

Faculty  
Sports and Exercise  
Medicine

dámh leigheas spóirt agus aclaíochta



RCSI

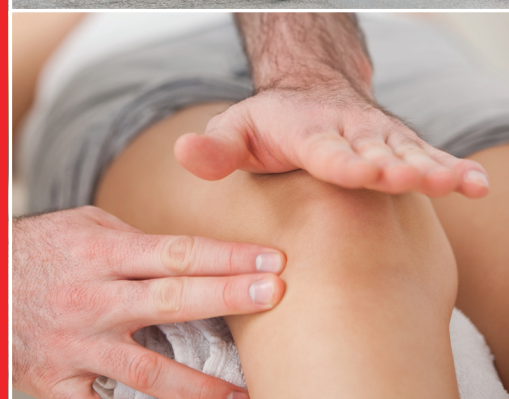
NINTH ANNUAL  
SCIENTIFIC CONFERENCE

PROGRAMME

Friday and Saturday  
21st & 22nd September 2012

Royal College of Surgeons in Ireland,  
123 St Stephen's Green, Dublin 2

*CPD / CAS credits will apply*



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## Conference Committee



**Dr Nick Mahony** (MSc FFSEM) is Assistant Professor of Anatomy and Course Coordinator MSc Sports & Exercise Medicine, and Medical Officer in the Human Performance Laboratory (HPL), Trinity College Dublin. Nick is currently NGB medical officer for the Irish Canoe Union and was formerly NGB medical officer for Rowing. Nick works as an SEM service provider to athletes from recreational to elite on a daily basis in the HPL in Trinity College.



**Dr Mary Archer** is a graduate of RCSI and works as a G.P. with special interest in Sports Medicine. Former president of the Irish Sports Medicine Association and honorary Medical Officer to the Irish Ladies Hockey Union, she continues to cover many local events and remains actively involved in her local hockey club. She has recently retired from the Faculty Board.



**Dr Alan M. Byrne** (M.R.C.P.I., MSc.,(sportsmed.), F.F.S.E.M.) has worked in General Practice and Sports Medicine in south Dublin since 1990. He has been the team physician to the Republic of Ireland soccer team since 2003. He provides sports medicine consultancy services to several League of Ireland teams (Shamrock Rovers, Bohemians, St. Patricks Athletic). He has just completed a 6 year term as first Medical Director of the Football Association of Ireland.



**Dr Joe Cummiskey** (FRCPI, FFSEM) is a graduate of UCD. He completed his postgraduate medical training in General and Respiratory Medicine in Stanford University, California. He returned to Dublin in 1985 to work as a Specialist in Private Practice Respiratory and Sport Medicine in the Blackrock Clinic. Dr Cummiskey was Medical Officer of the Olympic Council of Ireland for 10 years, and he is now President of the EFSMA and Dean of the Faculty of Sports and Exercise Medicine, RCPI & RCSI.



**Dr Eamon Spillane** is a graduate from UCD. He completed post-graduate training in General Practice and has an MSc in Sports Medicine from TCD. He is the Team Doctor for UCD AFC since 2008, and has travelled with the Irish Paralympic Soccer team to Rio de Janeiro as Chief Medical Officer for World Championships in 2007. He is involved in the medical care of Paralympic Athletes at 3 monthly training camps in the National Training and Coaching Centre (NCTC).



**Dr Philip Carolan** is a graduate from RCSI. He is a Specialist in Sports and Exercise Medicine. He specialises in the treatment and management of acute and chronic sports injuries and musculoskeletal injuries. He has a special interest in groin, tendon injuries, and sudden cardiac death in sport. He is team doctor to Cavan Senior & under 21's football panels.



**Ms Stephanie Billault** is the newly appointed Administrator for the Faculty of Sports and Exercise Medicine, RCPI & RCSI. Stephanie was previously based in the RCSI Department of Surgical Affairs (DOSA) for the last 5 years, where she was looking after Training Programmes and Courses at Post-graduate level in Surgery. Prior to her move to RCSI, Stephanie was working in the Medical Council of Ireland's Registration Department for 7 years.



**Ms Ciara Higgins** is an Account Manager with Conference Partners, the Professional Conference Organiser appointed to help manage the annual FSEM conference. After originally training as a Chartered Accountant, Ciara decided to change career direction with a move into the Conference & Events arena and has since managed a broad spectrum of events from corporate board meetings to international conferences for 3,000.

