

CHRIS MYERS

Chris is a highly experienced and specialised physiotherapist in musculoskeletal medicine and sports injuries. 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. Chris is one of the few physiotherapists in the country to also be a musculoskeletal sonographer and uses diagnostic ultrasound to diagnose muscle, ligament, tendon, joint and nerve problems. He also uses ultrasound to carry out guided joint and soft tissue injections for pain relief.



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.



RICH SEAH

Rick is a Consultant Physician in Sport & Exercise Medicine, and works at the English Institute of Sport & Pure Sports Medicine Clinic London. He has master's degree in SEM with distinction from University College London and is a fellow of the Faculty of Sport & Exercise Medicine (UK). He treats elite athletes at University College Hospital and Lee Valley Athletics Centre. He also works at Pure Sports Medicine clinic in London and is the EIS team doctor for the GB Fencing Squad. He is working as a sports medicine doctor at Eton Dorney during the Olympic Games and also at the athletes' village during the 2012 Paralympic Games.



ZIALI SIVARDEEN

Ziali is a surgeon specialising in the Shoulder and Knee. He often sees international-level sports people, has written articles in magazines including Gary Lineker's guide to the 2012 European Championships and has often been invited onto the TV. One of the only triple fellowship trained surgeons in the UK, he jointly runs the sports injury service at the Homerton and is one of the surgeons who is "on-call" for injuries to athletes on the Olympic sites during the London 2012 Olympics. He is often invited to teach other surgeons and was recently invited to organize a sports symposium at one of the biggest and oldest meetings in the world. A keen sportsman himself, he has played rugby, football or cricket at various representative levels including rugby at County and University level."



LIAM ST PIERRE

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 works in GP surgeries, hospital A&E and sports medicine clinics. He has worked with clinicians from Arsenal Football Club and the British Olympic team. Liam has acted as a physiotherapy consultant to The Guardian newspaper, and worked with a range of people from stuntmen to professional musicians. Liam 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. He is a key member of the Sports Injury Service.



PANOS THOMAS

Panos Thomas is a Consultant Orthopaedic Surgeon at the Whittington Hospital NHS Trust, London. He is the Director of the MSc in Sports and Exercise Medicine, UCL since its launch in 1999, and has taken part in the design of the Sports and Exercise Medicine Specialty. He is the Academic Secretary of the British Orthopaedic Sports Trauma Association BOSTA. He is the Editor of the Sports Orthopaedic Section for the Electronic NHS National Library, evaluating all related Sports Surgery projects presented prior to publication. He is the author of the book "Key Topics in Sports Medicine" published in 2006 by Routledge. His main experience and interest is in Knee Surgery: knee arthroscopy, osteotomy, Primary and Revision total knee replacement and in particular knee ligament surgery such as ACL Reconstruction, PCL Reconstruction and multiple ligament problems. Panos has been involved with the treatment of elite athletes. He advises Arsenal FC, and also, provides advice to the British Fencing, British Ski Federation, British American Football League and other sport organisations.



JONATHAN WEBB

Jonathan Webb is a Consultant Orthopaedic Surgeon who specialises in knee surgery and Sports Medicine. He works in Bristol in his own multi-disciplinary Sports Medicine clinic and in London as one of the Founders of the Fortius Clinic. His practice is exclusively knees, approximately 75% soft tissue, 25% TKR/ unicompartamental work. Research interests include graft fixation in ligament reconstruction and navigation in arthroplasty. He successfully combined his medical training with a top rugby career. He played 33 times for England, winning two Five Nations Grand Slams and reaching the Rugby World Cup Final in 1991. In 1992 he was voted Rothmans Rugby Player of the Year. His sporting background gives him an invaluable insight into the pressures faced by top class sportsmen and women when they suffer injury.



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 8th
October 2012

THE SPORTING KNEE

Confirmed Speakers

Jonathan Webb
Robin Allum
Panos Thomas
Pippa Bennet
Tim Briggs
Shabaaz Mughal
Nicola Maffulli

Symposium Organisers

Dr Peter Resteghini
Consultant Physiotherapist

Mr Ziali Sivardeen
Consultant Surgeon

Top National
/ International
Faculty

"Everything
you wanted
to know about
the Knee"

Cost
Doctors £150

Allied Health
Professionals
£75

For further information or to register please contact:

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Sports Meeting Knee

8th Of October 2012

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|--------------|---------------------------------|--|
| 08.30 | Welcome & Introduction | Z. Sivardeen P Resteghini A Khan |
| 08.35 | Relevant Anatomy | A. Karmegan S. El-Tawil |
| 08.45 | Clinical Assessment Of The Knee | Z. Iqbal |
| 09:05 | Cartilage Grafting | T. Briggs |
| 09.25 | MPFL/ Patellofemoral Joint | N. Maffulli |
| 09.45 | Questions & Answer | |

09.55 Coffee Break – Refreshments served

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|--------------|---|-----------|
| 10.10 | PCL Injuries | A. Khan |
| 10.30 | Meniscal Injuries | P. Thomas |
| 10.50 | Keynote Lecture – 30 Years Experience In ACL Management | R. Allum |
| 11.20 | Medial Collateral Ligament Injuries | R.Seah |
| 11.40 | Questions & Answer | |

