



FSEM / WFATT Conference 2014

The Faculty of Sports and Exercise Medicine
11th Annual Scientific Conference &
The World Federation of Athletic Training and
Therapy World Congress 2014

PROGRAMME

The Sporting Hip, Groin and Hamstring:
A Complete Picture

Thursday, Friday & Saturday
4th - 6th September 2014

The Helix, Dublin City University, Ireland

CPD/CAS credits will apply



3U Partners



ROYAL COLLEGE OF
PHYSICIANS OF IRELAND



FACULTY OF SPORTS
& EXERCISE MEDICINE

Faculty of Sport & Exercise Medicine Partners

PROGRAMME CONTENTS

3	Contents
4	Conference Maps and Direction
6	THE HELIX Floor Plans
7	Conference Programme Overview
8	Welcome Notes
10	Thursday Afternoon Programme
11	Friday Morning Programme
12	Friday Afternoon Programme
13	Main Scientific Session Delegate Speakers
14	Saturday Morning Programme
15	Saturday Afternoon Programme
16	Parallel Session Delegate Speakers
20	Adjudicated Poster Presentations
21	Speaker Biographies
29	Delegate Notes

CONFERENCE COMMITTEE

Co-chairs:	FSEM: Dr Nick Mahony ARTI: Mr Enda Whyte & Dr Noel McCaffrey	
Local Committee:	FSEM: Prof Moira O'Brien Dr Joe Cummiskey Dr Ciaran Cosgrave Dr Philip Carolan Prof John Ryan Dr Mike Webb Dr Mary Archer <i>Dr Suzi Clarke Dr Padraig Sheeran</i>	ARTI: Ms Siobhán O'Connor Ms Fiona McVeigh Mr Roy Brennan Mr Damien Sheehan
Ex Officio		
WFATT Secretariat:	Prof Larry J. Leverenz, Dr Greg Gardner, Mr Stephen Mutch, Mr Dexter Nelson, Ms Chinami Sugiyama, Ms Catherine Ortega	
Conference Organisers:	FSEM Office: Ms Stephanie Billault Ms Annemarie Creighton	Abbey: Ms Marije Kraan Ms Anja Fischer

FSEM, WFATT and ARTI CPD APPROVED

Thursday 4th September: 3 Points
Friday 5th September: 6 Points
Saturday 6th September: 6 Points

CONFERENCE MAPS AND DIRECTIONS

Directions to DCU by Car

Heading Southbound on the M1

Proceed along the M1 until you come to the roundabout that intersects with the M50 (Junction 3). Proceed southbound along the M50 and take the Ballymun exit (Junction 4). Take a left and drive through Ballymun. Turn left at the Collins Avenue/Ballymun Road crossroads. DCU is located on Collins Avenue 500m on the right hand side.

M50 Northbound

Drive through the Westlink toll bridge and continue along the M50 until the Ballymun exit (Junction 4). Take the third exit and drive through Ballymun. Follow the directions for DCU as outlined above.

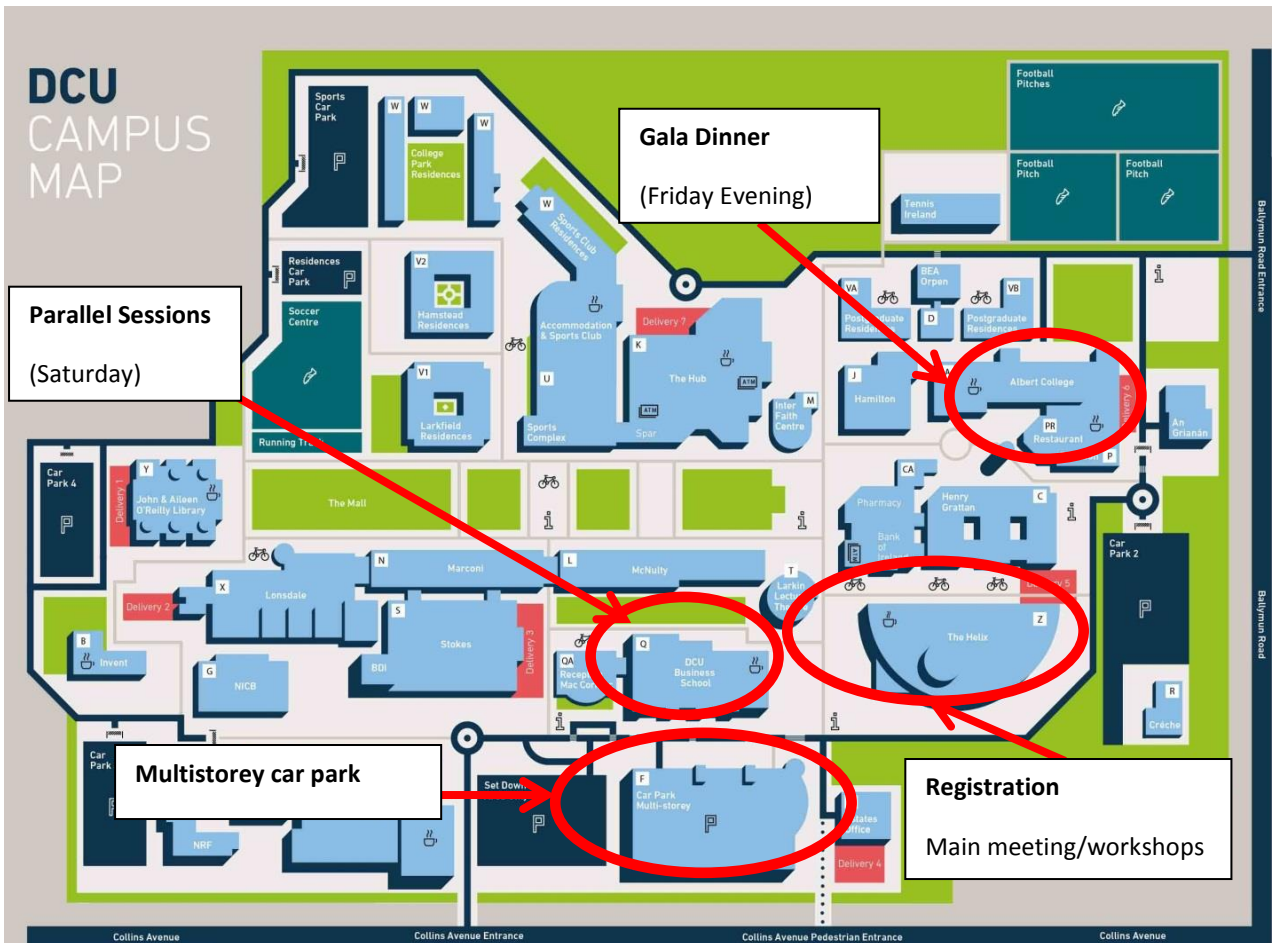
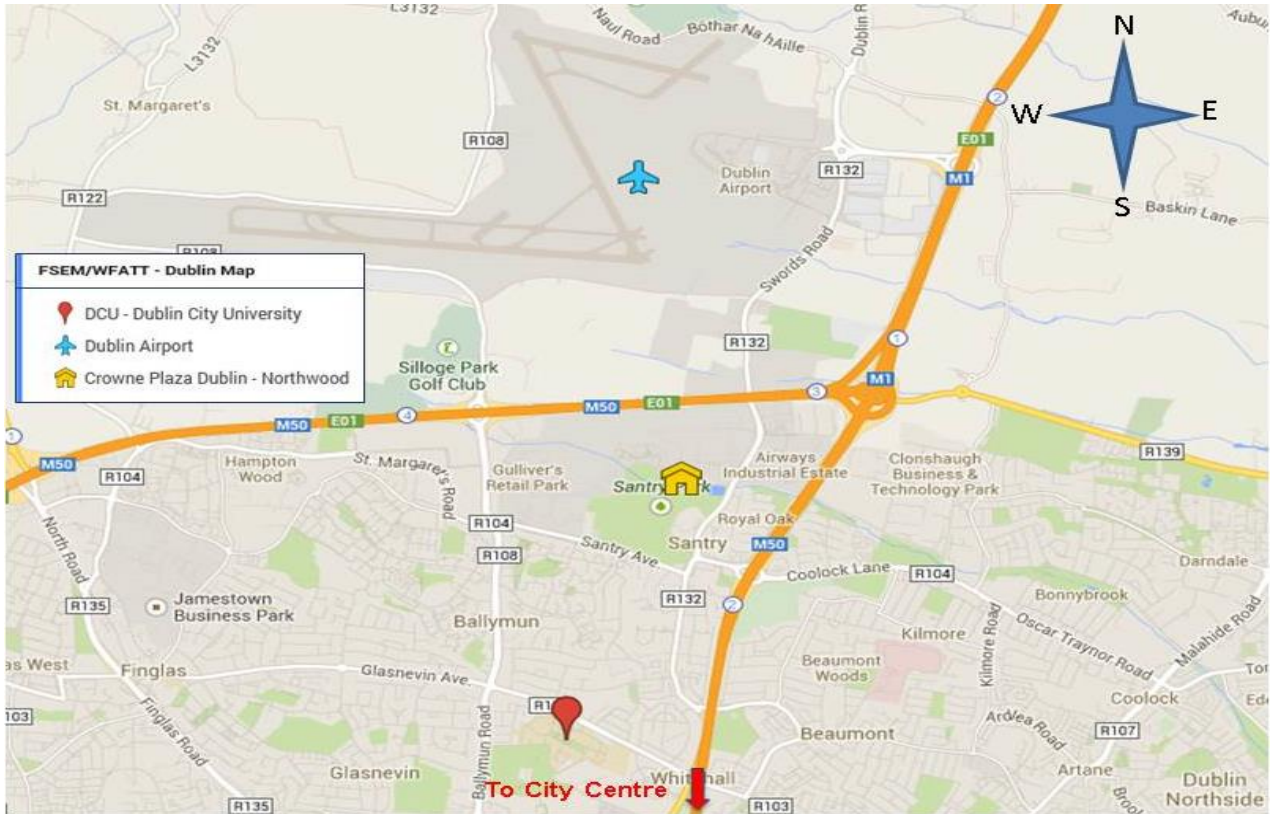
From city centre