### ***CME / CPD Credits:***

*6 CME points on Friday 21st September 2012*

*6 CME points on Saturday 22nd September 2012*



Dr Nick Mahony MSc FFSEM  
Assistant Professor, Anatomy Department &  
Course Coordinator MSc Sports & Exercise Medicine, Trinity College Dublin  
Chairman Annual Scientific Meeting Conference Organising Committee

On behalf of the Faculty, I welcome you to the Ninth Annual Scientific Meeting of the Faculty of Sports and Exercise Medicine, RCPI & RCSI in the Royal College of Surgeons in Ireland, Dublin, on the 21st and 22nd September 2012. Our meeting follows three major international sporting events, the European Football Championships in Poland Ukraine, the London Olympic and Paralympic Games, the culmination of our own domestic championships in GAA and football, and the start of the new rugby season. Thus our chosen thematic sessions for this year, 'Fatigue Failure of Bone' on Friday morning and 'Overtraining and Burnout' and 'Short Updates' session on Saturday morning, as well as numerous delegate presentations in the scientific sessions will hopefully be relevant to all attending from our various medical, physiotherapy and exercise science related disciplines.

We are especially delighted to welcome our internationally renowned keynote speakers Professor David Taylor from Bioengineering in TCD, Professor Peter Brukner (Honorary Fellow Elect) from Australia, Professor Domhnall MacAuley from Belfast and Professor Romain Meeusen from Belgium; as well as our own local experts taking part in both main thematic sessions, and in response to feedback from delegates at last year's meeting, a series of talks listed for the Short Updates Session on Saturday.

This year we have been overwhelmed by both the quantity and quality of abstract submission from our delegates. We have received abstract submissions from all four provinces, from every Irish academic institution with an interest in Sports and Exercise Medicine, and from GPs, Consultants, Doctors in higher training, Physiotherapists, Sports Scientists and Masters and Undergraduate students and their Professors! from a variety of sports and exercise medicine related disciplines in Ireland, the UK and USA. We welcome the broad range of disciplines that now contribute to Sports and Exercise Medicine in Ireland and we look forward to the scientific oral and poster sessions which have been expanded to allow a greater opportunity to present your original research and clinical case reports.

Our last session on Saturday will see two eminent local cardiologists, Doctors Ward and Galvin going head to head against each other in a debate entitled 'SADS: To Screen or Not to Screen'. The evidence for screening in this area can be confusing and hopefully our two speakers will enlighten us on the evidence for and against, allowing us to make up our own minds... and yes there will be a vote at the end so listen carefully! Finally I hope you enjoy the clinical and scientific content of the program as well as the time to meet up for further discussion with colleagues and friends in lunch and coffee breaks.

A handwritten signature in black ink, appearing to read 'N Mahony', written over a horizontal line.

**Dr Nick Mahony**  
Chairman of the Organising Committee

**Organising Committee:**

Ms Stephanie Billault, Dr Joe Cummiskey (Dean), Dr Mary Archer, Dr Philip Carolan, Dr Alan Byrne, Dr Eamon Spillane and Dr Pdraig Sheeran (*ex officio* FSEM Treasurer)

# Programme Timetable

## FRIDAY 21st September

08.00-08.55	<b>Registration - Examinations Hall</b> (Delegates must register each day)	
08:30-08:35	<b>AGM:</b> procedural vote to move the Faculty AGM to Saturday 10th November 2012	
09.00-09.05	Welcome from CHAIRMAN	<b>Dr Nick Mahony</b>
09.05-09.15	Opening Address	<b>Mr Bernard Dunne</b>
09:15-12:30	<b>Thematic Session I: Fatigue failure in bone</b>	<b>Chairs: Dr Nick Mahony &amp; Dr Mary Archer</b>
09.15 -10.00	Damage and repair in bones under stress (Bioengineering perspectives)	<b>Prof David Taylor</b>
10.00- 10.45	Clinical Spectrum of Bone Fatigue Failure (Sports Physician's Perspective)	<b>Prof Peter Brukner</b>
10.45-11.15	<b>Coffee &amp; Sponsors Exhibition</b>	<b>Examinations Hall</b>
11.15-11.40	Imaging of Stress Fractures (Radiologist perspective)	<b>Prof Stephen Eustace</b>
11.40-12.05	Which stress fractures need fixing? (Orthopaedic perspectives)	<b>Mr Maurice Neligan</b>
12.05-12.30	Rehabilitation and Return to Sport (Physiotherapist's perspective)	<b>Mr Cameron Steele</b>
12.30-13.45	<b>Lunch &amp; Sponsors Exhibition</b>	<b>Judges: PO'N / MO'B / JO'R/ EF</b>
13:00-13:30	Poster Presentations	
13:45-16:15	<b>Scientific Session I: Oral Presentations</b>	<b>Chair: Dr Nick Mahony</b>
	Scientific (SEM/EXSC/OR) x 8	<b>7 and 3 min questions</b>
15:10-15:30	<b>Short Coffee Break</b>	
	Clinical Case Series (CS) x 2	<b>7 and 3 min questions</b>
	Clinical Case Reports (CP) x 4	<b>3 and 2 min questions</b>
	<i>See Scientific Session Program Page 6 and Book of Abstract for more details</i>	
16:15-17:00	<b>Guest Lecture</b>	<b>Chair: Dr Nick Mahony</b>
	Recent Key Papers in Sports and Exercise Medicine	<b>Prof Domhnall Macauley</b>
17.00-18:00	<b>Reception &amp; Conferring Ceremony</b>	<b>College Hall</b>
	Honorary Fellow Elect (Ireland):	<b>Mr David Hickey</b>
	Honorary Fellow Elect (International):	<b>Prof Peter Brukner</b>
	All delegates are cordially invited to the reception and Conferring Ceremony for our Honorary Fellows in the College Hall	

