

Faculty  
Sports and Exercise  
Medicine

dámh leigheas spóirt agus aclaíochta



RCSI



ROYAL COLLEGE OF  
PHYSICIANS OF IRELAND

TENTH ANNUAL  
SCIENTIFIC CONFERENCE

PROGRAMME

Friday & Saturday  
20th & 21st September 2013

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.



**Prof Moira O'Brien** (FRCPI,FFSEM,FFSEM (HON UK) Hon FECSS,FTCD) Is an Emeritus Professor of Anatomy Trinity College, Dublin, involved in Sports Medicine since the early seventies. She is now a consultant in Osteoporosis and Sports Medicine.



**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.



**Prof John M Ryan** (FCEM, FRCSEd (A&E), FFSEM, DCH, Dip Sports Med) qualified from RCSI in 1983. He passed the FRCSEd (A&E) and the Diploma in Sports Medicine exam from Dublin University in 1989. He then completed his Higher Specialist Training in Emergency Medicine in London, Brighton and Sydney. He was a Senior Lecturer in Brighton for five years before returning to St Vincent's University Hospital. He has published many papers and book chapters on Sports Medicine related topics. His particular area of interest is in Acute Sports Injury Management and Research.



**Dr Bill Cuddihy** is a GP based in Kilkenny. He is a Board member of the Faculty of Sports and Exercise Medicine and served as Honorary Secretary of the Board from 2004 to 2006. He was Doctor to the Kilkenny Senior Hurling team for 17 years and still works with under age teams in Kilkenny. He worked as Medical Officer to Athletics Ireland for a number of years and was Team Doctor a European and World Championships and at the Beijing Olympics. A member of the Anti Doping Committee of the Irish Sports Council since 2007, he is the current Chairman of the Anti Doping Sub-Committee of the Faculty .



**Ms Stephanie Billault** is the Administrator for the Faculty of Sports and Exercise Medicine, RCPI & RCSI. Originally from France, Stephanie has been based in Ireland for 16 years. She has worked in RCSI for the past 7 years (nearly 2 years in FSEM, and previously for 5 years in the Department of Surgical Affairs – DoSA – looking after the Surgical Trainees at Registrar and SpR levels). Prior to joining RCSI, she was working in the Medical Council's Registration Section for a number of years. Stephanie deals with the day-to-day administrative requirements of the Faculty, and she is the first point of contact for our Fellows and Members. She follows rugby, but reverts back to wearing a blue shirt and a beret when the 6 Nations are on!



**Ms Marije Kraan** Operations Manager is a native of the Netherlands joined Abbey in 2004 when she worked on her first event – the European Transplant and Dialysis Games and meetings. In 2012, Marije worked on a "once in a lifetime" project as she was responsible for managing the very successful Notre Dame V's Navy American Football Event, held at the Aviva Stadium with over 10,000 attendees. With a bachelors in Tourism, Marije is the operations manager of Abbey Conference & Corporate and highly skilled experienced project manager.

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## Chairman's Welcome Address



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 of Sports and Exercise Medicine, RCPI and RCSI, I welcome you to our Tenth Annual Scientific Meeting in Royal College of Surgeons in Ireland, Dublin, on the 20th and 21st September 2013.

The conference has gone from strength to strength in recent years, attendance is up year on year and the number and quality of abstract submissions for poster and oral scientific and clinical case presentations has again warranted the inclusion of a second scientific session in parallel sessions on Saturday afternoon. This is down to you our delegates and I once again thank you for your continued support.

This year our conference opens with the "sports medicine updates" session, short synopses of the current state of knowledge in sports and exercise medicine, diabetes, asthma, and infection and will be covered by Professors John Nolan (Steno Diabetes Centre, Stockholm), Conor Burke (Connolly & Mater Misericordiae Hospitals) and Cyril Smyth (Trinity College Dublin) and Dr Bill Cuddihy will finish the session by highlighting recent controversies in anti-doping policies worldwide.