Follow the airport road which takes you through Drumcondra along the N1, towards the M1. Continue past the junction for Griffith Avenue until you reach the junction at Whitehall. At this crossroads turn left onto Collins Avenue. DCU is 500m on the left hand side

CAR PARKING

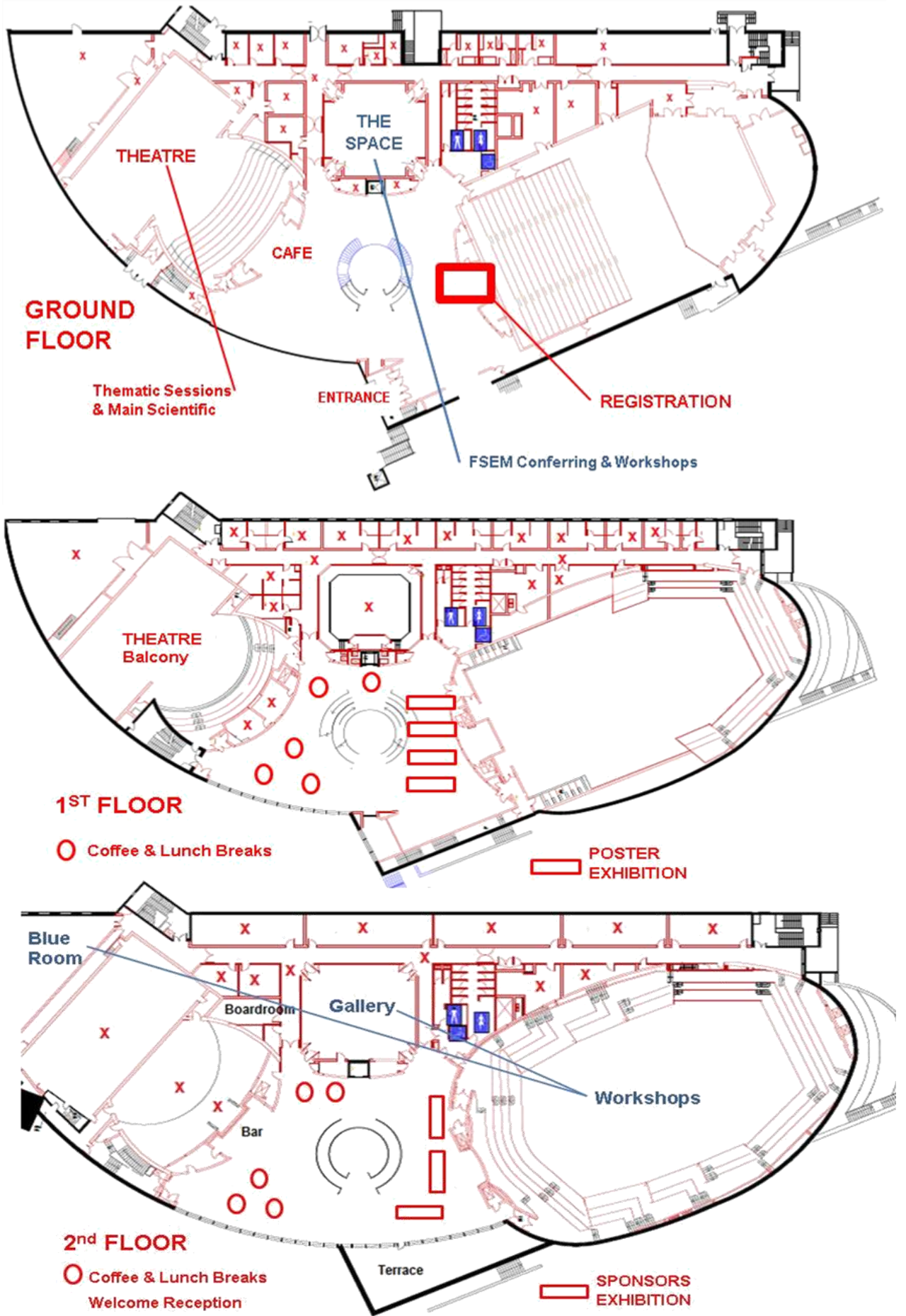
Car parking is available in the multi-storey car-park adjacent to the Helix and main University reception, 250 m from the DCU main entrance on Collin's Avenue (see maps opposite).

CONFERENCE MAPS AND DIRECTIONS



[DELEGATES MUST REGISTER FOR CPD EACH DAY]

THE HELIX FLOOR PLAN



[DELEGATES MUST REGISTER FOR CPD EACH DAY]

CONFERENCE PROGRAMME OVERVIEW

	Morning	Afternoon	Evening
THURSDAY 1:00pm – 8:00pm	Conference Registration from 1:00pm The Helix	Pre-conference Workshops 3:00pm {*BLS re-cert from 2:00pm*} & MED EX Games	Opening Ceremony 5:30pm Keynote 1 Reception
FRIDAY 8:00am - 6:00pm	Sports Medicine Updates	Scientific Session Science & Clinical Presentations	Gala Dinner {7:00pm}
SATURDAY 8:00am - 6:00pm	Thematic 3	Parallel Sessions Workshops & Science & Clinical Presentations	Closing Ceremony Prize Giving
	Thematic 1	Coffee Break	Thematic 2 Keynotes 2 & 3
	Thematic 4	Lunch Break	Thematic 5 Keynotes 4 & 5 {Panel Discussion}
	Coffee Break		

WELCOME NOTES



PROFESSOR LARRY LEVERENZ

PRESIDENT WFATT

On behalf of the World Federation of Athletic Training & Therapy, I want to welcome everyone to Dublin and Dublin City University. We are pleased that you chose to attend this World Congress and look forward to joining you in an intense and interesting programme of lectures and workshops.

The mission of WFATT is to “promote the highest quality of health care and functional activity through the collaborative efforts of its members”. In partnering with the Faculty in Sport & Exercise Medicine, ARTI and DCU created a programme that does just that. An interdisciplinary approach to the prevention, treatment, and rehabilitation of sports injuries provides the active individual with the best care possible by bringing together the strengths of each profession.

We know that FSEMI, ARTI, and WFATT will contribute to that goal through this congress. Again, thank you for your attendance and have fun while you learn.

A handwritten signature in black ink, reading "Larry Leverenz".



MR PAUL BERRY

PRESIDENT ARTI

On behalf of ARTI I would like to welcome you to the World Federation of Athletic Training & Therapy World Congress 2014. ARTI are delighted to partner with FSEMI and WFATT in bringing this prestigious event to Dublin and DCU.

We believe that the programme: The Sporting Hip, Groin and Hamstring: A complete picture, will offer attendees a current insight into this ubiquitous complaint. We are proud to present such a distinguished panel of speakers and hope that you enjoy the lectures and workshops.

This weekend will offer an opportunity to create some new friendships and strengthen existing ones. We hope you enjoy the facilities at DCU and the many attractions in Dublin City. We thank you for choosing WFATT World Congress 2014 and hope you enjoy our programme.

A handwritten signature in black ink, reading "Paul Berry".

WELCOME NOTES



DR NICK MAHONY

CHAIR FSEM Annual Scientific Committee

On behalf of the Faculty of Sports and Exercise Medicine in Ireland I welcome you all to our 11th Annual Scientific Conference and the WFATT World Congress, co-hosted by Athletic Rehabilitation and Therapy Ireland and Dublin City University.

We start with a pre-conference programme of workshops on Thursday afternoon, and then the conference will be opened officially by the investigative journalist Mr Paul Kimmage. Following our opening keynote address, conferring ceremony, and WFATT meeting; Thursday evening ends with a welcome reception.

On Friday morning, the conference programme 'kicks off' with the Sports Medicine Updates session, a regular feature of FSEM conferences in recent years, with presentations in areas of SEM which continue to grab the headlines. Our main thematic sessions will then take you from anatomy, through clinical presentation, to treatment and rehabilitation of 'Hip, Groin and Hamstring Injury' hopefully providing some of the answers and highlighting controversies and challenges that remain. In this endeavour we especially welcome our distinguished panel of keynote speakers, from Australia, America, and Scandinavia, ably supported by our home grown experts to give both an Irish and global perspective on problems affecting field sport players world-wide.

The FSEM annual conference has always encouraged the presentation of research and clinical experiences of our delegates; and this year the collaboration with WFATT/ARTI, has seen our delegate submissions exceed all expectations. The main and parallel scientific sessions have necessarily been expanded to give all our delegates the opportunity to make oral presentations of research and clinical cases.

This year we have also reintroduced interactive workshops and breakout sessions; giving delegates an ideal opportunity to ask the questions directly and see the skills of our expert speakers first hand. We encourage you, our delegates, to make these sessions as interactive as possible and we have instructed our workshop presenters to do likewise!

Finally, in these days of strained personal and institutional finances I would like to sincerely thank the sponsors who have made this meeting possible, and I would encourage delegates to support our sponsors by visiting the sponsor's exhibition.

I hope you enjoy all aspects of the conference and I look forward to meeting as many of you as I can at the welcome reception, in refreshment breaks, and at the gala dinner.

A handwritten signature in black ink, appearing to read 'N Mahony', written in a cursive style.