*Delegates should ensure they sign the Register & CPD Certificates can only be collected at the end of each day*

## Saturday 22nd September

08:00-08:55	<b>Registration: Examination Hall</b> (Delegates must register each day)	
09:00-10:45	<b>Thematic Session II: Overtraining and Burnout</b>	<b>Chair: Dr Philip Carolan</b>
09:00-09:45	Current scientific evidence on overtraining and fatigue in athletes	<b>Professor Romain Meeusen</b>
09:45-10:10	Player burnout issues in Gaelic games	<b>Dr Pat O'Neill</b>
10:10-10:35	Prevention: Blood / Nutritional Monitoring	<b>Mr Nathan Lewis</b>
10:35-11:05	<b>Coffee &amp; Sponsors Exhibition</b>	
11:05-12:30	<b>Short Updates</b>	<b>Chair: Dr Mary Archer</b>
11:05-11:25	Physical Activity Prescription	<b>Dr John O'Riordan</b>
11:25-11:45	Barefoot Running	<b>Mr Martin McGeough</b>
11:45-12:05	Acute injury management P.O.L.I.C.E	<b>Dr Chris Bleakley</b>
12:05-12:25	Anti-doping	<b>Dr Una May</b>
12:30-13:45	<b>Lunch &amp; Sponsors Exhibition</b>	<b>Judges: PO'N / MO'B / J'OR / EF</b>
13:00-13:30	Poster Presentations	
13:45-15:00	<b>Parallel Scientific Session II:</b>	
	Scientific (SEM / CS / EXSC / OR) x 4	7 and 3 min questions
	Clinical Case Reports (CP)	3 and 2 min discussion
	<b>O'Flanagan LT:</b>	<b>Harold Browne LT:</b>
	<b>SEM (+CP)</b>	<b>CS (+CP)</b>
	<b>Dr Alan Byrne</b>	<b>Dr Mary Archer</b>
		<b>TR2:</b>
		<b>EXSC (+CP)</b>
		<b>Dr Nick Mahony</b>
		<b>TR3:</b>
		<b>ORTHO (+CP)</b>
		<b>Mr David Moore</b>
	<i>See Scientific Session Program Page 7 for Presentation Titles</i>	
15:00-16:00	<b>Conference Debate: "SADS: To Screen or Not to Screen"</b>	<b>O'Flanagan's Lecture Theatre</b>
	For Screening: <b>Dr Deirdre Ward</b> .... Against Screening: <b>Dr Joe Galvin</b> 25 min each with 5 min Questions + 5 minutes Rebuttal + Delegate Vote	
16:15-16:30	Presentation of Prizes & Conference Close	<b>Dr Joe Cummiskey, Dean</b>

*Delegates should ensure they sign the Register & CPD Certificates can only be collected at the end of each day*

