

Sports Injuries Symposium

Monday 10th October 2011

Morning Session

Chair: Mr. Ziali Sivardeen

08.30 Registration and coffee		
09.00	Introduction	Ms. Nancy Hallett Chief Executive Homerton University Hospital (HUH)
09.10	Medical Provision and the Olympics – The Poly clinic	Dr. Lawrence Gant Consultant Accident and Emergency (HUH)
09.30	The Role of Imaging in Musculoskeletal Medicine	Dr. Stephen Burke Consultant Radiologist (HUH)
09.50	Achilles Tendinopathy: Management with High Volume Injection.	Dr. Peter Resteghini Consultant Physiotherapist (HUH)
10.10	Return to Sports after Concussion	Dr Simon Kemp – Chief Medical Officer Rugby Football Union
10.30	Discussion and Question Time	
10.45 Coffee Break – Refreshments served in conference room 1		

Chair: Dr. Peter Resteghini

11.10	Sports Injuries in the female athlete	Dr. Harriet Collins – Chief Medical Officer - Women's RFU and Medical Officer Womens FA
11.30	Diabetes and exercise	Mr. David Dixon Senior Lecturer Sports Nutrition and Exercise Physiology
11.50	Assessment and Management of the Sporting Shoulder	Mr. Ziali Sivardeen Consultant Orthopaedic Surgeon (HUH)
12.10	What the athlete wants from the Physician?	Mr. Curtis Rob Orthopaedic Surgeon (Olympic 800m 1992-1996)
12.30	Discussion and Question Time	
12.45 Lunch – Served in conference room 1		
13.15 - WORKSHOPS IN ROOM 1 AND 2: ACL RECONSTRUCTION, ULTRASOUND DEMONSTRATION AND PRACTICAL		

Afternoon Session

Chair: Dr. Stephen Miles

1.40	Over pronation in the runner	Mr. Trevor Prior Consultant Podiatric Surgeon (HUH)
2.10	Vascular causes of pain in the Athlete	Keith Jones Consultant Vascular Surgeon St Georges University Hospital
2.30	Femoroacetabular Impingement	Mr. M . Aslam Consultant Hip Surgeon Wrightington Hospital
2.50	Common Foot and Ankle Injuries in the Athlete	Mr Mark Davies Consultant Foot and Ankle Specialist
3.10	Discussion and Question Time	
3.30 Coffee Break - Refreshments served in conference room 1		

Chair: Dr. Stephen Miles

3.50	Injuries in the Adolescent athlete	Mr. Ed Bache Consultant Orthopaedic Surgeon with a special interest in Adolescent Injuries
4.10	ACL injuries – is there a place for non-operative treatment?	Mr. Steve Bollen Consultant Knee Surgeon, Yorkshire Knee Clinic
4.30	Assessment and Management of Hamstring Injuries	Mr. Andy Leaver Lead Physiotherapist Bath Rugby Club
4.50	Cardiac assessment in the Young athlete	Dr. Shabaaz Mughal Team Doctor Tottenham Hotspur
5.10	Discussion and Question Time	
5.30	Back Pain, Osteopathy and the Olympics	Dr. Lady Ann Redgrave Chief Medical Officer GB (1992- 2001) (Olympic Rower 1984 /1988)
6.00	Close	

List of Speakers

EDWARD BACHE

Edward Bache trained in Nottingham, Birmingham and the World famous Melbourne Children's Hospital and has been a consultant Orthopaedic surgeon to Birmingham Children's Hospital and The Royal Orthopaedic Hospital since 2003. His practice covers the whole field of Children's Orthopaedics and fractures. He has a keen interest in sports hip surgery and adolescent injuries. In 2007 he developed a hip arthroscopy service for the Royal Orthopaedic Hospital, that encompass a full range of hip conditions. Mr Bache has a keen interest in teaching and research. He has been invited to give lectures Nationally and Internationally. He has 24 publications in peer reviewed journals and over 60 presentations and has edited a textbook on the management of children's fractures.