CONFERENCE PROGRAMME

THURSDAY AFTERNOON 1:00pm– 5:00pm

[CONFERENCE REGISTRATION MAIN CONCOURSE FROM 1:00pm]

PRE-CONFERENCE WORKSHOPS ALBERT COLLEGE			
PRE-CONFERENCE PROGRAMME	2:00pm – 5:00pm	Workshop 1 AG42	BLS AED Re-certification supported by FSEM SPORTS course <i>Instructors:</i> Brian Carlin & Declan O'Farrell <i>Delegates: note early start time of 2pm</i>
	3:00pm – 5:00pm	Workshop 2 AG49	Athletic Taping supported by Johnson and Johnson <i>Instructors:</i> Larry Leverenz / Greg Gardner / Dexter Nelson / Roy Brennan
		Workshop 3 AG41	Reporting of Research Methods and Results in Sports medicine <i>Speaker:</i> Craig Denegar sponsored by NATA Scientific Publications
		Workshop 4 A141	Hip, Groin and Hamstring assessment <i>Instructors:</i> Geoff Verrall, Graham Smith, Pat O'Neill
		Med Ex	Inaugural Med Ex Games – Dr Noel McCaffrey
COFFEE & MAIN CONFERENCE REGISTRATION MAIN CONCOURSE FROM 1:00pm			

THURSDAY EVENING 5:45pm– 9:00pm

CONFERENCE OPENING CEREMONY			
'THEATRE' Ground Floor Helix			
OPENING CEREMONY 5:45pm – 9:00pm	5:45pm	Welcome & Opening Address	Dean FSEM: Dr Padraig Sheeran President WFATT: Prof Larry Leverenz Opening Speaker: Mr Paul Kimmage
	6:15pm	Keynote 1	The sporting hip, groin and hamstring: setting the scene Speaker: Prof Per Hölmich
	7:00pm	FSEMI Conferring 'The Space'	Conferring Ceremony Honorary Fellows FSEM 2014 International: Prof Per Hölmich and Prof Lyle Micheli Ireland: Mr Bernard Donne and Dr Ken Kennedy
		WFATT Meeting 'Theatre'	WFATT Business Meeting President WFATT: Prof Larry Leverenz Inter-professional Education and Practice in Athletic Training and Therapy Speaker: Anthony Breitbach
	8:00pm	Reception 2nd Floor Concourse	WELCOME RECEPTION [Invitation by prior on-line booking only]

CONFERENCE PROGRAMME

FRIDAY MORNING 8:00am- 1:00pm

COFFEE & MAIN CONFERENCE REGISTRATION MAIN CONCOURSE FROM 8:00am

SPORTS MEDICINE UPDATES THE HELIX		
SPORTS MEDICINE UPDATES	SHORT UPDATES IN SPORTS AND EXERCISE MEDICINE [15 min + 5 min Q&A] Session Chair: Dr Joe Cummiskey (Past Dean FSEM)	
	8:00am	Introduction by session chair
	9:00am	Update 1 Anti-doping: The Athlete Biological Passport Speaker: Una May
	9:20am	Update 2 Exercise in chronic illness - Med Ex programme Speaker: Dr Noel McCaffrey
	9:40am	Update 3 Update on Mental Health issues in sport Speaker: Dr Abbie Lane
	10:00am	Update 4 Update on concussion and CTE Speaker: Dr Jason Mihalik supported by the CATA
10:30am COFFEE BREAK MAIN CONCOURSE 1st & 2nd FLOORS POSTER SET UP & SPONSORS EXHIBITION		
THEMATIC SESSION 1	HIP, GROIN AND HAMSTRING INJURY IN SPORTS: The nature of the problem, basic clinical sciences and clinical presentation Session Chair: Dr Mike Ferrara (Past President WFATT)	
	10:55am	Introduction by session chair
	11:00am	ANATOMY Functional anatomy of the hip, groin and hamstring Speaker: Prof Moira O'Brien
	11:30am	EPIDEMIOLOGY Epidemiology of hip, groin and hamstring injury in sports: Speaker: Dr Catherine Blake
	12:00pm	CLINICAL Clinical presentation of hip, groin and hamstring injury Speaker: Phil Glasgow
	12:30pm	BIOMECHANICS The biomechanical approach to groin pain diagnosis and rehabilitation Speaker: Dr Eanna Falvey supported by SSC Santry
1:00pm LUNCH BREAK POSTER SESSION 1 [AUTHOR PRESENTATIONS: 1:15pm – 1:45pm] & SPONSORS EXHIBITION		

CONFERENCE PROGRAMME

FRIDAY AFTERNOON 2:00pm - 6:30pm

COFFEE & CONFERENCE REGISTRATION MAIN CONCOURSE FROM 8:00am

DELEGATE SCIENTIFIC PRESENTATIONS 'THEATRE'		
MAIN SCIENTIFIC SESSION See opposite for details	Oral Scientific Talks 7+3 min Q&A / Clinical Cases 3+2 min Q&A Session Chair: Dr Nick Mahony FSEM	
	1:55pm	Introduction by session chair
	2:00pm	Session 1 1. Sports and exercise medicine and population health 2. Sports injury rehabilitation and treatment
	3:10pm COFFEE BREAK / POSTER AND SPONSORS EXHIBITION	
	3:30pm	Session 2 3. Sports and exercise science and physiology 4. Trauma, orthopaedics, and radiology
4:30pm COFFEE BREAK / POSTER AND SPONSORS EXHIBITION 2nd Floor concourse		
THEMATIC SESSION 2	HIP, GROIN AND HAMSTRING INJURY IN SPORTS: Synopsis Day 1 & Putting it all together Session Chair: Dr Craig Denegar (Editor-in-Chief, NATA Journal of Athletic Training)	
	5:00pm	Keynote 2 Biomechanical considerations in hamstring injury and recovery Speaker: Amy Silder
	5:45pm	Keynote 3 Correlating clinical findings to prognosis and rehabilitation Speaker: Geoff Verrall supported by DCU
7:00pm CONFERENCE DINNER 'The 1838' Dublin City University By Invitation and on-line booking only		

CONFERENCE PROGRAMME

FRIDAY SCIENTIFIC SESSION 2:00pm- 4:30pm

& CLINICAL CASE PRESENTATIONS

DELEGATE SCIENTIFIC PRESENTATIONS 'THEATRE'				
SEM / Physical Activity & Population Health Treatment & Rehabilitation	Time	#	Short / Running title	Author
	1:55pm		Introduction by session chair	Chair
	2:00pm	SEM 143	Cardiorespiratory fitness, CVD risk factors and subclinical atherosclerosis in adolescent males	Sinead Sheridan
	2:10pm	SEM 85	Relationship between football practice frequency during skeletal growth and presence of cam deformity in adult elite football players	Igor Tak
	2:20pm	SEM 109	Active video game play blunts decreases in enjoyment during exercise and results in moderate-to-vigorous physical activity	Javier Monedero
	2:30pm	CCP 89	An unusual presentation to the sports injuries clinic (5 min)	Owen Cronin
	2:35pm	ITR 18	Hamstring flexibility, squatting techniques and core stability in pre-participation screening assessment of Gaelic games players	Siobhán O'Connor
	2:45pm	ITR 66	Lower extremity coordination and symmetry patterns during a drop vertical jump task following acute ankle sprain.	Cailbhe Doherty
	2:55pm	ITR 38	Effects of a 12-week intervention of the GAA 15 on jump-landing mechanics and balance of Minor level Gaelic football players	Darragh Maguire
	3:05pm	CCP 39	Paget-Schroetter syndrome in a sprinter: a case study (5 min)	Leamor Kahanov
3:10pm - 3:30pm SHORT REFRESHMENT BREAK MAIN CONCOURSE 2ND FLOOR				
Sports Science / Exercise Physiology Sports Trauma Orthopaedics Radiology	3:30pm	SCI 12	Gluteus medius relation to scapula stabilization in baseball pitching	Gretchen Oliver
	3:40pm	SCI 44	Effects of 21 days bed rest on mitochondrial oxidative capacity	Helena Kenny
	3:50pm	SCI 54	Landing biomechanics of uninjured knees during countermovement jump 6 months post anterior cruciate ligament reconstruction	Brendan Marshall
	4:00pm	CCP 112	Instrument assisted soft tissue mobilization in the treatment of Achilles tendinopathy: a single case experimental design (5 min)	Aric Warren
	4:05pm	TOR 96	Does hip arthroscopy work? Results of 1000 consecutive labral repairs for the treatment of femoro-acetabular impingement (FAI)	Patrick Carton
	4:15pm	TOR 133	Lumbopelvic MRI findings in a cohort of elite male gaelic footballers: A preliminary descriptive report	Tiarnán Ó Doinn
	4:25pm	CCP 30	Neck pain in a 24 year-old male professional football athlete (5 min)	Brian Gloyeske
4:30pm – 5:00pm REFRESHMENT BREAK MAIN CONCOURSE 2ND FLOOR				

Number of presentations in each thematic area is in proportion to overall numbers submitted & all presentations for main scientific section were selected by blinded editorial review.

