

SportsMed South West: 8th Annual Sports and Exercise Medicine Conference 18th-19th May 2017

18th May morning session: 09.15 - 12.40

08.00 – 09.15 Registration

09.15 **Welcome and introduction**
Dr Harry Mee, Rehabilitation Medicine Registrar, Cambridge University Hospital

Session 1 - 'An Athlete's Upper Limb': current practice in sports surgery'

Chair:

09.30 – 09.50 **Shoulder Injuries**
Mr Andy Murphy, Consultant Orthopaedic Surgeon, Derriford Hospital, Plymouth

09.50 – 10.10 **Elbow Injuries**
TBC

10.10 – 10.30 **Hand and Wrist Injuries**
Mr Charles Gozzard, Consultant Orthopaedic Surgeon, Derriford Hospital, Plymouth

10.30 – 10.50 **Panel Q & A.**

10.50 – 11.10 **Coffee**

Session 2 – 'The Extremes of Exercise Medicine'

Chair: Miss Rachel Andrews, Senior Physiotherapist, Derriford Hospital, Plymouth

11.10 – 11.40 **Extreme Physiology at the limits of scuba diving**
Dr Craig Holdstock, ST3 Anaesthetics, Royal Cornwall Hospitals NHS Trust

11.40 – 12.10 **Blow up during warm up: Can ischaemic preconditioning improve exercise performance in humans?**
Dick Thijssen, Professor in Cardiovascular Physiology and Exercise, Liverpool John Moores University

12.10 – 12.40 **High altitude research: clinical implications for oxygen therapy at sea level**
Dr Dan Martin, Senior Lecturer & Honorary Consultant, Perioperative & Critical Care Medicine, University College London Division of Surgery and Interventional Science Critical Care Unit, Royal Free Hospital, London

12.40 – 13.45 **Lunch**

Afternoon sessions: 13.45 - 17.05

Session 3 - ‘SEM in Primary Care’

Chair:

13.45 - 14.15 **The lumbar spine in sport**
Tim Edbrooke, Chartered Physiotherapist, London Spine Clinic and Exeter

14.15- 14.45 **Achilles Tendinitis**
Dr Owen Moore, Consultant Rheumatologist and Acute Medicine

14.45 – 15.15 **SHERPA: A New Model to help Practitioners and Patients make sense of Multimorbidity**
Dr Edmund Jack, GP and PenCLAHRC Clinical Champion for Making Sense of Evidence

15.15 – 15.30 **Coffee**

Session 4 – ‘Why Physical Activity?’

Chair: Dr Patrich English, Endocrinology Consultant, Derriford Hospital, Plymouth

15.30 – 16.00 **Physical Activity in Clinical Care**
Dr Chris Rufford, Consultant and senior lecturer in sports & exercise medicine
Physical activity champion public health England

16.00 - 16.30 **Finding evidence for if and how sport, exercise and physical activity impacts on alcohol and substance misuse: A systematic review**
Dr Tom Thompson, Research Fellow, Plymouth University Peninsula Schools of Medicine and Dentistry

16.30 - 17.00 **What do we know about e- and m-health intervention effectiveness for promoting physical activity?**
Professor Adrian Taylor, Professor of Health Services Research, Plymouth University Peninsula Schools of Medicine & Dentistry

17.05 **Close** Dr Harry Mee, Rehabilitation Medicine Registrar, Cambridge University Hospital



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19th May morning sessions: 9.00 - 12.40

Session 1 – ‘Concussion, where are we?’

Chair – Dr Andrew Newton, Consultant in Emergency Medicine with Sub Specialty Interest in Sports and Exercise Medicine

- 09.00 - 09.25** **Concussion and the Brain**
Mr Peter Whitfield, Associate Professor and Consultant Neurosurgeon, Plymouth Hospital NHS Trust
- 09.25 - 09.50** **Children's Head Injuries and Sport; what do we do, what should we do - Using QI project evidence to improve practice.**
Dr Andrew Newton - Consultant in Emergency Medicine with Sub Specialty Interest in Sports and Exercise Medicine
- 09.50 – 10.15** **Title TBC**
Dr Mike England, Community Rugby Medical Director
- 10.15 – 10.40** **Concussion in Motorsport – where are we?**
Dr Naomi Deakin, Neurosurgery Trauma Fellow, Cambridge University NHS Trust
- 10.40 – 11.00** **Panel Q&A**
- 11.00 - 11.20** **Coffee**

Session 2 – ‘Imaging in SEM’

Chair –

- 11.20 - 11.40** **The role of diagnostic ultrasound in sports injury**
Dr Mike Burdon, Consultant in Sport, Exercise and Musculoskeletal Medicine

- 11.40 - 12.00** **MRI in SEM**
Surgeon Commander David Gay FRCR Royal Navy, Consultant Radiologist,
Derriford Hospital, Plymouth
- 12.00 – 12.20** **CT in SEM**
Dr Alun Davies, Consultant Musculoskeletal Radiologist, Derriford Hospital, Plymouth
- 12.20 – 12.40** **Panel Q & A**
- 12.40 – 13.30** **Lunch**
Afternoon sessions: 13.30 - 17.00

Session 3 – ‘Performance in a Boat’

Chair – Dr Ian Cox, Consultant Cardiologist, Derriford Hospital

- 13.30 – 13.55** **There's no such thing as 'health' in elite sport**
Annie Vernon, Olympic Silver medallist and 2 time World Champion Rower
- 13.55 - 14.20** **Understanding the spine in the context of rowing performance**
Professor Alison McGregor, Professor of Musculoskeletal Biodynamics, Imperial
College London
- 14.20 - 14.45** **Rowing and cardiovascular health**
Professor Sanjay Sharma, Professor of Clinical Cardiology, St George's University of
London
- 14.45 – 15.10** **Some MSK Variations in Presentations of Rowers Injuries**
Mark Edgar, Head of GB Rowing Medical Services
- 15.10 – 15.30** **Coffee**

Session 4 – ‘Rehabilitation in SEM’

Chair: Dr Rachel Botell, Rehabilitation Consultant, Derriford Hospital

- 15.30 - 16.00** **How can SEM and Rehabilitation Medicine work together in the future
NHS?**
Dr Manoj Sivan, Rehabilitation Medicine Consultant, Manchester
- 16.00 – 16.30** **NeuRowRehab: rowing with Neuropsychological
Rehabilitation participants with Acquired Brain Injury - rationale and
pilot findings**
Andrew Bateman - PhD MCSP, Director of Research, Oliver Zangwill Centre for
Neuropsychological Rehabilitation
- 16.30 – 17.00** **‘Hyperbaric oxygen and sports injuries – does it have a role?’**
Dr Christine Penny Medical Director DDRC, Hyperbaric and diving medicine
- 17.00** **Close – Dr Harry Mee**, Rehabilitation Medicine Registrar, Cambridge University Hospital



