



# THE EDINBURGH SPORT & EXERCISE MEDICINE CONFERENCE



**SPORT &  
EXERCISE**

**FASIC**  
Sport & Exercise  
Medicine Clinic

**FOR THE LATEST IN  
SPORT & EXERCISE MEDICINE**

## FEATURING

**“Spine pain in athletes”**

**Prof Jiri Dvorak**

**“Knee arthroscopy - an operation consigned to history?”**

**Mr Colin Walker**

**“Injury patterns and prevention in elite sport”**

**Dr Debbie Palmer**

**“Nutritional supplements - ergogenic aids or fads?”**

**Nikos Jakubiak**

**“The hand and wrist in sport”**

**Mr Doug Campbell**

**“Challenges in diagnosis and management of impingement syndrome in the athlete’s shoulder”**

**Dr Tanya MacKenzie**

**“What’s new in Sport & Exercise Medicine and where to find it”**

**Dr Andrew Murray and Dr Nirmala Perera**

**PLUS** A range of bookable workshops throughout the day

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We are pleased to share the programme of events for our 2019 conference. It is an excellent opportunity to network and learn from the best professionals in Sport & Exercise Medicine - read on to find out more!

Topic	Speaker/Description
<b>9.00</b> Registration, tea & coffee	
<b>9.15</b> <b>Welcome &amp; introduction</b>	<b>Heather Binnington</b> , Head of Sport & Exercise Medicine, Sport & Exercise
<b>9.30</b> Knee arthroscopy - an operation consigned to history?	<b>Mr Colin Walker</b> Consultant Orthopaedic Knee Surgeon, Queen Elizabeth University Hospital, Glasgow
<b>10.00</b> Injury patterns and prevention in elite sport	<b>Dr Debbie Palmer</b> Associate Professor in Sports Injury/Illness Epidemiology and Prevention, Napier University Member of the International Olympic Committee Medical Commission Games Group
<b>10.30</b> Workshop 1	See next page for details of available workshops
<b>11.00</b> Break, exhibitors, refreshments	
<b>11.20</b> Workshop 2	See next page for details of available workshops
<b>11.50</b> Nutritional supplements - ergogenic aids or fads?	<b>Nikos Jakubiak</b> Clinical Dietitian & Performance Nutritionist sportscotland Institute of Sport & LifeFitWellness
<b>12.20</b> Q & A	
<b>12.30</b> Poster presentations	See next page for details of how to submit an abstract
<b>12.40</b> Lunch, exhibitors	
<b>1.30</b> Spine pain in athletes	<b>Prof Jiri Dvorak</b> Professor of University of Zurich, Senior Consultant in Neurology, Schulthess Clinic, Zurich Senior Editor of the British Journal of Sports Medicine and Deputy Editor of SPINE Former member of the WADA Health, Medical and Research Committee, IOC Medical and Science Committee Former FIFA Chief Medical Officer
<b>2.10</b> The hand and wrist in sport	<b>Mr Doug Campbell</b> Consultant Hand & Wrist Surgeon, Hand & Wrist Clinic, Leeds
<b>2.40</b> Workshop 3	See next page for details of available workshops
<b>3.10</b> Workshop 4	See next page for details of available workshops
<b>3.40</b> Break, refreshments	
<b>4.10</b> Challenges in diagnosis and management of impingement syndrome in the athlete's shoulder	<b>Dr Tanya MacKenzie</b> Advanced MSK Practitioner, Specialist Shoulder Physiotherapist, Manchester Shoulder Clinic
<b>4.40</b> What's new in Sport & Exercise Medicine and where to find it	<b>Dr Andrew Murray</b> Consultant in Sport and Exercise, University of Edinburgh Senior Associate Editor, BJSM <b>Dr Nirmala Perera</b> University of Oxford and IOC Social Media Editor
<b>5.10</b> Q & A	
<b>5.20</b> Closing remarks and poster prize-giving	<b>Dr Alastair Nicol</b> Medical Director, FASIC <b>Dr John McLean</b> Chief Executive, Hampden Sports Clinic
<b>5.30</b> Refreshments & networking	

We reserve the right to add to or change the conference programme in the lead up to the event

## Workshops

There will be an opportunity to book these sessions closer to the event:

- **What to keep in your pitch-side bag and why?**  
Dr Jonny Gordon, Emergency Medicine Consultant & Medical Director Promote Medical
- **Point of care blood testing**  
Andrew Dalton, Abbott
- **Pilates/rehabilitation for the upper limb**  
Jenny Tyler, Advanced Practice Physiotherapist and Pilates Specialist, FASIC
- **Social media and creating content in SEM - what you need to know**  
Dr Steffan Griffin, Social Media Editor, BJSM  
Jennifer Duncan, Animation and content editor, University of Edinburgh
- **MSK ultrasound of the knee, wrist and hand**  
Dr Tim Swan, Consultant Sport & Exercise Medicine, London
- **Pre-habilitation for runners**  
Linda Linton, Advanced Practice Physiotherapist, FASIC
- **Pilates with a twist - rotation based workshop**  
Jenny Tyler, Advanced Practice Physiotherapist and Pilates Specialist, FASIC
- **Myofascial/soft tissue release of the shoulder girdle**  
Amanda Marshall, Massage Therapist, FASIC  
Emily McDonald, Massage Therapist and Pilates Teacher, FASIC
- **Clinical exam of the wrist/hand**  
Mr Doug Campbell, Consultant Hand & Wrist Surgeon, Hand & Wrist Clinic, Leeds
- **Concussion update**  
Dr Alastair Nicol, Medical Director, FASIC

Schedule subject to change

## Poster Presentations

As part of this year's Conference we invite abstract submissions on a subject relevant to SEM for presentation. Abstracts should be 250-300 words (including references) and should be presented in poster or infographic form.

For more information or to submit your abstract contact [fasic@ed.ac.uk](mailto:fasic@ed.ac.uk)

The deadline for submission is Friday 26 July 2019

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