

Sports Injuries Symposium

Monday 23rd April 2012

08.30 Registration and coffee		
08.45	Welcome & Introduction	Peter Resteghini / Ziali Sivardeen
08.50	Foot & Ankle Anatomy	Adil Samdany Orthopaedic Surgeon (HUH)
09.05	Clinical Assessment	Imtiaz Ahmed Sports Medical Specialist
09:20	The Olympics and the Polyclinic.	Dr Nat Padhiar Consultant Podiatric Surgeon
9.35	Compartment Syndrome of the Foot	Dr Nat Padhiar Consultant Podiatric Surgeon
9.50	Achillies Tendinopathy	Nicola Maffulli Professor of Sports Medicine
10.05	Questions & Answers	

10.15 Coffee Break – Refreshments served

10.30	The adolescent foot and ankle	Mark Paterson Consultant Orthopaedics Royal London
10.45	Ankle Instability	Mark Herron Consultant Orthopaedics Royal Orthopaedic Hospital
11.00	Osteochondral Defects	Mark Herron Consultant Orthopaedics Royal Orthopaedic Hospital
11.15	The Podiatric Assessment of Footballing injuries	Ron McCulloch Consultant Podiatric Surgeon (HUH)
11.30	Useful Physiotherapy Techniques	Liam St Pierre Senior Physiotherapist (HUH)
11.45	Questions & Answers	

12.00 Lunch

12.50	Muscle Morphology – early development and influence on the foot and ankle	David Stephenson Lecturer UEL
1.05	Imaging of the Foot and Ankle	Stephen Burke Consultant Radiologist (HUH)
1.20	Ultrasound of the Ankle and the use of guided injections	Peter Resteghini Consultant Physiotherapist (HUH)
1.40	Ultrasound Practical Session	Sue Rowe, Peter Resteghini, Stephen Burke, Chris Myers, Rob Mast & Ziali Sivardeen.
1.40	Arthroscopy Simulation / Dry Bone Session	Mark Davis & Martin Klinke

2.40 Coffee Break – Refreshments served

2.55	Plantar Fasciitis	Mark Davies Consultant Orthopaedic Surgeon
3.10	Common Injuries in Professional Footballers	Shabaaz Mughal Sports Medicine Specialist (HUH and Tottenham Hotspur FC)
3.25	Anterior Impingement	Ziali Sivardeen Consultant Orthopaedic Surgeon (HUH)
3.35	Forefoot Problems	Trevor Prior Consultant Podiatric Surgeon (HUH)
3.50	Stress Fractures	Mark Davies Consultant Orthopaedic Surgeon
4.05	Posterior Impingement	Martin Klinke Consultant Orthopaedic Surgeon
4.20	Question and Answer Time	
4.30	Close	

Some Key Invited Speakers

PROFESSOR NICOLA MAFFULLI,

Professor Nicola Maffulli is widely recognised as one of the world's most eminent Consultant Orthopaedic and Sports Injury Surgeons. He is responsible for pioneering new procedures and techniques in foot and ankle surgery, and for fixing some of the UK's top sportsmen and women, including Premiership football players as well as Track and field Athletes and international rugby players. He has published well over 700 peer reviewed articles in scientific journals, and published nine books on Orthopaedic Surgery and in Sports Medicine.



MARK DAVIES

Mark Davies is a top Foot and Ankle Surgeon. He was appointed to Guy's & St Thomas' Hospital as a Consultant Orthopaedic Surgeon. Here he set up the Foot & Ankle Unit in 1999. He established the London Foot & Ankle Centre at the Hospital of St John & St Elizabeth in 2003. He has written extensively including Gray's Anatomy, Bailey & Love's Short Practice of Surgery and most recently the Oxford Textbook of Orthopaedics & Trauma. He has treated many elite athletes and professional sportsmen and women.



MR MARK HERRON

Mark Herron is a Consultant Orthopaedic Surgeon and Specialist Foot and Ankle Surgeon. His NHS base was formerly the Royal Orthopaedic Hospital NHS Trust, Birmingham where he provided a supraregional tertiary foot and ankle service.



Following 5 years at medical school Mark Herron spent 11 years in surgical training, including three fellowships in foot and ankle surgery at Internationally recognised units in Bristol, Dublin and Oxford. His practice comprises all areas of elective and traumatic foot and ankle disorders, using both operative and non-operative treatments. This is complimented by a multi-disciplinary team of allied independent health professionals who work with him at the Foot and Ankle Clinic.

MARK PATERSON

Mark Paterson has been a Consultant Orthopaedic Surgeon at the Royal London Hospital for 21 years. During that time he has built up an interest and expertise in the field of children's orthopaedic surgery. He has published about 60 papers in the orthopaedic and scientific literature and chapters in various textbooks. He is an examiner for the FRCS(Orth) examination and the European Board of Orthopaedic Training and was President of the Orthopaedic Section of the Royal Society of Medicine in 2006-2007.