11.50 Lunch

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|--------------|---|--|
| 12.40 | Strengthening / Rehab / Return To Sport | G. Burne, S.Clarke |
| 1.00 | Imaging Of The Knee | S. Burke S. Rowe |
| 1.20 | Ultrasound And Guided Injections Around The Knee | P. Resteghini |
| 1.40 | Practical Session (A) Ultrasound (B) ACL Reconstructions (C) Meniscal Repairs / OCDs | R. Allum, S. Burke, A. Khan, R. Mast, C. Myers, P.Resteghini, S. Rowe, Z. Sivardeen |

2.40 Coffee Break – Refreshments served

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|-------------|--|-------------|
| 2.55 | What do with the Failed ACL reconstruction | R. Allum |
| 3.15 | Posterolateral Corner | Z.Sivardeen |
| 3.35 | Knee Injuries In Female Athletes | P.Bennett |
| 3.55 | ACL Injuries In Adolescents | J. Webb |
| 4.15 | Common Footballing Knee Injuries | S. Mughal |
| 4.35 | Question and Answer Time | |
| 4.45 | Conference Close | |

Some Key Invited Speakers

ROBIN ALLUM

Robin Allum is a Consultant Orthopaedic Surgeon who works at the Heatherwood and Wexham Park Hospitals 1983. He is well recognized as one of the pioneers of arthroscopic sports knee surgery in this country. A former president of the British Association for Surgery of the Knee (2004 to 2006) and also Council member and Honorary Secretary for the British Orthopaedic Association. He was chairman of the Committee that produced the Anterior Cruciate Ligament Reconstruction Best Practice document for the British Orthopaedic Association in 2001 (updated 2009). He has taught around the world and was a member of the Editorial Board of the Journal of Bone and Joint Surgery from 1999 to 2006 and The Knee,



PIPPA BENNETT

Pippa is currently Chief Medical Officer to the England Women's Football Teams and CMO to British Gymnastics. She oversees the medical care of all international footballers and travels with the senior team. This has included UEFA European Championships (2001, 2005 and 2009) and the FIFA World Cups in 2007 and 2011. She travelled with the elite gymnasts to World and European events. Pippa has been Team GB Head Quarters Medical Officer at the 2008 Beijing Olympic Games and for London 2012 she was the Medical Officer for Team GB Women's Football Team. She has worked for the English Institute of Sport for the past 4 years looking after a number of different elite athletes and in 2012 will be working with BUPA holding regular musculoskeletal clinics in London. Pippa was a keen soccer player but hung up her boots due to old age and injury. She now watches from the sideline, the terraces and the bench.



TIM BRIGGS

Tim Briggs is the medical director of the Royal National Orthopaedic Hospital NHS Trust. His special interests are bone and soft tissue tumours, comprehensive cartilage transplantation, primary and revision hip and knee replacement and reconstruction of the lower limb. He is on the Editorial Board of the Journal of Bone and Joint Surgery and was Editorial Secretary of the British Orthopaedic Association. He has a special interest in autologous chondrocyte transplantation around the knee and is one of the clinical leaders in this field in the UK. He has an interest in sports injuries and is one of the surgeons for the Arsenal men's and Arsenal lady's football clubs.

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.



AMER KHAN

Amer Khan is a Consultant Orthopaedic Knee and Sports Injury surgeon and is one of the surgeons on call for injuries to athletes at the Olympic games. He is the clinical lead for Orthopaedics at the Homerton and jointly runs the Sports Injury Service. He has undertaken his sub-specialist fellowships in shoulder surgery at The Royal Devon and Exeter Hospital and knee surgery at Guys and St Thomas's Hospital, and has learnt from some of the leading surgeons in arthroscopic soft tissue knee and shoulder surgery. Having completed fellowship training he has considerable expertise in sports knee surgery. He teaches on cadaveric courses, lectures internationally and has helped establish two sports injury centres abroad where he trains and teaches surgeons.



ROB MAST

Rob has 18 years of extensive experience in MSK physiotherapy. He has been working as an extended scope physiotherapist for many years. Rob has a PGcert in MSK ultrasound, and taught MSK ultrasound on a variety of courses. He is a visiting lecturer at London Southbank University. MSK ultrasound is an adjunct to his clinical practice and has aided the accuracy of clinical diagnoses and US guided interventional procedures such as injections and aspirations.



SHABAAZ MUGHAL

Shabaz 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.



NICOLA MAFFULLI

Nicola Maffulli is the Centre Lead and Professor of Sports and Exercise Medicine at Queen Mary University. He is a former President of the British Orthopaedic Sports Trauma Association, and sits on many committees in Sports Medicine and in Trauma and Orthopaedics. He is an Editorial Board Member of some 10 Sports Medicine and Trauma and Orthopaedic Journals. He has published close to 500 articles in peer reviewed journals, and has edited several textbooks. He has been selected by The London Organising Committee to lead the Orthopaedic Sports Foot and Ankle Surgery Service at the 2012 Olympic and Paralympic Games. During the games Professor Maffulli will lead a team of six consultants in the Orthopaedic Sports Foot and Ankle Surgery Service.