CONFERENCE PROGRAMME

SATURDAY MORNING 8:00am - 1:00pm

COFFEE & CONFERENCE REGISTRATION MAIN CONCOURSE FROM 8:00am

THEMATIC SESSIONS 3 & 4 'THEATRE' PLEASE NOTE CONFERENCE PROGRAMME COMMENCES AT 8:30 AM		
THEMATIC SESSION 3	HIP, GROIN AND HAMSTRING INJURY IN SPORTS: Imaging, management approaches rehabilitation and surgery Session Chairs: Dr Glen Bergeron (Past President CATA)	
	8:25am	Introduction by session chairs
	8:30am	IMAGING Diagnostic imaging of hip, groin and hamstring Speaker: Prof Steve Eustace
	9:00am	MANAGEMENT Multi-disciplinary approaches to the management of athletes with chronic GHG Speaker: Dr Eoin Kavanagh (diagnostic approach) Speaker: Brendan Marshall (biomechanical assessment approach)
	9:30am	REHABILITATION Rehabilitation options in management & Return to play decision making Speaker: Steve Mutch
	10:00am	SURGERY 1 Surgical options in management of hip injury Speaker: Mr Patrick Carton
10:30am COFFEE BREAK POSTER AND SPONSORS EXHIBITION		
THEMATIC SESSION 4	HIP, GROIN AND HAMSTRING INJURY IN SPORTS: Special patient populations and return to play considerations Session Chairs: Steve Aspinall (Chair BASRAT) & Dr Richard DeMont (President CATA)	
	10:55am	Introduction by session chairs
	11:00am	SURGERY 2 Surgical options in management of groin injury Speakers: Mr Gerry McEntee & Mr Bill Meyers
	11:40am	PAEDIATRIC Hip and peri pelvic injuries in the child athlete Speaker: Dr Lyle Micheli
	12:10pm	GAELIC GAMES Risk factors for the development of chronic groin pain/hip pain in GAA players Speaker: Enda Whyte
12:30pm	CLINICAL CASE Hx Hip Groin & Hamstring Injury Clinical Case presentations Speakers: Siobhán O'Connor/Damien Sheehan/Miriam Downey	
1:00pm LUNCH + POSTER SESSION 2 [FINAL JUDGING OF SHORTLIST: 1:15pm –1:45pm] & SPONSORS EXHIBITION		

CONFERENCE PROGRAMME

SATURDAY AFTERNOON 2:00pm–5:30pm

PARALLEL SCIENTIFIC SESSIONS Business School & Helix Delegate Presentations / Breakout Sessions / Practical Skills Workshops		
DELEGATE ORAL SCIENTIFIC AND CLINICAL CASE PRESENTATIONS 2:00pm – 3:30pm	DELEGATE ORAL SCIENTIFIC AND CLINICAL PRESENTATIONS [Business Sch.]	
	Parallel 1A Business Sch.	Sports and Exercise Medicine / Exercise and Population Health Session Chair: Dr John O’Riordan FSEM
	Parallel 1b Business Sch.	Sports and Exercise Medicine / Exercise and Population Health Session Chair: Dr Gerald Kerr FSEM
	Parallel 2a Business Sch.	Sports Injury Rehabilitation and Treatment Session Chair: Louise Keating supported by CPSEM
	Parallel 2b Business Sch.	Sports Injury Rehabilitation and Treatment Session Chair: Paul Berry (President ARTI)
	Parallel 3 Business Sch.	Sports and Exercise Science / Physiology Session Chair: Mr Bernard Donne Hon FFSEM
	Parallel 4 Business Sch.	Trauma, Orthopaedics, & Radiology Session Chair: Dr Pat O’Neill
WORKSHOPS AND BREAKOUTS 2:00pm – 3:30pm	PRACTICAL WORKSHOPS AND BREAK OUT SESSIONS [Helix]	
	Workshop 1 BLUE ROOM	Practical Rehabilitation Prevention and Treatment Speakers: Phil Glasgow / Enda King supported by CPSEM
	Workshop 2 GALLERY	Hip Groin and Hamstring Assessment techniques Speakers : Per Hölmich / Ciaran Cosgrave sponsored by SSC Santry
	Workshop 3 Albert Coll. 141	Rehabilitation - Preparing Athlete For Return To Sport. Speakers: Geoff Verrall / Steve Smith
	Workshop 4 THEATRE	Breakout session: Problem Solving / Case Scenarios Speaker: Graham Smith
Workshop 5 THE SPACE	Musculoskeletal Ultrasound of Hip Groin Hamstring Speaker: Tim Swan (FSEM UK) supported by GE Healthcare & RSL Medical	
3:30pm COFFEE BREAK POSTER AND SPONSORS EXHIBITION		
THEMATIC SESSION 5 4:00pm – 5:15pm	HIP, GROIN AND HAMSTRING INJURY IN SPORTS: Future Directions / Summing Up: Session Chairs: Dr Padraig Sheeran and Prof Larry Leverenz	
	Keynote 4 THEATRE	Prevention of chronic groin pain in athletes Speaker: Prof Per Hölmich sponsored by IT Carlow
	Keynote 5 THEATRE	Summing Up and Round table discussion Speakers: Per Hölmich / Geoff Verrall / Amy Silder / Lyle Micheli
5:15pm PRIZE PRESENTATION AND CLOSING ADDRESS: Dean of FSEM Dr Padraig Sheeran & President WFATT Prof Larry Leverenz		

CONFERENCE PROGRAMME

SATURDAY AFTERNOON PARALLEL SCIENTIFIC SESSIONS

& CLINICAL CASE PRESENTATIONS

PARALLEL 1A Sports Medicine / Exercise & Population Health			
DCU Business School		Chair: Dr John O’Riordan FSEM	
Time	#	Short / Running Title	Author
1:55pm		Introduction by session chair OP 7&3 min CCP 3&2 min	Chair
2:00pm	SEM 140	NSAID use of in senior club Gaelic footballers	Carmel Callaghan
2:10pm	SEM 105	Reproducibility and reliability of SCAT3 and King Devick concussion tests	Fionn Daly
2:20pm	SEM 91	Frequency of practices implemented by ATT professionals in 4 countries	Hideyuki E'izumi
2:30pm	SEM 36	Lower trapezius muscle thickness / strength and scapular dyskinesis	Lindsey Eberman
2:40pm	SEM 69	An observational survey of joggers in South Dublin	Conal Hooper
2:50pm	SEM 139	Neuro-functional training programme: an innovative service development	Elaine O'Donoghue
3:00pm	SEM 131	A prospective study of injuries at a tri nations tag rugby tournament	Lise-Ann O'Neill
3:10pm	SEM 138	A prospective study of injuries in the FAI emerging talent programme	Lise-Ann O'Neill
3:20pm	SEM 118	25-Hydroxyvitamin D3 status in ACL reconstruction patients	Jane Campbell
3:30pm		Session Finish / Run over time 5 min max into coffee break	Chair

PARALLEL 1B Sports Medicine / Exercise & Population Health			
DCU Business School		Chair: Dr Gerald Kerr FSEM	
Time	#	Short / Running Title	Author
1:55pm		Introduction by session chair	Chair
2:00pm	SEM 108	Chronic exertional calf pain: A case series of gait retraining	David Breen
2:10pm	SEM 84	Joint kinematics during landing in bladed and moulded football boots	Eamon O'Reilly
2:20pm	SEM 42	Changes in 3D cutting biomechanics post athletic groin pain rehab	Evan O'Farrell
2:30pm	SEM 46	Movement based rehabilitation of athletic groin pain: A cohort study	Eamon O'Reilly
2:40pm	SEM 47	Asymmetry in athletic groin pain patients and rugby players	Shane Gore
2:50pm	SEM 83	Performance, joint kinematics in bladed and moulded football boots	Eamon O'Reilly
3:00pm	SEM 68	Jump performance and landing post ACL reconstruction.	Barry McEntee
3:10pm	CCP 107	Gait re-training to alleviate ABOS of the lower limb (5 min)	David Breen
3:15pm	CCP 115	S&C rehab of a back pain patient with a spinal cord stimulator (5 min)	Neil Welch
3:20pm		Session Finish / Run over time 10 min	Chair

CONFERENCE PROGRAMME

SATURDAY AFTERNOON PARALLEL SCIENTIFIC SESSIONS

& CLINICAL CASE PRESENTATIONS

PARALLEL 2A Sports Injury Treatment & Rehabilitation			
DCU Business School		Chair: Ms Louise Keating CPSEM	
Time	#	Short / Running Title	Author
1:55pm		Introduction by session chair	Chair
2:00pm	ITR 6	Hip and shoulder rotational range of motion in youth baseball pitchers	Gretchen Oliver
2:10pm	ITR 31	Adductor-abductor strength and functional hop in Gaelic footballers	Sean Callinan
2:20pm	ITR 65	Motor control strategies and landing failure: CAI and knee injury risk	Cailbhe Doherty
2:30pm	ITR 64	Screening for hamstring and groin injury risk in GAA	Domhnaill Fox
2:40pm	ITR 23	Reliability of hip range and muscle length measurement in GAA	Regina Halpin
2:50pm	ITR 67	Jump landing kinematics in early adolescence: normative values	Sinead Holden
3:00pm	ITR 17	Epidemiology of hip/groin/thigh injury in adolescent Gaelic games	Siobhán O'Connor
3:10pm	ITR 123	Contributing factors to hamstring injuries: Case series of 438 athletes	James O'Toole
3:20pm	ITR 35	Intrinsic risk factors for groin/ hip injury in academy rugby players	Julianne Ryan
3:30pm		Session Finish / Run over time 5 min max into coffee break	Chair

PARALLEL 2B Sports Injury Treatment & Rehabilitation			
DCU Business School		Chair: Paul Berry (President ARTI)	
Time	#	Short Running Title	Author
1:55pm		Introduction by session chair	Chair
2:00pm	ITR 9	Effects of elastomeric fabric orthosis in pelvic/groin pain	Leanne Sawle
2:10pm	ITR 148	Reliability of multiple single-leg hop-stabilisation test	Leanne Sawle
2:20pm	ITR 86	Manual therapy & return to sports in chronic adductor groin pain	Igor Tak
2:30pm	ITR 87	A new clinical test for instep kick mobility in footballers	Igor Tak
2:40pm	ITR 74	Quads strength and single leg jump post ACL reconstruction	Jenny Ward
2:50pm	ITR 113	Effects of yoga and pilates on dynamic postural control in students	Ashley Winkelspecht
3:00pm	SEM 146	Fatigue effects on torque, muscle and joint stiffness in athletes	Dan Wang
3:10pm	SEM 149	Effect of a six week balance training programme on postural stability	Mary Beth Zwart
3:20pm		Session Finish / Run over time 10 min for discussion	Chair