STEVE BOLLEN

Steve was a founder member of the British Orthopaedic Sports & Trauma Association and subsequently was its academic secretary and president for four years. He has been chairman of the Yorkshire branch of the British Association of Sports and Exercise Medicine and currently is an examiner for the Faculty of Sports & Exercise Medicine (UK). He specialises in soft tissue injuries of the knee and ankle and, in particular, ligament reconstruction surgery. He is a national and international speaker on knee and ankle injuries and reconstruction. He has published widely in peer reviewed journals on these subjects. He has treated professional sportsmen/women since 1992 and currently treats players from all levels of the football league and rugby league from all over the country.



STEPHEN BURKE

Stephen Burke is a Consultant Radiologist at the Homerton. He has an interest in Musculoskeletal Ultrasound and is a key member of the Sports Clinic. He is regularly invited to give practical demonstrations and teach on major radiology courses.



HARRIET COLLINS

Harriet has come from a GP and military background to work mainly in Women's sport working with England Women's U19 Football team since 2003, England Women's Football Development Centre 2008-10, England Women's Rugby with the development squad 2004-6 and taking over the lead role with the senior team from 2009 and has worked with GB Rowing. She also is currently CMO to BUCS going with a team of over 200 to China in August 2011 to the World University Games. Within the NHS she provides musculo-skeletal assessment services in South Somerset when not away with squads.



LAURENCE GANT

Laurence is an A and E Consultant at the Homerton. He has been working with the 2012 Olympic Organisers since the last Olympics in China. He is helping to coordinate the clinical services that will be available for all the Olympic events, and is jointly running the Polyclinic on the Olympic site.

MARK DAVIES

Mark was appointed as a Consultant Orthopaedic Surgeon with a special interest in treating elective and traumatic conditions of the adult foot and ankle at the Northern General Hospital, Sheffield in 2006. He qualified from the University of Southampton in 1993 and undertook basic training in London, Oxford and Swindon prior to commencing Orthopaedic training in Sheffield. He is both Fellowship trained in Limb Reconstruction techniques (Sheffield) and in Adult Foot & Ankle surgery, having spent 2005 working with the renowned Dr Terry Saxby at the Brisbane Foot & Ankle Centre. He currently directs the research being produced from the Sheffield Foot & Ankle Unit into all manner of foot and ankle pathologies. He has published extensively on all aspects of foot and ankle surgery.



DAVID DIXON

David is a lecturer at the University of East London (UEL) in Nutrition and Exercise Physiology. He is programme leader for the MSc in Exercise Science and Health programme and lecturer for the post-graduate and undergraduate modules in Exercise Rehabilitation; this module concentrates on how exercise can be used to prevent and attenuate chronic health conditions such as cardiovascular and pulmonary disease. Prior to joining UEL David managed an exercise referral and cardiac rehabilitation programme for the London Borough of Newham. Whilst in this post he set-up a number of programmes including specialist exercise classes for diabetics. In 2010, David presented at the ILAM/HSE exercise professionals conference in Castlebar, Co. Mayo on COPD and Exercise and Mental Health and Exercise and also edited the ILAM/HSE exercise referral training manual.

DR SIMON KEMP MA MB BS MRCP MSc(SEM) FFSEM (UK):

Simon worked as a Sports Physician in Wellington, New Zealand from 1994-6. Returning to the UK he was a lecturer in Sports Medicine at the Queens Medical Centre, Nottingham in 1997. In 2001 he joined the Rugby Football Union as their Head of Sports Medicine. He was the team physician during the Rugby World Cup campaigns in 2003 and 2007. In addition to his pitch side experience of managing the concussed player, he is a member of the International Rugby Board Specialist Concussion working group. He was admitted to the GMC Specialist register in Sport and Exercise Medicine in 2010.