Following coffee our first keynote session focusses on exercise in childhood and exercise in the elderly, we are especially delighted to welcome two speakers of truly international renown; Dr Nicola Crabtree from Birmingham Children's Hospital and our international honorary fellow elect Professor Bengt Saltin from the University of Copenhagen.

Over the lunch break our panel of judges will take short presentations from delegates in our poster exhibition and then following lunch and our our main scientific session on Friday afternoon our national honorary fellow elect Dr David McDonagh (University Hospital Trondheim, Norway) will give an overview of medical preparations for the Sochi Winter Olympic games. On Saturday morning Dr McDonagh will open our Head and Neck thematic session with an overview of the common problems confronting the sports physician (We like to keep our honorary fellows busy!) to be followed with talks from our local specialist experts in maxillary-facial, ophthalmic, ear nose and throat, and cervical spine sports and exercise related problems.

Our final session based on delegate feedback for more sports nutrition related topics allows you the delegates to pick the brains of an expert panel of sports nutritionists; Ms Ruth Wood-Martin from the IRFU, Ms Sharon Madigan from the Sports Institute of Northern Ireland and to give the athlete's and nutritionist's perspective Ms Marie Murphy a former Irish Olympian and exercise and nutritional adviser to the Irish Osteoporosis Society.

On behalf of the organising committee I hope you enjoy the thematic and scientific content of the programme, the time to meet up with colleagues and friends in coffee and lunch breaks and I look forward to your feedback and suggestions for future meetings.

A handwritten signature in black ink, appearing to read 'N Mahony'.

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Dr Nick Mahony

Chairman of the organising Committee

Organising Committee:

Ms Stephanie Billault, Dr Joe Cumiskey (Dean), Dr Mary Archer, Dr Alan Byrne, Dr Philip Carolan, Professor Moira O'Brien, Professor John Ryan, Dr Bill Cuddihy, Dr Pdraig Sheeran (*ex officio* FSEM Treasurer) and Ms Marije Kraan.

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# Programme Timetable

## FRIDAY 20th September

<b>08:00-08:50</b>	<b>Registration - Delegates must register each day</b>	<b>Examinations Hall</b>
09:00-09:15	Opening Address	<b>Sen. Eamonn Coghlan</b>
09:20-10:40	Short Updates: Sports Medicine updates (Exercise/Chronic Illness)	<b>O'Flanagan's Lecture Theatre Chair: Dr. Joe Cummiskey</b>
09:20-09:40	Update on Diabetes and Exercise	<b>Prof John Nolan</b>
09:40-10:00	Update on Asthma and Exercise	<b>Prof Conor Burke</b>
10:00-10:20	Update on Exercise and Infection	<b>Prof Cyril Smyth</b>
10:20-10:40	Update on Anti-doping / Supplements	<b>Dr Bill Cuddihy</b>
<b>10:45-11:15</b>	<b>Coffee Break / Delegates visit Sponsors / Poster Exhibition</b>	<b>Examinations Hall</b>
11:20-12:40	<b>Thematic Session 1: Exercise at the extremes of age</b>	<b>O'Flanagan's Lecture Theatre Chair: Prof. Moira O'Brien</b>
11:20-12:00	Exercise in Middle & Later Life	<b>Prof Bengt Saltin</b>
12:00-12:40	Exercise in Childhood & Adolescence	<b>Prof Nicola Crabtree</b>
<b>12:45-13:45</b>	<b>Lunch / Sponsors / Posters Exhibition &amp; Judging</b>	<b>Examinations Hall</b>
13:45-15:15	Delegate Scientific & Case Presentations	<b>O'Flanagan's Lecture Theatre Chair: Dr. Mary Archer</b>
<b>15:15-15:30</b>	<b>Short Coffee Break</b>	<b>Concourse</b>
15:30-16:15	Delegate Scientific & Case Presentations	<b>O'Flanagan's Lecture Theatre Chair: Dr. Mary Archer</b>
16:15-16:50	Guest Lecture: Preparation for the winter Olympics 2014	<b>Dr David McDonagh</b>
17:00	Conferring of Honorary Fellows, followed by Delegates & Speakers reception	