CONFERENCE PROGRAMME

SATURDAY AFTERNOON PARALLEL SCIENTIFIC SESSIONS

& CLINICAL CASE PRESENTATIONS

PARALLEL 3 Sports Science & Exercise Physiology			
DCU Business School		Chair: Mr Bernard Donne Hon FFSEM	
Time	#	Short Running Title	Author
1:55pm		Introduction by session chair	Chair
2:00pm	SCI 98	Ankle velocity, ball velocity & tension arc ROM during max instep kick	Rob Langhout
2:10pm	SCI 110	Backswing range of motion and velocity of kicking leg in soccer	Rob Langhout
2:20pm	SCI 88	Muscle length, EMG activity and maximal force of knee flexors	Jarlath Lyons
2:30pm	SCI 41	Biomechanical movement symmetry in injury free rugby players	Brendan Marshall
2:40pm	SCI 58	Landing kinematics of injured knee post ACL reconstruction.	Barry McEntee
2:50pm	SCI 125	Running biomechanics in athletes post hamstring injury	Ulrik McCarthy-Persson
3:00pm	SCI 142	Lower limb EMG activity on cycling, elliptical trainer and treadmill	James O'Donovan
3:10pm	SCI 13	Hip passive range of motion in youth baseball pitchers	Gretchen Oliver
3:20pm	SCI 16	Performance related factors in countermovement jumps	Chris Richter
3:30pm		Session Finish 5 min max run over time into coffee break	Chair

PARALLEL 4 Trauma Orthopaedics & Radiology			
DCU Business School		Chair: Dr Pat O'Neill PAST DEAN FSEM	
Time	#	Short / Running Title	Author
1:55pm		Introduction by session chair	Chair
2:00pm	TOR 119	Total knee replacement and golf	Jane Campbell
2:10pm	TOR 106	Management of inguinal disruption/FAI in competitive sports	Patrick Carton
2:20pm	TOR 147	Clinical and MRI findings in hips of elite academy rugby players	Garreth Farrell
2:30pm	TOR 72	Epidemiology of injury in sprint distance adventure racing	David Keohane
2:40pm	TOR 5	Prevalence of FAI and arthritis in elite and retired GAA players	Áine NíMhéalóid
2:50pm	TOR 73	Ultrasound as a method of determining body fat % in athletes	Damien O'Neill
3:00pm	CCP 77	Congenital hip dysplasia in a competitive rugby player	Eoin Cremen
3:10pm	CCP 8	Anterior hip capsule strain in a team handball goalkeeper	Hillary Plummer
3:15pm	CCP 120	Musculoskeletal ultrasound in a patient with Achilles tendinopathy	Aric Warren
3:20pm		Finish of session + Run over time 5 min max	Chair

CONFERENCE PROGRAMME

ADJUDICATED POSTER PRESENTATIONS

Main Concourse 1st FLOOR

Presentations / Judging: Friday 1:15pm - 1:45pm 2 min & 1 min Q&A

Author	#	Short / Running Title	Judge
Boland	ITR 40	Relationship between diagnosis and objective tests in the assessment of athletic groin pain	J1
Burke	SEM 53	The effect of foot position on trunk, pelvis and hip biomechanics in athletic groin pain populations	J1
Cahalan-Beck	SEM 121	Foot and ankle injuries in elite adult Irish dancers	J1
Callinan	ITR 126	Evaluation of hip adduction/abduction strength, and adductor : abductor strength ratio in elite gaelic footballers with previous hip or groin injury.	J1
Callinan	ITR 128	What is the definitive rehabilitation protocol for returning to sport confidently after a hamstring strain? An evidence-based review.	J1
Church	ITR 97	A comparison of hip ranges of motion in male elite gaelic football players with and without a history of previous hip or groin injury	J1
Clarke	SEM 62	Injury incidence and profiling of a senior inter county gaelic team	J2
Daly	SCI 55	Non-dominant lower limb training effects on bilateral lower limb performance	J2
Dean	ITR 19	Test-retest reliability of the lateral rebound hop (LRH) test in a cohort of male collegiate field sport athletes; a preliminary report.	J2
Divilly	ITR 37	Dynamic balance and isometric hamstring strength in GAA players	J2
Dodd	ITR 70	Incidence of common lower limb injuries in elite male gaelic games and associated healthcare intervention	J2
Donohoe	SEM 49	Reliability of a unilateral mid-thigh pull test and to examine the differences in peak force generation in a unilateral versus bilateral test on two force plates	J2
Doyle	SEM 129	Post-activation potentiation phenomenon in male rugby players	J3
Furlong	SEM 130	Sedentary patterns and their impact in peripheral arterial disease	J3
Gallagher	SEM 14	The effect of fatigue on King-Devick scores in female athletes.	J3
Gallagher	SEM 15	Changes in King-Devick scores in male rugby players.	J3
Games	ITR 103	Effect of simulated hypo-gravity on spinal excitability: a pilot study	J3
Gore	SEM 52	Inter limb asymmetry in athletic groin pain and rugby union players	J3
Hauth	SCI 29	The effectiveness of selected tools on removal time and efficacy of the Riddell quick release face guard attachment system	J4
Kahler	SCI 59	Analysis of the relationship between isometric and isokinetic peak torque with unilateral vertical jump height.	J4
Kelly	SCI 132	Effect of interval and endurance training on anthropometric, physiological, metabolic and performance indices in club level gaelic football players	J4

CONFERENCE PROGRAMME

ADJUDICATED POSTER PRESENTATIONS

Main Concourse 1ST FLOOR

Presentations / Judging: Friday 1:15pm - 1:45pm 2 min & 1 min Q&A

Author	#	Short / Running Title	Judge
Kelly	SCI 48	The effect of trunk range of motion on lower extremity biomechanics in athletic groin pain patients	J4
Langhout	SCI 99	Timing of body segment actions during the maximal instep kick	J4
Langhout	SCI 100/101	Range of motion and angular velocity characteristics of upper body and kicking leg during the maximal and submaximal instep soccer kick	J4
Mahon	SEM 45	Is the PARQ+ a suitable pre-participation medical screening tool for laboratory based maximal exercise testing?	J4
Mc Elroy	ITR 61	Risk factors for hip and groin injury in sport: a systematic review and meta- analysis	J4
McCaffrey	SEM 137	The effect of a 6 week exercise intervention on quality of life in advanced cancer patients	J5
McGowan	SEM 78	Anthropometric characteristics of elite gaelic football players and their relationship to injury occurrence.	J5
McKenna	SCI 145	To determine the relationship, if any, of workloads at functional threshold power and maximal lactate steady state in male triathletes.	J5
Parker-McCabe	SCI 90	Physiological and performance response to modified Loughborough shuttle test compared to match day performance in gaelic footballers.	J5
Peterson	ITR 104	Functional movement screen does not predict sport related injury incidence in college female athletes.	J5
Silke	SEM 60	Physiological profiling of elite gaelic footballers and its relationship with injury.	J5
Traynor	TOR 127	An audit of an interdisciplinary sports injury and musculoskeletal clinic in a public health setting, 2013-2014	J6
Undheim	SCI 57	Isokinetic muscle strength protocols and return to sport criteria following anterior cruciate ligament reconstruction- a systematic review	J6
Wasik	SEM 33	Repetitive commotio spinalis in a football player	J6
West	TOR 122	Analysis of competition injury patterns in field hockey players	J6
Whelan	SEM 135	Use of inertial sensors and depth cameras to classify performance using functional screening tools	J6
Whelan	SCI 136	Comparison between different dynamic warm-up protocols on anaerobic exercise performance in male athletes.	J6
Whyte	SEM 124	Effect of a 6-week combined resistance and endurance exercise programme, on dynamic balance and flexibility, in chronically ill older adults	J6

J1 Prof John Ryan

J2 Dr Suzi Clarke

J3 Dr Adrian McGoldrick

J4 Ms Fiona McVeigh

J5 Prof Larry Leverenz

J6 Ms Chinami Sugiyama

Delegates who wish to be included in the poster competition must attend their posters for judging at the times listed on Friday lunchtime. Posters will be shortlisted to last six on Friday, judges will do a second walk-around on Saturday lunchtime 1:15pm to 1:45pm to decide the prize winner from the top six determined by Friday presentation.

SPEAKER BIOGRAPHIES

Opening Speakers:



Dr Pdraig Sheeran MB ChB, FFARCSI, FRCSEd., FFSEM, DTM&H, FJICMI, Dip MSK is a Consultant in Paediatric Anaesthesia and Intensive Care in Dublin and the current Dean of the Faculty of Sports and Exercise Medicine (RCPI & RCSI) of Ireland. He is a Fellow of the College of Anaesthesia in Ireland, a Fellow of the College of Surgeons in Edinburgh and holds Diplomas in Musculoskeletal Medicine and Tropical Medicine. Pdraig played rugby in the UK with Waterloo RFC, London Irish RFC, England Medicals 1984 and Great Britain Students RL 82-84. He has been pitch-side doctor for Connacht Rugby for 10 years and Ireland U18 more recently. He has climbed Kilimanjaro 4 times and is Medical Director of Kilimanjaro Achievers. He was Medical Lead when taking 116 people to the top of Kilimanjaro in August 2012 (new unofficial world record), an expedition led by the late Ian McKeever. Pdraig is trained in practice of medicine in remote areas (WEMSI Wilderness Physician).