TREVOR PRIOR

Trevor is a Consultant Podiatric Surgeon working at the Homerton. His particular areas of interest are foot surgery, sports injuries, biomechanics and diabetic foot complications, lecturing both nationally and internationally. He is the UK representative on the Vasylii Think Tank and is the immediate past Dean of the Faculty of Podiatric Surgery.



ANDY LEAVER

Andy is currently the Lead Physiotherapist for Bath Rugby Club. He is a highly qualified and experienced physiotherapist who previously worked with West Ham United FC's Academy, before joining London Irish in 2002, and then later moving to Bath. He also worked as a physiotherapist at the Commonwealth Games in Manchester and was the England Saxons Physiotherapist for 3 years. He is a tutor on the Sports Physiotherapy MSc Course at Bath University.



Dr Shabaaz Mughal MBBS MRCP MSc (SEM) FFSEM (UK)

Shabaaz is currently full time Club Doctor at Tottenham Hotspur Football Club. He has completed the London Deanery Higher Specialist Training Programme in Sport and Exercise Medicine and holds dual specialisation in both SEM and General Practice. He completed his MSc in SEM at the St Barts and the Royal London. He has presented internationally on behalf of the Football Association at the Confederation of African Football Medical Congress as well as lecturing on various MSc courses in London. He has written a chapter on Head Injuries and Concussion Management in the "Emergencies in Sports Medicine" Handbook. He is involved in research at the forefront of SEM and set up an ongoing double blind randomised controlled trial at the Homerton University Hospital investigating the use of Autologous Blood in Chronic Tendinopathy. He is also currently Honorary Secretary and Council Member of the Sport and Exercise Medicine Section at the Royal Society of Medicine.



Mr ASLAM MOHAMMED FRCS, FRCS (Orth)

Consultant Orthopaedic Surgeon

He Qualified in Cardiff in 1984, and has been in his consultant post at the world famous Wrightington Hospital for Joint Disease and Lancashire Teaching Hospitals NHS Foundation Trusts since 1995. His area of specialisation is all aspects of hip and knee surgery, this includes sports injuries and degenerative conditions.

He specialises in arthritic problems around the hip, knee and ankle joints, particularly in young adults, as well as sports-related soft tissue injuries and problems.

He is one of a few surgeons in the UK who is able to offer key-hole surgery of the hip joint (Arthroscopy) for which he receives nationwide and overseas referrals, he has been performing this procedure since 1995 at which time he developed the Pathfinder TM system of instruments to access the hip joint under X ray guidance.

He is regularly on the faculty of many courses for knee soft tissue injury ACL & PCL, Hip arthroscopy cadaver courses and Hip and Knee Arthroplasty with mini posterior and the anterior approach to the hip joint.



PETER RESTEGHINI

Peter Resteghini is a Consultant Musculoskeletal Physiotherapist and Musculoskeletal Sonographer. He is a member of the Society of Orthopaedic Medicine with 24 years of clinical experience including work and study in Australia, America and Canada.

He jointly runs the Sports and Musculoskeletal Clinic at the Homerton University Hospital in addition to holding regular clinics in both the Physiotherapy Department and the Radiology Ultrasound Department. He is a visiting lecturer at Christ Church Canterbury University.

ANN REDGRAVE BSc, MB.BS, DO, MSc SEM

Ann Redgrave qualified as a medical doctor in 1984 from Charing Cross Hospital Medical School, London. She was a top class rower and rowed in the 1984 Olympics and the 1986 Commonwealth Games. She was impressed by the response of her husband, Sir Steven Redgrave, to osteopathic medicine for an acute lumbar disc prolapse so decided to cross train as an osteopath and completed her training at the British School of Osteopathy early in 1990 and founded the Redgrave Clinic later that year. She has worked with a number of different sports, having a specialist interest in Rowing. She was Chief Medical Officer to GB Rowing from 1992 - 2001 attending the everyday needs of athletes and travelling abroad with the team to competition including the Olympic Games. Although she retired from this position in 2001, she was enticed back at the end of 2008 to help prepare the Rowing Team for the home Olympics in 2012. Dr Redgrave's services to Sports Medicine have been acknowledged by the academic world with the award of three honorary degrees, one from Loughborough University in 2001, one from the University of Staffordshire in 2004 and one from Exeter University in 2010. GB Rowing awarded her a medal of honour when she retired in 2001.

