment of all the players and can start treatment of cuts, bruises and strains immediately. We also make plans for treatments that need to be commenced the following day and into the 4 next week. All of this enables the earliest possible return to training and playing.

Our team has been generously supported both professionally and financially over the past seasons and we should like to thank everyone involved.

**Chris Stephenson**  
Physiotherapist



Gloucester RFC 01452 381087

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Peter Arnold

## Bad Luck Dev!

**I**t did look nasty, didn't it? When Simon Devereaux went down during the Bedford game, some of us had the feeling we wouldn't be seeing him for a while, and so it proved. According to the report in The Times on the following Monday, 'Dev' has broken his

tibia, fibula and dislocated his ankle all at the same time: in fact, there doesn't seem to be a bone down in that part of his anatomy that hasn't been damaged.

I suppose that we could say that, as far as the side is concerned, it's just as well that the injury occurred when it did, if it had to happen at all. Steve Ojomoh is now well established, Pete Glanville is back from injury and looks very fit. Ed Pearce made his mark a few weeks ago. This time last season the loss of such an uncompromising back row man as Simon Devereaux would have been a severe blow indeed.

Not that that will be much consolation to 'Dev'. He was once described on Sky as a 'no frills No. 8', and although the description doesn't do him justice, it's accurate enough as far as it goes. One thing's for sure: Gloucester has never had a more committed and hardworking player. Although he doesn't get much publicity, he's a very effective performer, and loves his rugby. The idea of sitting out the rest of the season will be purgatory for him.

Just one more thought about the Bedford incident. It happened right in front of me, and I was very impressed by the speed with



which the referee, Mr. Fisher, got in there and cleared everyone away. If he had not been so quick, the injury could have been even worse.

At Kingsholm, we're always quick to point fingers at referees who have displeased us in some way, and the other side of that coin is that we should be equally prompt at giving credit where it's due. Thanks, Mr. Fisher for your speed of reaction.

Meanwhile, we can't do much about Simon Devereaux except send him our good wishes for the speediest recovery on record.

One good thing, Simon. At least you'll be able to enjoy Christmas without worrying about diet sheets and fitness regimes.

### UNFORTUNATELY

**T**he South West side received a right royal thumping at the hands of their London rivals, going down by 56 points to 8. Of the Gloucester contingent, only Rob Jewell made the starting line up for the side to face South Africa, and he's got a dead leg. Andrew Hazell, who injured his shoulder and had to come off, and Chris Hall were named as replacements. I must confess to having felt some forbodings before the game when I read that Adam Eustace had remarked that the squad had hardly trained together, and that they were hoping that everything would come together on the night. It obviously didn't. There may have been a time when you could get away with that sort of thing, but that disappeared when the game went professional. It also struck me that an inordinate number of people seemed to have played out of position due to injury. There were even two hookers on the side for a period.

Not one of the organisers' finest hours, I would have thought.

Never mind boys. The representative season is young yet, and as time goes on, no doubt the shortcomings will be rectified.

Gloucester RFC 01452 381087

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## Simon Devereux's



**I**t was touch and go whether I would be fit for today's game with Saracens, but solely on the recommendation of the medical team here at Glos, I have had to pull out at the last minute with a dislocated ankle and broken leg!

Most of you will already know I picked up the injury during our last league game at home to Bedford which we eventually won 31-21 after Bedford had managed to claw back from 25-0 to 28-21 before 'Mapes' slotted over the final penalty.

From a forward's viewpoint, the first half had to rate as one of the most enjoyable and effective performances of the season so far. Personally, I believe that prior to playing Northampton away, our forward play had become fragmented and a little disorganised to the extent that we weren't

playing as a unit. We had lost focus and, as a result, went back to basics in training. i.e. we worked on scrums, line outs and re-starts: get these right and everything else will follow. We are continuously looking to improve our play and the next step for us must be to maintain our concentration and performance over the full 80 minutes.

The second half against Bedford began and continued with them running the ball from everywhere, something which they have done effectively in most of their previous games. Although we weren't having much possession, I felt we were still very much in control of our own destiny.

Some twenty minutes into the half, a loose ball was snapped up by a Bedford player near the half way line, whom I tackled and attempted to 'turn over' in the process. As I did this, another of our players joined the tackle from the opposite side, at which point my leg was caught beneath both bodies as we hit the ground. The ankle twisted outwards and I knew something had broken. Immediately, I said, "Stop the game" and in a bizarre moment, all the players around me stopped and the ref looked at me with a confused expression. "I've bust my leg," I said, at which point he blew the whistle to stop the game

officially.

Our physio Chris - affectionately known as 'Syrup' - was first to attend to me. I told him, looking down at the lump bulging in my sock that "It's bust." His immediate response was, 'We don't know that yet - it could be your shin pad sticking out' at which point I notified him that I don't wear shin pads. "Oh, that's bust then," he replied. Nice one, Syrup!

Next stop was Gloucester Royal Hospital where my ankle was re-located and x-rayed. Big Fids joined me at around 5.00 p.m. when some 30 minutes later he started to break into a sweat. Concerned for his welfare, I asked if he was OK. He then explained that he'd just found the whole team's complement of beer vouchers in his pocket and he would have to leave to confront the many irate, thirsty Glos players at the club.

I was eventually transferred to the Winfield Hospital where I had a small operation at 9.30 p.m. Sunday morning began with a phone call from my roomy on numerous away trips - Glanners. This was followed by my first visit from Messrs Williams (former United coach), Windo and Deacon. The multi lingual Deacs appeared a little green around the gills with perhaps





## Injury Diary



Simon Devereux is carried off against Bedford

the brightest coloured head since the Ribena berry. He proceeded to plonk himself down in the corner after a grunt and read every sports supplement in every newspaper I had whilst the other two kept me entertained with conversation. Another grunt from Deacs signalled the end of the visit and all three left. I later translated his grunts as "Good morning, Devs, how are you?" and "Goodbye Devs, get well soon."

Virtually everyone at the club visited or phoned throughout Sunday and Monday which definitely helped to cheer me up. I was quite moved when Andrew Stanley visited on Monday and brought me a bunch of grapes. "They are seedless" he pointed out. This may not mean much to most, but to 'Stan' the gift

represented a significant financial outlay.

Finally, today's game with saracens will be another extremely tough game regardless of international calls etc. I would urge you to get behind the team as always, but especially if things are going against us, that is when we need it most. Hopefully, we should see another hard fought Glos win at Kingsholm.

Simon Devereux

Gloucester RFC 01452 381087

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