Prof Larry Leverenz joined the Purdue faculty in 1991, and is Clinical Professor of Health & Kinesiology with primary responsibilities as Director of Athletic Training Education. He has served for over 40 years as an athletic training clinician working with athletes in a variety of sports. During that time he worked at the high school through university level in the assessment and treatment of all types of injuries to student-athletes. In addition, his major teaching area is assessment of injuries to active populations. His current area of research is the study of brain trauma in athletes. Professionally, Dr. Leverenz served on the National Athletic Trainers' Association Education Council and is currently President of the World Federation of Athletic Training & Therapy. Dr. Leverenz also serves on the Medical Advisory Board for the GE/NFL Head Health Initiative. He is a member of both the National Athletic Trainers' Association and the Indiana Athletic Trainers' Association Halls of Fame.



Paul Kimmage was born in Dublin in 1962. A talented cyclist, he was a double National Road Race Champion and represented Ireland at the Los Angeles Olympics in 1984. A year later, he finished sixth in the World Road Race Championships in Italy and in 1986 he turned professional and completed his first Tour de France. In 1990, after four years as a professional he became a journalist. A former 'Sportswriter of the Year' in Ireland, he was short-listed five times for 'Sportswriter of the Year' in Britain and is a five-time winner of 'Sports Interviewer of the Year' at the British Sports Journalists' Association awards. He has written for the Sunday Tribune, the Sunday Independent, the Sunday Times, the Observer and the Daily Mail. He has also presented a sports magazine programme for Setanta TV and was an analyst for Al Jazeera TV during 2012 London Olympics. His first book, *Rough Ride*, is widely acknowledged to be the most honest account of life in the professional ranks and won the William Hill Sports Book of the Year Award in 1990. In 2000, he was shortlisted for the same award with '*Full Time: The Secret life of Tony Cascarino*.' In 2011, his fourth book, '*Engage: The Fall and Rise of Matt Hampson*', was the British Sports Book of the Year and the William Hill Irish Sports Book of the Year.



Dr Anthony Breitbach serves as the Director of the Athletic Training (AT) Program in the Doisy College of Health Sciences at Saint Louis University (SLU). Dr. Breitbach received a BS from the University of Iowa (1985), Master's degree from the University of Florida (1987) and a PhD from SLU (2007). In 2011, he received the Missouri Athletic Trainers' Association's Dr. Glenn L. McElroy Distinguished Service Award. He served on the National Athletic Trainers' Association (NATA) Executive Committee for Education, where he played an active role in the development of the "Future Directions of Athletic Training Education" recommendations which were approved by the NATA Board of Directors in 2012. Dr. Breitbach is actively participating in research regarding inter-professional education and practice and its relationship to AT. He was a coordinator for the "Inter-professional Education and Practice in Athletic Training" white paper which was completed in the spring of 2014.

SPEAKER BIOGRAPHIES

Keynote Speakers:



Prof Per Hölmich is an Orthopaedic surgeon and head of the Arthroscopic Center Amager, at Copenhagen University Hospital, Amager-Hvidovre Denmark. The centre is one of the largest in Scandinavia with 12 orthopaedic specialists dedicated to arthroscopic surgery and sports orthopaedics. Professor Hölmich is also an Associate Professor at the Department of Anatomy at the University of Copenhagen and Associate Clinical Professor at Copenhagen University Hospital. Head of the Sports Orthopaedic Research Center - Copenhagen, the focus in the past years have been groin, hamstring, patello-femoral injuries and Arthroscopic Hip surgery. He is also head of the 'Aspetar' Sports Groin Pain Centre, Qatar Orthopaedic and Sports Medicine Hospital, Doha, Qatar.



Prof Lyle Micheli MD, is director of the Division of Sports Medicine at Boston Children's Hospital, Clinical Professor of Orthopaedic Surgery at Harvard Medical School in Boston, and in 2005, was named the O'Donnell Family Professor of Orthopaedic Sports Medicine at Boston Children's Hospital. He is currently the Secretary General for the International Federation of Sports Medicine (FIMS). Also, Dr. Micheli is the founder of The Micheli Center for Sports Injury Prevention that is opened in April 2013. He is the author of over 300 scientific articles and reviews related to sports injuries, particularly in children, scoliosis and other disorders of the spine, and medical problems of dancers. Dr. Micheli has edited and authored several major books and textbooks including the most recent four-volume Encyclopedia of Sports Medicine. His other publications include The Adolescent Athlete: A Practical Approach, The Pediatric and Adolescent Knee, The Sports Medicine Bible for Young Athletes, The Sports Medicine Bible and numerous issues of Clinics in Sports Medicine.



Dr Amy Silder is the Associate Director of the Human Performance Lab at Stanford University, in California. She received her PhD in Biomedical Engineering from the University of Wisconsin – Madison in 2009 under the mentorship of Dr Darryl Thelen, and completed her postdoctoral work in Bioengineering at Stanford University under the mentorship of Dr Scott Delp. Dr Silder received the 2009 American Society of Biomechanics Young Scientist Pre-doctoral Award and a Stanford Postdoctoral Deans Scholarship in 2010. Her research interests include musculoskeletal modelling, imaging of soft tissue mechanics, and locomotion energetics, with applications in orthopaedics and rehabilitation. She is specifically interested in how muscle and tendon remodelling influence movement patterns. In her free time Dr Silder enjoys running, biking, hiking, and watching movies.



Dr Geoffrey Verrall is a Sports and Exercise Physician consulting at SPORTSMED.SA in Adelaide, Australia. He has been in full-time sports medicine practice since 1991. In addition he currently holds positions of the Chair of Training for the Australasian College of Sports Physicians, since 2013, and is the Medical Director at the South Australian Sports Institute, since 2009. He is an active sports medicine researcher with published papers principally in the common sporting injury areas of hamstring and groin injuries. He has written book chapters for the International Olympic Committee on Sports Injury Prevention and the Encyclopedia of Sports Injuries. He has been team doctor for professional Australian Rules football clubs and is currently consultant physician for the Adelaide 36ers basketball team, Athletics Australia and Rowing Australia Adelaide based athletes. His personal interests include playing tennis and coaching athletics, he is a qualified athletics coach.

SPEAKER BIOGRAPHIES

Sports Medicine Updates:



Una May has worked with the Irish Sports Council since 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 Abbie Lane, MD LRCPsych FRCPsych is a Consultant Psychiatrist and Senior Clinical Lecturer at University College Dublin. She graduated from the Royal College of Surgeons in Ireland in 1984 and is a Fellow and examiner with the Royal College of Psychiatry, UK. She holds additional qualifications in Statistics and Mediation /Conflict Resolution. She specialises in the assessment and management of stress related illness, depression and anxiety. In 2013 she set up her own service, The Gulliver Clinic and works with a number of therapists to provide a holistic approach to the management of mental illness. She currently provides mental health consultancy to a number of services and organisations. She has a special interest in the link between physical and psychological well being and is a member of the Royal College of Physicians Task Group on Obesity.



Dr Noel McCaffrey graduated from UCD (Medical School) in 1983 and completed postgraduate studies in Sports Medicine in London from 1986-88. Dr McCaffrey then worked in UCD Medical School from 1990-1996 developing and directing the MSc. Sports and Exercise Medicine Programme. In 2000 Dr McCaffrey moved to the School of Health and Human Performance in DCU and is currently the programme chair of the BSc. in Athletic Therapy and Training. Dr McCaffrey is also the medical director of MedEx a chronic illness rehabilitation service which has grown dramatically over the past six years in DCU to become one of the largest centres of its kind in Europe. It delivers exercise-based programmes, with parallel educational and related supports, to individuals with diverse chronic illnesses. Dr McCaffrey is also the director of Exwell Medical, a Sports Medicine Consultant in Cappagh National Orthopaedic Hospital and medical consultant to Riverdance.



Dr Jason Mihalik is a neurotrauma researcher, with an emphasis on biomechanics related to military and sports head trauma. In general terms, Dr. Mihalik studies the common pathways to managing sports head trauma from the sideline through the emergency department. Across the concussion injury spectrum, his secondary research interests include the neurocognitive and postural deficits associated with sports related mild TBI, analyzing postural control strategies, investigating the sequellae associated with mild traumatic brain injuries in athletes and military personnel, exploring the potential for innovative treatment interventions, and has developed smartphone applications with the goal of preventing unnecessary secondary complications related to sports concussion. Dr. Mihalik has been the recipient of 23 funded research grants (17 as Principal Investigator), and has published over 60 journal articles and 8 textbook chapters related to concussion in sport.

SPEAKER BIOGRAPHIES

Thematic Sessions:



Prof Moira O'Brien FRCPI, FFSEM, FFSEM (UK), FFSEM (Hon UK), FTCD, FECSS, MA, Emeritus Professor of Anatomy, Trinity College Dublin; is currently an Osteoporosis and Sports Medicine Consultant at Euromedic Dundrum, Member of the Board of the Federation International Medicine Sportive, founder and President of the Irish Osteoporosis Society 1998- ; and, Member of the European Union Osteoporosis Interest Group on Osteoporosis. She has been involved in Sports Medicine for over 30 years. A founding Fellow of RCPI/RCSI Faculty of Sport & Exercise Medicine she was Medical Officer to the Irish team at the Moscow, Los Angeles and the Seoul Olympic games. As Medical Director of the first Masters in Sports Medicine in Great Britain and Ireland based at Trinity College Dublin in 1990 to 2005 and now Honorary Medical Director. She is an author of numerous publications, books and articles on osteoporosis and sports Medicine and an invited keynote speaker at international conferences world-wide.