CURTIS ROBB

Curtis Robb is an Olympic athlete. His athletic achievements encompass four British titles over 800m and 1500m. He competed in two Olympic games; Atlanta and Barcelona and three world championships, all over 800m. He finished sixth in the Barcelona Olympic Games in 1992 and fourth in the World Athletic Championships in 1993.

Unfortunately his very promising athletics career was cut short by ongoing achilles tendon injuries and it is widely agreed Curtis never reached his full potential in athletics terms as a result of this.

He is currently a senior fellow in knee and sports arthroscopy having completed his higher surgical training in Birmingham. During his training he was also appointed as honorary clinical lecturer at the university of Birmingham. His ambitions now are to be fit enough to compete for his long standing athletics club, Liverpool Harriers and to continue his orthopaedic career in Sports medicine and surgery.



ZIALI SIVARDEEN

Ziali Sivardeen is an Internationally respected Shoulder and Knee Surgeon who is regularly invited to speak at or organise symposia at significant meetings around the world. He recently organised a Sports Symposium at one of the Biggest and Oldest Orthopaedic meetings in the world. He is one of only a few Triple Fellowship trained surgeons in the UK and jointly runs the Sports Injury Clinic at the Homerton. He has many research interests, including in top level athletes and has over 60 presentations at major National and International meetings. He is a Royal College of Surgeons Tutor, and is on the Specialist Training Committees for both Sports & Exercise Medicine and Trauma and Orthopaedics, in London. A keen sportsman himself, he has played rugby, football or cricket at various representative levels including club, university or county level.



VENUE: HOMERTON UNIVERSITY HOSPITAL



HOMERTON UNIVERSITY HOSPITAL

Is based in Hackney in East London. It was one of the original Trusts to gain Foundation Trust status.

There are now 115 Foundation Trusts which are widely considered to be the flagships of NHS patient care, delivering some of the best patient care in the country.

As the designated hospital for the 2012 Olympic Games, Homerton is only 3km away from the Olympic Village. Olympic accredited personnel (athletes, trainers etc) needing hospital treatment are to be admitted to the Homerton.

SPORTS INJURY CLINIC AT THE HOMERTON UNIVERSITY HOSPITAL

The Sports Clinic at the Homerton is one of (if not the only) one-stop sports clinic in the NHS. With A Consultant Sports Surgeon, Consultant Sports Physiotherapist, Consultant Radiologist and Senior Musculoskeletal Medical Input.

The venue address is:

Homerton University Hospital,
Homerton Row, London, E9 6SR.
020 8510 7835



You can find maps and more detailed local road directions on our website
www.homerton.nhs.uk

LONDON HOMERTON SPORTS INJURIES SYMPOSIUM

MONDAY 10TH OCTOBER 2011

Homerton University Hospital NHS
NHS Foundation Trust



Cost

Doctors £100
Allied Health
Professionals £75
Students £50

Some Confirmed Speakers:

Lady Ann Redgrave
Double Olympian - Rowing
Ex-CMO GB Rowing
Simon Kemp CMO RFU
Harriet Collins
CMO Womens RFU
Shabbaz Mughal
Tottenham Hotspur
Team Doctor
Andy Leaver
Bath RFU Chief Physio
Steve Bollen Knee Surgeon
Curtis Robb
Double Olympian - 800m
Ed Bache
Specialist In Childrens Injuries
Aslam Mohammed
Hip Surgeon
Mark Davies
Foot & Ankle Surgeon
David Dixon
Lecturer In Sports Physiology

Symposium Convenors

Dr Peter Resteghini
Consultant Physiotherapist
Mr Ziali Sivardeen
Consultant Surgeon

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