MR. ROBERT MAST

Rob has 18 years of experience in MSK physiotherapy, and for the last 7 years he has worked as an ESP for City & Hackney PCT (now at the Homerton). He is highly skilled in ultrasound and injections.

DR NAT PADHIAR

Nat is a Top Podiatrist and is Running the Podiatric Services at the PolyClinic at the Olympics. He is not formally attached to any professional football clubs but, many clubs refer footballers to him. He is an Honorary Senior Lecturer, in the Centre for Sports & Exercise Medicine (CSEM), at the Barts and London.. He is a keen sportsman continuing to play cricket, tennis and taking part in endurance sport (28 marathons). He has represented Uganda School boys at cricket.



MARTIN KLINKE

Martin Klinke trained in major teaching hospitals in Germany and Paris, followed by a specialised foot and ankle fellowship at the Royal National Orthopaedic Hospital in Stanmore. He with Professor Hinterman, a world leading specialist in ankle replacements. Mr Klinke was appointed Consultant Orthopaedic Surgeon at Guy's and St Thomas' hospitals in 2002.



RON MCCULLOCH

Ron McCulloch is a Consultant Podiatric Surgeon at Homerton University Hospital NHS Foundation Trust. He has consulted for the Arsenal football team for over 15 years and is a member of the official 2012 Olympics, podiatry team. He has lectured extensively and special interests include biomechanics, gait analysis, and ultrasound.



DR IMTIAZ AHMAD

Works as a Clinical Specialist in Sports Medicine at Guy's Hospital, Club Doctor for Millwall FC and Tottenham Hotspurs FC Development & Academy Teams and the Chairman of the FA Medical Society (SE). He is an Honorary Lecturer for QMW University Sports Medicine Department, and was awarded the RCGP South London Faculty Educator of the Year Award 2011.

CHRIS MYERS

Chris is a highly experienced and specialised physiotherapist in musculoskeletal medicine and sports injuries and the use of ultrasound and injections. He currently splits his time between elite sport at the English Institute of Sport, as a clinical specialist/Extended Scope Physiotherapist at Homerton NHS Trust and is the clinical director of Complete Physio. He has a Masters in Sports Medicine and has worked over the years with a variety of sports.



Homerton Sports Injury Service - Key Staff

PETER RESTEGHINI - Lead Physiotherapist

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.



ZIALI SIVARDEEN - Lead Surgeon

Ziali is an Internationally respected Surgeon who is often invited to teach other Consultant Surgeons. He was recently invited to organise 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, especially in Professional Rugby Players. He has had over 60 presentations at major National and International meetings, and is the Royal College of Surgeons Tutor at the Homerton. He often sees footballers from Premiership Clubs, Former Champions and other top level athletes.



Dr Shabaaz Mughal - Consultant Sports Physician

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.



STEPHEN BURKE - Lead Radiologist

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.



TREVOR PRIOR - Consultant Podiatrist

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 Vasyli Think Tank and is the immediate past Dean of the Faculty of Podiatric Surgery.



Liam St Pierre - Senior Sports Physiotherapist

Liam is a senior physiotherapist with extensive experience of treating a wide range of muscle, bone and joint problems. He is trained to Masters level and has worked with clinicians from Arsenal Football Club and the British Olympic team. He has acted as a physiotherapy consultant to The Guardian newspaper, and worked with a range of people from stunt men to professional musicians. He has a first class honours in Physiotherapy from the University of East London and he was chair of the UK Student Committee of the Chartered Society. He is also trained to degree level in Sports and Exercise Science.



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 23rd April 2012

FOOT AND ANKLE

Confirmed Speakers

Prof Nicola Maffulli
Queen Mary University
Mark Davies
London Foot & Ankle Centre
Shabaaz Mughal
Tottenham Hotspur Club Doctor
Mark Heron
Royal Orthopaedic Hospital
Mark Paterson
Royal London

Symposium Convenors

Dr Peter Resteghini
Consultant Physiotherapist
Mr Ziali Sivardeen
Consultant Surgeon

"Everything
you wanted
to know about
the foot
& ankle"

Cost
Doctors £150
Allied Health
Professionals
£100

Top National
/ International
Faculty

Practical
Ultrasound
& Dry Bone /
Arthroscopy
Simulation
Sessions

For further information or
to register please contact:

Ms. Ellenor Buxton,

Physiotherapy department,
Homerton University Hospital,
Homerton Row,
London, E9 6SR

Tel: 020 8510 7835

Email: Ellenor.buxton@homerton.nhs.uk
peter.resteghini@homerton.nhs.uk
ziali.sivardeen@homerton.nhs.uk