# Delegate Oral Scientific and Clinical Presentations

## SCIENTIFIC SESSION I Friday 13:45-16:15 O'Flanagan Lecture Theatre (Main auditorium)

Time	Min	Abstract No.	1 <sup>st</sup> Author	Short Title
13:45	5	<i>Introduction to session: Dr Nick Mahony</i>		
13:50	10	SEM 3	Condon	<i>Concussion in Rugby Players</i>
14:00	10	SEM 9	Joyce	<i>Exercise Rx training for GPs</i>
14:10	10	SEM 14	Madigan	<i>Vit. D supplementation for athletes</i>
14:20	10	SEM 19	Moran	<i>Exercise for Over-pronation</i>
14:30	10	EXSC 14	O'Malley	<i>Neuromuscular Control Training</i>
14:40	10	EXSC 2	Byrne	<i>Placebos effect in GAA players</i>
14:50	10	OR 3	Carton	<i>Arthroscopic repair FAI</i>
15:00	10	OR 5	Gibson	<i>Surgilig for AC joint repair</i>
15:10	20	<i>Coffee Break</i>		Concourse
15:30	10	CS 5	McCafferty	<i>Arterial Endofibrosis</i>
15:40	5	CP 7	Lowther	<i>Ischial Tuberosity avulsion</i>
15:45	5	CP 5	Kelly	<i>Renal Trauma in a GAA Player</i>
15:50	5	CP 9	Lynch	<i>Spinal Cord Injury Hurling</i>
15:55	5	CP 12	Martin	<i>Sinister Shoulder Pain in a Golfer</i>
16:00	5	<i>Introduction of Guest Lecturer</i>		

## PARALLEL SCIENTIFIC SESSION II Saturday 13:45 - 14:45

	Venue	O'Flanagan LT	Harold Browne LT	TR2	TR3
	Chair	Dr Alan Byrne	Dr Mary Archer	Dr Nick Mahony	Mr David Moore
Time	Min	SEM (+CP)	CS (+CP)	EXSC (+CP)	OR (+CP)
13:45	10	SEM 1 Blake	CS 3 Kelly	EXSC 6 Whyte	OR 2 Carton
13:55	10	SEM 15 Bailey	CS 8 Morrissey	EXSC10 McCarthy	OR 4 Efuwape
14:05	10	SEM 21 Morrissey	CS 12 Rowan	EXSC 3 Condon C	OR 6 Suhail
14:15	10		CS 15 Walter	EXSC 4 Holden	OR 7 Walsh
14:25	5	CP 14 Meighan	CP 8 Lundon	CP 2 Clarke	CP 1 Carton
14:30	5	CP 15 Moffatt	CP 10 Martin	CP 3 Clarke	
14:35	5	CP 17 Ryan J	CP 11 Martin	CP 4 Francis	
14:40	5	CP 18 Ryan J			

# Delegate Oral Scientific and Clinical Presentations

## POSTER PRESENTATION TIMES FRIDAY 21<sup>st</sup> September

Stn	Time	Abst. No.	1 <sup>st</sup> Author	Short Title	Judge
1	13:00	SEM 2	Canavan	Return to sport post ACL	MOB
2	13:05	SEM 4	Cronin	AED usage and availability in Cork	MOB
3	13:10	SEM 5	Cronin	Referee attitudes to AEDs	MOB
4	13:15	SEM 6	Delahunty	Concussion in schoolboy rugby player	MOB
5	13:20	SEM 7	Gallagher	Muscle function tests RA patients (clinic)	MOB
6	13:00	SEM 8	Gallagher	Muscle function tests RA patients (lab)	PON
7	13:05	SEM 10	Kelly	Analysis of research output in SEM	PON
8	13:10	SEM 11	Keramat	Isometric exercise for shoulder rehab	PON
9	13:15	SEM 12	Leonard	Exercise, mood state & cardiac rehab	PON
10	13:20	SEM 13	Lowther	Flexibility and lower limb injury	PON
11	13:00	SEM 17	Meighan	NSAID use Irish women's rugby team	JO'R
12	13:05	SEM 18	Meighan	Concussion Irish women's rugby team	JO'R
13	13:10	SEM 20	Moran	Concussion GAA players	JO'R
14	13:15	SEM 23	O'Loughlin	Syndesmosis / lateral ankle injury NFL	JO'R
15	13:20	SEM 24	Patterson	Injury risk high school athletes (US)	JO'R
16	13:00	SEM 25	Patterson	Supplements high school athletes (US)	EF
17	13:05	SEM 26	Ryan	Groin hip injury risk factors field sports	EF
18	13:10	SEM 27	Sheeran	Intraocular pressure & altitude illness	EF
19	13:15	SEM 28	Sheeran	Static dynamic tests & altitude illness	EF