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

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# Programme Timetable

## SATURDAY 21st September

08:00-08:55	<b>Registration- Delegates must register each day</b>	Examinations Hall
09:00-09:05	Conference opened by session chairperson	
09:10-10:30	<b>Thematic Session 2: Head and Neck</b>	O'Flanagan's Lecture Theatre Chair: Dr. Philip Carolan
09:10-09:50	Sports Physicians view	Dr David McDonagh
09:50-10:30	Maxillofacial surgeon's view	Prof Leo Stassen
10:30-11:00	<b>Coffee Break / Delegates visit Sponsors / Poster Exhibition</b>	Examinations Hall
11:00-13:00	<b>Thematic Session 2: Head and Neck</b>	O'Flanagan's Lecture Theatre Chair: Dr. Joe Conway
11:00-11:40	Cervical Spine: Spinal Injury in sports	Mr Ashley Poynton
11:40-12:20	Eye Disease / Injury in sports	Mr Tim Fulcher
12:20-13:00	ENT Disease / Injury in sports	Prof Michael Walsh
13:00-13:45	<b>Lunch / Sponsors</b>	Examinations Hall
13:45-14:45	<b>Scientific Session 2: Parallel Session</b>	
Chair: Prof. Per Renstrom	<b>Parallel Session 1:</b> Sports Traumatology: Orthopaedic /Emergency Med / Radiology	O'Flanagan's Lecture Theatre
Chair: Dr. Noel McCaffrey	<b>Parallel Session 2:</b> Physical Activity/ Population Health	Cheyne Lecture Theatre
Chair: Mr. Bernard Donne	<b>Parallel Session 3:</b> Sport Science / Exercise Physiology	Houston Lecture Theatre
Chair: Dr. Alan Byrne	<b>Parallel Session 4:</b> Sports Traumatology / Physical Activity	TR2/3
15:00-16:00	<b>Panel Discussion</b> Panel Discussion on sports nutrition	Ms Ruth Wood-Martin Ms Sharon Madigan Ms Marie Murphy
16:00	Closing Ceremony and Prize Giving	

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# Delegate Oral Scientific and Clinical Presentations

## FRIDAY AFTERNOON SCIENTIFIC SESSION

Time	#	MAIN SCIENTIFIC SESSION	O'FLANAGAN'S LECTURE THEATRE
<b>13:45</b>		<b>Introduction by session chair: Dr Mary Archer</b>	
13:50	TOR 1	Sports related facial injuries in Ireland – a one year review	Murphy C
14:00	TOR 2	Radiological variation in sportsmen treated for femoro-acetabular impingement	Carton P
14:10	TOR 3	Platelet rich plasma injection treatment on selected musculoskeletal injury sites	O'Flanagan S
14:20	TOR 4	Adductor tenotomy for groin pain in athletes – patient selection improves outcomes	Fitzgerald C
14:30	PH 1	Sports participation amongst children with idiopathic congenital talipes equinovarus	Morrissey D
14:40	PH 2	Impact of poor fitness and obesity on older adults living in a rural community	Cooney J
14:50	PH 3	Stroke-related disability does not limit fitness benefits of aerobic exercise training	Lennon O
15:00	PH 7	Hip and groin score and adductor squeeze in male athletes with chronic groin pain	Ward J
<b>15:15</b>		<b>COFFEE BREAK</b>	
			Concourse
15:30	EXSC 1	HIT exercise effect on knee kinematics in a stop jump manoeuvre	Whyte E
15:40	EXSC 2	Assessment of the reliability and reproducibility of the lactate minimum test	O'Sullivan E
15:50	CP 1	Endoscopic repair of a ruptured gluteus minimus tendon: case report	Carton P
15:55	CP 2	A tale of two kidneys: renal trauma while playing Gaelic football	McManus C
16:00	CP 3	Unhappy Gilmore - bilateral recurrent groin pain in an elite hurler	Kearney R
16:05	CP 4	The fainting hockey player	Ryan J
		<b>INVITED GUEST LECTURE</b>	
16:10		<b>Introduction by session chair Prof John Ryan</b>	
16:15		<b>Organisation of the Winter Olympic Games Medical Services</b>	McDonagh D
<b>16:55</b>		Members and fellows are invited to the College Hall for Conferring of Honorary Fellows Professor Bengt Saltin and Dr David McDonagh	

