

SPORTS INJURIES & BIOMECHANICS CONFERENCE PROGRAMME



Sports injuries within day to day and elite athletes - covering the prevention, occurrence and treatment of a variety of injuries and pathologies. For 2017 we will continue developing the stream to cover more biomechanics and testing of weight bearing alignment and the influence of this on the prevalence and rehab of these injuries.

Wednesday 22nd November

Time	Topic	
10:30 - 11:00	Spinal injury management in sport <i>Paul Lubas, Managing Director, Lubas Medical</i> Therapy Update Theatre	LUBAS
10:30 - 11:00	An introduction to biomechanical taping for the management of load, movement and function <i>Melanie Betts, Musculoskeletal & Sports Physiotherapist, Dynamic Tape & PosturePals</i>	DYNAMIC Tape The Biomechanical Tape
10:45 - 11:45	Hand & wrist injuries in sport <i>Mike Hayton, Consultant Orthopaedic Surgeon, Wrightington Hospital</i> Theatre 1	
11:30 - 12:00	Movement re-patterning for rehabilitation & performance <i>Mike Antoniadis, Performance & Rehabilitation Director, The Running School</i>	
12:15 - 12:45	Session sponsored by Pontemed Demo Zone	PONTEMED
12:45 - 13:15	Magnesium massage therapy <i>Tamás Kálmán, Managing Director, Wanadis Kft</i> Therapy Update Theatre	ASI MAGNEZIUM
13:00 - 13:30	Shockwave therapy: the facts <i>Jonathan Wide, Physiotherapist, ElectroMedicalSystems</i> Demo Zone	EMS
13:45 - 14:15	Session delivered by BTL Industries Demo Zone	BTL
14:45 - 15:15	Spinal injury management demonstration <i>Matthew Smale, Senior Training Manager, Lubas Medical</i> Demo Zone	LUBAS
15:00 - 15:45	The importance and effects of Movement Re-Education after injury <i>Mike Antoniadis, Performance & Rehabilitation Director, The Running School</i> Theatre 1	
16:00 - 16:30	The use of pneumatic resistance technology for patients with patellofemoral pain <i>Rob Swire, Physiotherapist, Professional Jockeys Association</i> <i>Pat Viroux, Sports Rehab Specialist, Consulting sport physical therapist for the Chinese Olympic Committee</i> Demo Zone	KEISER
16:50 - 17:30	Anterior knee pain <i>John Rogers, Consultant Orthopaedic Surgeon, OrthTeam</i> Theatre 1	

Theatre 1, 10:45 - 11:45

Hand & wrist injuries in sport



Mike Hayton, Consultant Orthopaedic Surgeon, Wrightington Hospital

Mike will cover all the common hand and wrist injuries that are likely to present in your clinic. He will cover the main injuries that are missed and discuss the consequences in such situations.

Learn how to recognise injuries. Learn how to investigate. Learn when to refer and avoid missing such injuries

Thursday 23rd November

Time	Topic	
09:45 - 10:15	"We can all rehab a shoulder right" How do you create a robust and durable shoulder for recreational climbers? <i>Uzo Ehiogu Specialist Musculoskeletal Physiotherapist (Medical Education), Research and Education Department Royal Orthopaedic Hospital NHS Foundation Trust</i> Therapy Update Theatre	
10:00 - 10:30	An introduction to biomechanical taping for the management of load, movement and function <i>Melanie Betts, Musculoskeletal & Sports Physiotherapist, Dynamic Tape & PosturePals</i> Demo Zone	DYNAMIC Tape The Biomechanical Tape
10:45 - 11:45	ITB friction syndrome - asses then treat or treat then assess. The journey to understanding the severity of the problem and how to keep runners running <i>Paul Horbrough, Owner, Physio & Therapy Columinst Runners World UK</i> Theatre 1	
11:00 - 11:45	Fatigue: the enemy of human performance <i>Dr Jonathan Bloomfield, Chief Scientific Officer, Mammoth</i> Theatre 3	MAMMOTH The science of cowart
12:00 - 12:45	Biomechanics and the sports injury profile - what are we looking for? <i>John Gibbons, Osteopath, Author & International Lecturer, Oxford University Sport</i> Theatre 2	
13:00 - 13:30	Session delivered by BTL Industries Demo Zone	BTL
13:45 - 14:30	Topical pain relief - when to use heat, cold or NSAIDs <i>Colin Brown Director of Research & Quality Development</i> <i>Director of Research & Quality Development</i> Theatre 1	
13:45 - 14:30	CrossFit Injury, what does the evidence say? <i>Dale Walker Lecturer in Physiotherapy Queen Mary University of London</i> Theatre 3	
14:00 - 14:30	Movement re-patterning for rehabilitation & performance <i>Mike Antoniadis, Performance & Rehabilitation Director, The Running School</i> Demo Zone	
14:35 - 15:15	Extracorporeal shock wave therapy on the musculoskeletal system in sports medicine and evidence-based medicine <i>Dr Christoph Schmitz, MD Full Professor and Head Extracorporeal Shock Wave Research Unit, Department of Neuroanatomy Ludwig-Maximilians-University of Munich, Germany</i> Theatre 2	EMS
15:30 - 16:00	Biomechanics in action - a demonstration <i>John Gibbons, Osteopath, Author & International Lecturer, Oxford University Sport</i> Demo Zone	