## POSTER PRESENTATION TIMES SATURDAY 22<sup>nd</sup> September

20	13:00	EXSC 1	Whyte	HITT and dynamic balance	MOB
21	13:05	EXSC 5	Hooper	Gender profile joggers in South Dublin	MOB
22	13:10	EXSC 7	Lambe	HITT vs TLac training & BLa clearance	MOB
23	13:15	EXSC 8	MacColgain	Reliability new hiking test in elite sailors	MOB
24	13:20	EXSC 16	Whyte	HITT & drop jump performance	MOB
25	13:00	EXSC 9	Bailey	GXT data audit Irish endurance athletes	J'OR
26	13:05	EXSC 11	Melvin	Reliability body composition tests female	J'OR
27	13:10	EXSC 12	O'Cathain	'Groucho' running to reduce injury?	J'OR
28	13:15	EXSC 13	O'Mahony	HITT vs TLac training & Tri performance	J'OR
29	13:20	EXSC 15	Whelan	Dynamic warm-up anaerobic performance	J'OR
30	13:00	CS 1	Clarke	Helmets for Hockey	EF
31	13:05	CS 2	Francis	Facial fractures in rugby football	EF
32	13:10	CS 4	Lundon	Contact sports & testicular trauma	EF
33	13:15	CS 6	McCallion	'Green prescription' physical activity	EF
34	13:00	CS 7	Memon	Arthroscopic surgery synovial disorders	PON
35	13:05	CS 14	Suhail	Surgical repair massive rotator cuff tears	PON
36	13:10	CS 16	Walter	Medical issues in Marathon running	PON
37	13:15	CP 16	Niven	Dealt with a Belt: What the blackbelt felt	PON



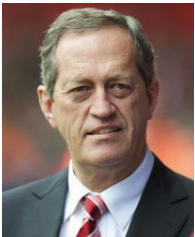
## **Mr Bernard Dunne**

Bernard Dunne is a former Irish professional boxer and a former WBA, and European super bantamweight champion. On Saturday 21 March 2009, Dunne defeated Ricardo Cordoba in the 11th round to become the WBA super bantamweight champion in a fight that won ESPN's 2009 Fight of The Year with 6 knockdowns occurring in the fight between the two fighters (4 for Dunne and 2 for Cordoba). Bernard lost his title on 26 September 2009 in the 02 Dublin and officially retired on 19 February 2010. In November 2009, Irish publishers Liberties Press released the first biography of Dunne. Entitled *Bernard Dunne: The Ecstasy and the Agony*, an up-to-date account of Dunne's beginnings until his defeat to Poonsawat Kratingdaenggym. In 2012, Bernard Dunne was an analyst on the 2012 Olympics boxing coverage on RTE Sport and has recently presented the entertaining Irish language programme Brod Club.



## **Professor David Taylor**

David Taylor is Professor of Materials Engineering at Trinity College Dublin. He is a Member of the Royal Irish Academy and also holds fellowships of Engineers Ireland and the Royal Academy of Medicine in Ireland. He is the editor in chief of the *Journal of the Mechanical Behavior of Biomedical Materials* and a director of the Association of Consulting Forensic Engineers. He has published four books and 170 papers in international journals. His research interests are in the strength and fracture of materials, including bone and other biological tissues as well as medical implants.



## **Professor Peter Brukner (International Honorary Fellow Elect)**

Peter Brukner OAM, MBBS, FACSP, FACSM, FASMF, FFSEM is a specialist sports and exercise physician and the founding partner at the Olympic Park Sports Medicine Center in Melbourne. Peter is a world renowned sports medicine clinician and researcher. Recently Peter was Head of Sports Medicine and Sports Science at Liverpool Football Club and is Associate Professor in Sports Medicine at the Center for Health, Exercise and Sports Medicine at the University of Melbourne. He has served two terms as President of the Australian College of Sports Physicians during which time he helped to establish a specialist level training program in Australia for sports medicine physicians. Peter was the first Australian to be elected to the Board of the American College of Sports Medicine. Peter has published widely internationally with a number of books, book chapters and over 90 original research articles. He is the co-author of *Clinical Sports Medicine*, as well as *Stress Fractures*, *Food for Sport*, *Encyclopaedia of Exercise and Sport Health* and *Clinical Sports Anatomy*. His research interests are in overuse injuries particularly stress fractures, groin pain, exercise-related lower leg pain, fatigue and the female athlete. He has been Senior Associate Editor of the *Clinical Journal of Sport Medicine* and *Current Sports Medicine Reports* as well as being a past editor of *Sport Health*. Peter has been team physician for Melbourne and Collingwood AFL clubs as well as national athletics, swimming, soccer and men's hockey teams and was an Australian Team Physician at the Atlanta Olympic Games and the Socceroo's Team Doctor for the 2010 World Cup.