Dr Catherine Blake B.Physio, MMedSc, HDip (Stats), PhD, MISCIP; is Deputy Head of UCD School of Public Health, Physiotherapy and Population Science and member of the Institute for Sport at UCD. Her teaching interests are in research methods and statistics, contributing to undergraduate and graduate programmes in Physiotherapy and Health & Performance Science. She is currently completing MA (Statistics). Her research portfolio is broad, but bound by a common theme of enhancing human performance in health, illness and injury. She is co-director of the National GAA Injury Surveillance Database since 2006 and she co-ordinates a programme of epidemiology and injury prevention research in Gaelic games at UCD. Other research areas include occupational health, stratification and management of chronic back pain, secondary prevention of cardiovascular/cerebrovascular disease, falls and fracture prevention and promotion of physical activity.



Philip Glasgow PhD, MTh, MRes, BSc (hons), MCSP is head of sports medicine at the Sports Institute Northern Ireland. Phil's doctoral studies investigated factors influencing exercise induced muscle damage and its management. He has extensive experience in high performance sport having worked with athletes from a range of sports including rugby union, football, hockey, athletics, boxing, cycling and swimming. He has worked at major International sporting events including the Olympic Games (London 2012 (Team GB); Beijing 2008 (Team Ireland)), Commonwealth Games (Head Physiotherapist Team NI, Delhi 2010; Glasgow 2014) as well as numerous World and European Championships. His interests are in the field of functional rehabilitation and management of muscle tendon unit injuries. He is currently Vice President of the Association of Chartered Physiotherapists in Sport and Exercise Medicine (Physios in Sport, UK). He regularly presents at international conferences and is a visiting professor of the Ulster Sports Academy (University of Ulster) and teaches on a number of postgraduate sports medicine programmes at various UK and European universities.



Dr Eanna Falvey MB BCh, PhD, MRCPI, MmedSci (SEM), FFSEM, has been involved in team coverage for Hurling, Football, Boxing, Rugby, Australian Rules football at elite levels. Dr Falvey undertook a fellowship in sports medicine at the University of Melbourne and a PhD at University College Cork. Dr Falvey is the Team Doctor to the Irish Senior Rugby Team and the Irish Boxing High Performance Unit since 2009, he was doctor to the British & Irish Lions tour 2013 and is a member of the IRB Pitch Side Concussion Assessment (PSCA) working group.



Prof Steven 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 in 1999.

SPEAKER BIOGRAPHIES



Dr Eoin Kavanagh is currently a Consultant Radiologist at the Mater Misericordiae and Cappagh National Orthopaedic Hospitals in Dublin Ireland and Associate Clinical Professor at University College Dublin. His main clinical interests are Musculoskeletal Imaging and Neuroradiology and he has a special interest in imaging of Groin Pain and has published several papers on this topic to date.



Brendan Marshall is a Sports Biomechanist working in the Sports Surgery Clinic, Dublin, Ireland. He completed his PhD in Sports Biomechanics from Dublin City University where he also obtained a first class honours degree in Sports Science and Health. Brendan was instrumental in commissioning the Sports Surgery Clinic's state of the art 3D Biomechanics Lab. In the lab he works with motion capture technologies to provide individuals with detailed feedback on their movement patterns in order to inform individualised rehabilitation or to reduce future injury risk. His current research interests include the biomechanics of athletic groin pain, the expedited return to sport following groin injury and return to play criteria following ACL reconstruction. Brendan is a keen sportsman and represented Ireland in long jump at both a junior and senior level. He is a former national senior long jump champion and still competes competitively for his club Mullingar Harriers.



Stephen Mutch graduated with a Physiotherapy BSc from Queens College, Glasgow and MSc (Sports Physiotherapy) from University College London. He worked in the NHS and New Zealand before signing up to full-time professional sport with Scottish Rugby from 1998 to 2007 RWC, working as 7s physio from 1999-2006 in addition to consultancy work with the Scottish Institute of Sport from its inception. Stephen has worked as HQ / Lead Physiotherapist to a number of sports at multi-event Games, such as Team Scotland at Commonwealth Games in 2002, 2006, 2010, 2014 and the Youth Games of 2000, 2008, World University Games (GB) 2009, plus the gold medal-winning Australian Womens' Water Polo Commonwealth team of 2002. He also provided support to the athletes at the Summer Olympics London 2012. As well as being Clinical Director at a private practice, Stephen works as a clinician in various elite-level sports, in addition to working with the Scotland National Rugby Team during competitions such as 6 Nations Championships and World Cups (2007 and 2011). He is Vice-President of Association of Chartered Physiotherapists in Sport & Exercise Medicine, and currently Vice-President (Europe) of WFATT.



Mr Patrick Carton is a full time orthopaedic consultant at the Hip and Groin Clinic, based at Whitfield Medical Centre in Waterford City. He is a specialist in surgery of the hip and groin; the majority of his practice involves managing sports related injuries. Prior to his move to Waterford in 2008 he worked as the clinical director for trauma and orthopaedic surgery at the Southern Health Trust, in Northern Ireland. Recently he has been awarded an honorary research associate for the department of health, sports and exercise science, in Waterford Institute of Technology. He is an active member of a number of international teaching faculties and regularly presents his original work both nationally and internationally.



Mr Gerry McEntee M.Ch., F.R.C.S.I. was appointed as a Consultant HPB Surgeon to the Mater and St. Vincent's Hospital in 1991. Having played competitive sport he also developed an interest in surgical repair of exercise induced groin injuries and over the past 20 years has performed over 2,000 such procedures, the techniques changing with greater understanding and improved imaging of hip and pubic joint pathology.



William C. Meyers, MD has dedicated 25 years to pioneering the diagnosis, treatment, rehabilitation and prevention of core muscle injuries, formerly known as athletic pubalgia or sports hernia. Dr. Meyers led the awareness that the whole core muscle complex, inclusive with the hip joint, contributes to the injury which has advanced old terminology such as athletic pubalgia or sports hernia. Treating patients with abdominal or groin injuries stemmed from a unique experience in the 1980s with the U.S. National Soccer Team, Miami Dolphins, and various Olympic athletes. Since then, he has developed a number of variants of the surgical repair for core muscle injuries (athletic pubalgia/sports hernia) and their relationship to the ball and socket hip joint. He has evaluated over 15,000 patients, including professional players from the National Football League, National Hockey League, National Basketball Association, Major League Baseball, Major League Soccer, Professional Tennis, Professional Golf, Professional Bull Riding, Swimming, Olympic Track and Field, collegiate and recreational athletes.

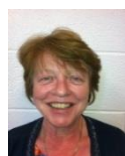
SPEAKER BIOGRAPHIES



Enda Whyte MSc. ARTC MISCP is a lecturer on the BSc. in Athletic Therapy and Training in the School of Health and Human Performance, DCU. Enda's research interests include the identification of risk factors for hip and groin injuries in sports people. He is also interested in the effect of decision making and high intensity exercise on lower limb biomechanics. Enda is secretary of Athletic Rehabilitation Therapy Ireland (ARTI) and sits on the International Board of Certification Council (iBOC). He is also ARTI's representative on the Mutual Recognition Working Group. Clinically Enda has worked with the Olympic Council of Ireland, Football Association of Ireland and DCU GAA Academy.



Ms Siobhán O Connor MSc. ARTC, is the Vice President of ARTI since its foundation in 2009 and is the current chair of the Ethics committee. She is the course director of the BSc. in Sports Therapy with Rehabilitation and also lectures on the BSc. in Sports Science and Exercise Physiology in Athlone Institute of Technology. She has completed a MSc. on the effectiveness of training diaries to capture training load and is due to graduate with a PhD in November 2014 focusing on the pre-participation screening, epidemiology and risk factors for injury in adolescent and collegiate Gaelic games.



Miriam Downey ARTC MISCP MACP graduated as a chartered physiotherapist in 1977 and since 1989 has been a partner in Exwell medical. She lectures part time on the BSc. in Athletic Therapy and Training and BSc. in Sports Science and Health in the School of Health Human Performance in DCU. She has a postgraduate qualification in manual therapy and has lectured in this area in UCD. Her sports medicine credentials goes back to the late 1980's when she worked with the Dublin Senior Gaelic football team and most recently has worked with the U21 Ladies Hockey team in a European competition in Vienna. Miriam is a founding member of ARTI and is currently the chair of the certification committee.



Damien Sheehan BSc, PG Dip, ARTC, CSCS*D is the Programme Director for BSc in Sport Science and lecturers on B.Sc Sport Rehabilitation & Athletic Therapy course at Institute of Technology, Carlow. He is the Clinical & Performance Director at Carlow Rehabilitation & Sports Injury Centre and has worked with Carlow county teams for the last 10yrs. Damien currently works as ARTC with all athletes and clubs in Carlow, Laois, Wicklow, Kildare and Kilkenny, including the Ireland team at the World Karate Championship in Italy 2013. He is a founding member of ARTI and serves on the executive committee. His research interests are in injury prevention, athlete recovery and paediatric sport performance development.

Workshop Instructors and Presenters:



Brian Carlin DipIMC FPHC RCSEd, MSc MedEd. Brian is currently the clinical lead for the Football Association (FA) in England responsible for the Advanced Resuscitation & Emergency Aid (AREA) course programmes. One of 3 Senior Medical Educators for the International Rugby Board (IRB) worldwide, with responsibility for raising the standards of pitch-side care in all union playing countries. Brian has a keen interest in medical education and was part of the curriculum development group for the sub-specialty in pre-hospital care in UK, amongst some of academic programmes he has been involved with. These include being the author and Course Director of the RCSI FSEM Standard Principles of Resuscitation & Trauma in Sports (SPoRTS) and the ICGP Immediate Medical & Emergency Care (IMEC) Courses. Brian is a Senior Examiner for the Faculty of pre-hospital care at the Royal College of Surgeons of Edinburgh (RCSEd) and is the all-Ireland advisor for the DIMC/FIMC exams in Immediate Medical Care.