## **Professor Stephen Eustace**

Professor Eustace is Newman Professor of Radiology in University College Dublin, Co-Director of the Institute of Radiological Sciences, and Consultant Musculoskeletal Radiologist in the Mater Misericordiae, Mater Private and Cappagh National Orthopaedic Hospitals. Former Treasurer and inaugural board member of the Faculty of Sports and Exercise Medicine and former member of the education, scientific and research

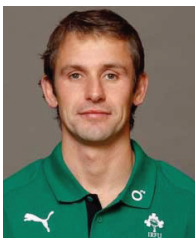


committees of the Faculty of Radiologists, he has authored over 150 peer reviewed publications, 22 invited book chapters and 3 textbooks; MRI in Orthopaedic Trauma, Anatomy for Diagnostic Imaging 2nd and 3rd editions, co-authored with his colleague Dr Michelle McNicholas and Dr Stephanie Ryan and more recently Sports Injuries, Examination, Imaging and Management co-authored with Dr Pat O'Neill and Professor John O'Byrne. He has specific interests in the musculoskeletal imaging of sports injuries, tumours and trauma and in image guided therapeutic interventions. Having trained in Harvard Medical School in Boston he was appointed section head of musculoskeletal imaging in Boston University Medical Center in 1996 before returning to Dublin 1999.



### **Mr Maurice Neligan**

Maurice Neligan was appointed to Tallaght Hospital as an Orthopaedic Consultant in February 2005. After leaving school in Blackrock College, he did his undergraduate degree in Medicine in the RCSI in Dublin. He entered the Irish Specialist Training Programme in Orthopaedic Surgery after obtaining his FRCSI. He completed this programme in 2005 and was awarded his CCST and the FRCSI (Tr & Orth). Following this he undertook a Specialist fellowship in the Fowler Kennedy Sports Medicine Clinic, based in the University of Western Ontario, under the mentorship of Dr Peter Fowler. Mr Neligan's interests are in sports surgery of the knee and shoulder, arthroscopic surgery, knee preservation surgery, and hip and knee arthroplasty. He also has a major interest in trauma surgery in the area of hip, knee, and shoulder. He is currently Chief of Orthopaedics in UPMC Beacon Hospital. His memberships include the Irish Institute of Orthopaedic Surgery, the Irish Orthopaedic Association, the American Academy of Orthopaedic Surgery, and the American Orthopaedic Society for Sports Medicine.



### **Mr Cameron Steele**

Mr Cameron Steele BSc Hons Physiotherapy, Diploma in Sport & Exercise Medicine graduated from the University of Ulster in 1993. NHS rotations in Hammersmith NHS trust to senior one level were combined with working for London Scottish RFC from 1995 - 1999 experiencing the transition from an amateur to professional game. Cameron was then Head of sports medicine at NEC Harlequins for 5 years before becoming National team physiotherapist with the IRFU in 2004. This tenure coincided with Irish Rugby's most successful era winning four triple crowns and a Grand slam since 2004. He graduated with a Diploma in Sport & Exercise Medicine 2006 from University of Wales Cardiff and lectures on the Masters programmes in sports medicine at Trinity College & University College Dublin. This year Cameron also lectured at the annual Arsenal FC Sports Medicine conference and the IRFU Sports Injury prevention conference. He is currently developing a private Sports injury clinic in Ballymena and combines this with Consultancy work in the UK, most recently a two month audit of West Ham United FC Sports Medicine Department.



### **Professor Domhnall MacAuley**

Domhnall MacAuley MD FRCGP FFPHMI FFSEM graduated from UCD, undertook postgraduate training in general practice at the University of Exeter and gained an MD in cardiovascular epidemiology at the Department of Epidemiology and Public Health, QUB. Domhnall was appointed Professor of Primary Health Care (Research) at the University of Ulster in 1997, with a particular interest in the benefits of physical activity, sports medicine, soft tissue injury and rehabilitation. He also has specialist accreditation in sport and exercise medicine; and working for the BMJ Publishing Group for 17 years, initially as editor of the British Journal of

Sports Medicine 1995-2000, he became an associate editor at the BMJ in 2000, and Editor (Primary Care) in 2006. He has published more than 250 articles including 75+ original papers and 7 books including Evidence Based Sports Medicine with Professor Tom Best from Ohio State University, and the Oxford Handbook of Sport and Exercise Medicine, with a new edition due in 2012. Comments on contemporary issues on medicine feature in a series of articles published as a blog on BMJ.com.



### **Mr David Hickey (Honorary Fellow Elect Ireland)**

Mr David Hickey is a Consultant Transplant Surgeon / Urologist based in Beaumont Hospital, a Clinical Lecturer for Royal College of Surgeons in Ireland, and former GAA All-Star. He is currently the Director of Transplantation at Beaumont Hospital. His postgraduate training was completed in Ireland, France and the USA. He is a member of the Urologic Society for Transplantation and Vascular Surgery, the American Society of Transplant Surgeon, and the British Transplant Society, amongst others. He has also established the Irish Cuban Medical Association.



### **Professor Romain Meeusen (PhD)**

Professor Meeusen is head of the department of Human Physiology at the Vrije Universiteit Brussel. His research interest is focussed on “Exercise and the Brain in Health & Disease” exploring the influence of neurotransmitters on human performance, training. His department has a special interest in the ‘brain aspects’ of the Overtraining Syndrome. Romain is the first author on the Consensus statement on ‘Overtraining’ from the European College of Sports Science (ECSS). Recent work is on Thermoregulation, Neurogenesis, and Cognition in health & disease. He teaches on exercise physiology, training & coaching and sports physiotherapy. Romain published over 380 articles and book chapters in peer-reviewed journals, 18 books on sport physiotherapy, and gave lectures at more than 730 national and international conferences. He is President of the Belgian Society of Kinesiology, and past President of the Belgian Federation of Sports Physiotherapy. He is Board member of the ECSS, and Board member of the American College of Sports Medicine (ACSM). In 2009 he received the Belgian ‘Francqui Chair’ at the Université Libre de Bruxelles on ‘*Exercise and the Brain*’. He is also holder of two named lecturing chairs at the Vrije Universiteit Brussel. He is director of the Human Performance lab of the Vrije Universiteit Brussel, where he works with several top athletes, and is scientific advisor of the ‘Lotto Cycling Institute’ (Lotto-Belisol professional cycling team).



### **Dr Pat O'Neill**

Dr Pat O'Neill is a Consultant in Orthopaedic and Sports Medicine at the Mater Private Hospital and Cappagh National Orthopaedic Hospital in Dublin; University Lecturer in Clinical Musculoskeletal Anatomy and Orthopaedic Sports Medicine at Trinity College Dublin; Past Dean (2006-08) of the Faculty of Sports and Exercise Medicine of the Royal College of Surgeons in Ireland (RCSI) and Royal College of Physicians of Ireland (RCPI). He is current Chairman of the Medical Advisory Committee of Irish Rugby Football Union (IRFU), Member of the Anti-Doping Disciplinary Committee of the Irish Sports Council (2005 – 2012) and Gaelic Athletic Association (GAA); and former Member of the Medical Scientific Welfare Committee of the Gaelic Athletic Association (2000-2012); Chairman of the ‘Burnout’ Overtraining Committee (2007-08) of the Gaelic Athletic Association (GAA); and a Founder Member of the Gaelic Games Doctors Association. He was a former Dublin All-Ireland Gaelic football player for 10 years in the 1970’s (All-Ireland Champions 1974, 1976 & 1977) and Dublin Team Manager in the 1990’s (All-Ireland Champions 1995) with the Dublin senior football team; and with UCD, Civil Service & St Brigid’s GAA clubs in Dublin; and Franciscan College, Gormanston.



### **Mr Nathan Lewis**

Nathan Lewis is a certified clinical and performance nutritionist and leads our performance nutrition team. Nathan undertook his BSC in Human Nutrition, and his state registration in Dietetics at the University of Wales and Institute of Cardiff, and his clinical training at Norfolk and Norwich NHS Trust in the UK. He has a master's degree in Sports Nutrition from Aberdeen University, where he was awarded the University's Biomedical Sciences Award for outstanding academic performance. Before moving to the English Institute of Sport (EIS), Nathan spent six years working clinically, specialising in eating disorders, gastroenterology and critical care. He completed the International Olympic Committee (IOC) post grad Diploma in Sports Nutrition in 2009. Nathan is a Senior Performance Nutritionist at the EIS, having been with the EIS for both the Beijing and London Olympic cycles. At the Beijing Olympiad he supported seven Olympic Medalists and leads the nutrition service for British Modern Pentathlon toward London 2012. He has worked with a variety of athletes and sports over the years at the very highest level, including track and field, gymnastics, Olympic sailing, and team sports. Nathan has presented at international conferences including the American College of Sports Medicine, and the Royal Society of Medicine UK. His research interests include nutritional biomarkers and oxidative stress, with a current focus on Vitamin D status, injury prevention strategies, and specific nutritional interventions to support training adaptation, and immune suppressed athletes.