Mr Declan O'Farrell Advanced Paramedic EMT, is a seasoned pre-hospital provider. He is proficient and professional in the delivery of pre-hospital care at an advanced level. Innovation, integration and education are values that have driven him throughout his career. By adopting this approach Declan now wears many hats on his journey through his career as an educator, preceptor, mentor and course developer. As a result of this he has a unique ability to manage multidisciplinary projects and to navigate complex challenges.

SPEAKER BIOGRAPHIES



Dexter Nelson, MSc, CAT(C) Emeritus was born and raised on a ranch near Calgary, Alberta, Canada. He completed his Bachelor of Physical Education at the University of Calgary followed by a MSc degree in Physical Education/Athletic Training from Brigham Young University. He worked as the Head Athletic Therapist with the Canadian National Men's Basketball Team, the Edmonton Eskimo Football Club of the Canadian Football League, Head Athletic Therapist and Instructor at the University of Calgary (1975-1983) and founded the Canadian Pro Rodeo Sport Medicine Team in 1983.

Dexter is a Member Emeritus of the Canadian Athletic Therapists Association and retired as a tenured faculty member from Mount Royal University in Calgary. He was awarded a Lifetime Distinguished Achievement Award by Mount Royal in 2013. Dexter is the outgoing Chair of the Canadian Athletic Therapists Association International Relations Committee and currently is the Canadian WFATT Vice President. He also currently serves as a Committee member of the inaugural International Board of Certification.



Greg Gardner, Ed.D. ATC, LAT, is a Clinical Professor of Athletic Training and Associate Director of the School of Nursing at the University of Tulsa. He completed his bachelor's degree at the University of Wyoming, master's degree from the University of Arizona and doctoral work at the University of Southern Mississippi. Dr. Gardner has extensive experience as an athletic trainer and has been a certified athletic trainer for 30 years. His career includes work at the high school, small college, and major college level. Dr. Gardner is currently the U.S. Vice President of the World Federation of Athletic Training and Therapy. He was named Most Distinguished Athletic Trainer in 2010 was inducted into the MAATA Hall of Fame in 2013.

He was named Most Distinguished Athletic Trainer in 2010 was inducted into the MAATA Hall of Fame in 2013.



Roy Brennan, BSc, ARTC, GSR, is a Graduate from St Marys University College Strawberry Hill he is both the Director and Senior Sports Rehabilitation Specialist at The Iveagh Physiotherapy and Sports Injury Clinic at Christchurch in Dublin's City Centre. He is an experienced Rehabilitation Specialist, having treated elite sports people, professional dancers and enthusiastic amateurs with over 14 years experience. Although predominantly Gaelic Games, Rugby and Soccer, Roy has worked very closely within sporting disciplines such as Triathlons, Athletics, Sailing, Basketball, Swimming, Boxing and Martial Arts. He specialises in Sports Rehabilitation and has particular interests in ACL and Groin/Hamstring Rehab. He currently sits on the Committee and Board of Directors of Athletic & Rehabilitation Therapy Ireland. He is appointed by The Irish Institute of Sport to the Panel for the Provision of High Performance Sport Services in Athletic Therapy. He also sits on the School of Science Industry & Professional Advisory Board as an External Expert at IT Carlow.

He is appointed by The Irish Institute of Sport to the Panel for the Provision of High Performance Sport Services in Athletic Therapy. He also sits on the School of Science Industry & Professional Advisory Board as an External Expert at IT Carlow.



Mr Craig Denegar, P.T., Ph.D., A.T.,C, FNATA is a professor of Kinesiology and the director of the Doctor of Physical Therapy program at the University of Connecticut. He teaches and has research interests in the areas of clinical epidemiology, therapeutic modalities and musculoskeletal rehabilitation. Craig is the editor-in-chief of the Journal of Athletic Training and serves on the editorial boards of the Journal of Sport Rehabilitation, the Journal of Strength and Conditioning Research and Open Access Journal of Sports Medicine. He is the lead author of the text Therapeutic Modalities for Musculoskeletal Injuries, co-author of Research Methods: A Framework for Evidence-Based Clinical Practice and has written and presented numerous papers related to musculoskeletal rehabilitation and athletic health care.

He is the lead author of the text Therapeutic Modalities for Musculoskeletal Injuries, co-author of Research Methods: A Framework for Evidence-Based Clinical Practice and has written and presented numerous papers related to musculoskeletal rehabilitation and athletic health care.



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 Orthopaedic Sports Medicine at Trinity College Dublin, and 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), Chairman of the Medical Advisory Committee of Irish Rugby Football Union, Member of the Anti-Doping Disciplinary Committee of the Irish Sports Council (2005 – 2014); and Member of the Anti-Doping Disciplinary Panel (2005-2014) of the Gaelic Athletic Association and former member of the Medical Scientific Welfare Committee (2000-2013) of the Gaelic Athletic Association. He was Chairman of the Overtraining Committee, Member of the Medical Scientific Player Welfare Committee 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); and also represented UCD, Civil Service & St Brigid's GAA clubs in Dublin, and Franciscan College, Gormanston.

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); and also represented UCD, Civil Service & St Brigid's GAA clubs in Dublin, and Franciscan College, Gormanston.

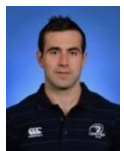
SPEAKER BIOGRAPHIES



Professor Graham N. Smith GradDipPhys, FCSP DipTP, CertED; is currently a Rehabilitation and Sports Injury Consultant, Fellow of the Chartered Society of Physiotherapy and Chairman of The Society of Sports Therapists (UK). Professor Smith has an extensive background in the treatment, management and rehabilitation of injuries at all levels of the sporting spectrum. He is a Visiting Professor at Teesside University and an external Lecturer for the MSc in Sports Medicine at Trinity College, Dublin. He was responsible for setting up and running the Football Association National Rehabilitation Centre at Lilleshall and he has also worked with British Olympic and representative teams, as well as in professional football. Now, alongside working in his clinic in Glasgow and consultancy commitments, he lectures extensively nationally and internationally on the rehabilitation of musculoskeletal injuries and sports injury management. During the 2012 London Olympic and Paralympic Games, Graham was invited by the IOC Medical Committee to present a workshop as part of the Medical Education Programme.



Dr Ciaran Cosgrave is a consultant in Sports & Exercise Medicine at Sports Surgery Clinic, Dublin and the lead doctor at Leinster rugby. He has a wealth of experience in elite sport having worked for two seasons at Liverpool Football Club from 2011-2013. He also provided medical cover at the 2012 Olympic and Paralympic Games and subsequently accompanied Team GB at their High Altitude Training Camp in Iten, Kenya. Other experience in elite sport includes basketball, Northern Ireland Football, athletics, karate and judo. In each of these sports he not only provides high quality sports medicine but also works closely with athletes and coaches on performance enhancement. Dr Cosgrave graduated Medicine from Queen's University Belfast and after working for a year in Sydney, undertook an MSc in Sports & Exercise Medicine at Trinity College Dublin.



Stephen Smith was educated in Cistercian College Roscrea and Institute of Technology Carlow where he obtained a Diploma in Human Physiology and Health Science and a Degree in Sport and Exercise Rehabilitation. Stephen obtained an MSc in Football Rehabilitation from Edgehill University in 2011. Stephen has been involved in Strength & Conditioning and Injury Rehabilitation with the Leinster Junior and Senior Rugby teams, Inter County and Club GAA panels. He joined the Leinster Rugby in 2008. He also played for Co Carlow RFC.



Mr Enda King is a chartered physiotherapist and Head of Performance Rehabilitation in Sports Surgery Clinic. He completed his honours degree in physiotherapy in Trinity College and completed his Masters in Manipulative Therapy with distinction in Curtin University, Perth, Australia. He is also a Certified Strength and Conditioning Specialist with the NSCA and is currently completing his PhD in Roehampton University in London on 3D Biomechanics in Return to Play decision making after ACL reconstruction. Enda has worked with elite athletes from a wide range of sporting disciplines in Ireland and Australia. He is lead physiotherapist for Dublin Hurling and was for the Irish International Rules Team in 2010 and 2011. He leads the Performance Rehabilitation department which rehabilitates the SSC's world leading flagship research programmes in Athletic Groin Pain and ACL rehabilitation. His main areas of clinical interest are lower limb injuries especially athletic groin pain, hamstring injury, ACL rehabilitation and chronic low back pain in athletes. He lectures both nationally and internationally on Groin and ACL rehabilitation.



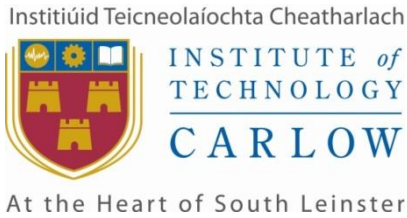
Dr Tim Swan is a Consultant in Sport and Exercise Medicine (SEM) at the Defence Medical Rehabilitation Centre Headley Court. He is the clinical lead for Lower Limb rehabilitation, specialising in the delivery of 'Hip and Groin' and 'Complex Lower Limb' rehabilitation. He provides a Musculoskeletal Ultrasound (MSK U/S) diagnostic and interventional service to support the multi-disciplinary team to treat and deliver rehabilitation. He is due to complete his Masters in MSK U/S in Nov 2014. He was the co-author for the Royal College of Physicians (RCP), London (RCP) publication 'Exercise for Life' (2012). He is a Council member for the FSEM(UK) and is the UK representative for the FSEM (Ire). He is a Medical Officer to PGA European Tour and provides SEM support at tournaments in the UK, Europe and Asia. Additionally, he is an RFU Medical Officer to England U18s, England Student's and England Counties U20s.

DELEGATE NOTES

DELEGATE NOTES

FSEM / WFATT Conference 2014

The FSEM, WFATT and ARTI would like to thank the following Exhibitors and Sponsors:



Orthopaedic &
Spine Centre



The Faculty acknowledges support from:

Clarendon Medical