### **Dr John O'Riordan**

John O'Riordan is a sports and exercise medicine specialist. He is currently secretary of the FSEM (RCPI/RCSI). He has been involved with many sports organisations including Athletics Ireland at World and European Level. He has a particular interest in the role of exercise in preventing and treating disease. He has served on the National Task force on Obesity and The National Steering Committee for the GP Exercise Referral programme. He is tutor on the FSEM / ICGP Diploma in Musculoskeletal Medicine and the UCC Diploma in Diabetes.



### **Mr Martin McGeough**

Martin McGeough (D.Pod.M., M.Ch.S., S.R.Ch.), is an experienced podiatrist who conservatively treats lower limb symptoms using the latest in podiatric biomechanics and orthotic therapy. He was an associate clinical lecturer in podiatric biomechanics at the Queen's University and Ulster University for a combined period of eleven years and the senior podiatrist in the sports medicine department, Musgrave Park hospital, Belfast. He currently acts as a consultant to Headley court hospital and Chelsea FC first team. He is the Managing Medical Director and founder of Firefly. He is responsible for order entry, orthosis design and technical support. Martin is currently involved in a four year project 'A-FOOTPRINT' funded under the 7th Framework Programme in the Nanotechnologies, Materials and New Production Technologies Work Programme and which has an overall EC budget of €3.72M. He also continues in private practice one day per week seeing consultant medical referrals in sports medicine and orthopaedics.



### **Dr Chris Bleakley**

Chris Bleakley is a physiotherapist with over 13 years of clinical experience. He has worked with adolescent, amateur and elite level athletes within the Sports Institute of Northern Ireland. He completed his PhD at the University of Ulster in 2004, and has published over 30 original publications and book chapters in the areas of acute soft tissue injury management and epidemiology in sport. He is currently on the editorial board of

Physical Therapy in Sport. He has published UK Clinical Guidelines on Acute Soft Tissue Injury Management (2011), is the Education and Research Officer Physiotherapists in Sport UK (ACPSM) and is a Cochrane Fellow. He currently works as a lecturer at the Ulster Sports Academy (University of Ulster) and continues to work clinically within Field Hockey and Netball.



## **Dr Una May**

Dr. Una May commenced working with the Irish Sports Council in 1998 and has managed the Irish Sports Council Anti-Doping Program since 2001. She has a PhD in exercise physiology (1996) and a BSc (Hons) in sports science (1991) from John Moores University, Liverpool. She has represented Ireland in both orienteering and mountain running. Una has been a member of a team of Independent Observers appointed by the World Anti-Doping Agency to monitor the anti-doping programme at the UCI cycling world championships (2001), the Olympic Games in both Athens (2004) and Turin (2006) and also chaired the team of independent observers at the World Athletics Championships in Helsinki 2005 and the World Games in Taiwan 2009.



## **Dr Deirdre Ward**

Dr Deirdre Ward graduated from Trinity College Dublin Medical School in 1994. Following the Basic Medical Training she completed her Specialist Cardiology Training in Dublin, obtaining her CSCST as a Consultant Cardiologist from the Royal College of Physicians in Ireland in 2003. She obtained a British Heart Foundation Fellowship to participate in Clinical Research into Inherited Cardiac Disease with Professor William McKenna and colleagues at 'The Heart Hospital' in London, where she worked for over 3 years. Dr Ward returned to Dublin in January 2007 to take up post as the Director for the Centre for Cardiac Risk in Younger Persons which is located at the Adelaide and Meath Hospital, Tallaght. The Centre was developed to provide comprehensive rapid assessment and management for patients and families with definite or possible inherited cardiac disorders, including families where sudden death of a young person has occurred. Dr Ward now sees almost 1500 patients annually at this Centre. All of the equipment and most of the activity at the Centre is made possible by charitable donations and fundraising, mostly via the charity Cardiac risk in the Young (CRY-Ireland). Dr Ward also sees patients in the Charlemont Clinic, which is developing a specific sports screening service. Dr Ward has always had an active interest in sport – through her teenage years she was an Irish Champion swimmer. She now keeps fit mostly by middle distance running.



## **Dr Joe Galvin**

Joseph Galvin is a cardiologist in Mater, Connolly and Mater Private Hospitals. He trained in Dublin, New York, Vermont and Boston in interventional cardiology and electrophysiology. His particular interests include catheter ablation, device management of cardiac arrhythmias, syncope and prevention of sudden cardiac death (SCD). He is current chairman of the Irish Heart Foundation Council on SCD. He will argue that screening of all athletes in Ireland is too little, too late and that other strategies should be explored.







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