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# Delegate Oral Scientific and Clinical Presentations

## SATURDAY AFTERNOON PARALLEL SESSIONS

Time	#	PARALLEL SESSION 1- Trauma Orthopaedics & Radiology	O'Flanagan's Lecture Theatre
13:45		Introduction by session chair	Prof Per Renstrom
13:50	TOR 5	Bony morphology and clinical outcome following the arthroscopic management of FAI	Carton P
14:00	TOR 6	The high patella: an under-diagnosed condition in cerebral palsy athletes	EIHassan Y
14:10	TOR 7	Facial fractures sustained in sport	Beirne C
14:20	TOR 8	Ankle sprain: a systematic review and meta-analysis of prospective studies	Doherty C
14:30	TOR 9	Clinical and radiologic findings in ischiofemoral impingement with therapeutic options	Hogan B
14:40	TOR 10	A systematic review of surgical intervention in athletic groin pain	King E

Time	#	PARALLEL SESSION 2- Physical Activity & Population Health	Cheyne Lecture Theatre
13:45		Introduction by session chair	Dr Noel McCaffrey
13:50	PH 6	Movement efficiency and physiological performance in adult Gaelic games players	King E
14:00	PH 4	Audit of exercise prescription for MSK Injuries & patient engagement using a web / mobile platform	Ni Mhuiri A
14:10	PH 8	Gait re-training to alleviate anterior biomechanical overload syndrome of the lower limb	Breen D
14:20	PH 5	Normative values for the functional movement screen in male Gaelic field sports	Blake C
14:30	PH 9	Piriformis muscle length tests - reliability, normative values and stretch response	Jordan S
14:40	PH 10	Kinesio tape, performance and perception of stability in male gaelic footballers	Spain T

Time	#	PARALLEL SESSION 3- Sports Science & Exercise Physiology	Houston Lecture Theatre
13:45		Introduction by session chair	Mr Bernard Donne
13:50	EXSC 3	Fatigue on peak torque and muscle stiffness of the knee joint extensor musculature	Wang D
14:00	EXSC 4	A kinematic analysis of the star excursion balance test compared to the y-balance test	Fullam K
14:10	EXSC 5	Dynamic postural stability in young adolescent male and female athletes	Holden S
14:20	EXSC 6	Single leg squat and lower extremity control during more dynamic sporting actions?	Marshall B
14:30	EXSC 7	Biomechanical factors associated with better times in a running cut maneuver	Marshall B
14:40	EXSC 8	Exercise based training interventions and injury prevention: a systematic review	O'Malley E

Time	#	PARALLEL SESSION 4- Sports Traumatology & Physical Activity	Tutorial Rooms (TR 2 & 3)
13:45		Introduction by session chair	Dr Alan Byrne
13:50	TOR 11	Injury to the head in county-level gaelic football and hurling over six playing seasons	Blake C
14:00	TOR 12	The effect of platelet rich plasma treatment on hamstring injuries	O'Flanagan S
14:10	PH 11	Impact of heart age on engagement with health behaviours to reduce blood pressure	Byrne S
14:20	PH 12	Spinning-related rhabdomyolysis: a new and increasing phenomenon	Cronin O
14:30	PH13	Morbidity at major soccer matches in the aviva stadium	Molloy M
14:40	TOR 13	Factors affecting on sport injuries and the role of physiotherapist to treat them	K. Jui Ray M

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# Delegate Oral Scientific and Clinical Presentations

## Poster Presentation Times

Poster Time	Author	Title	Judge
<b>Trauma Orthopaedics and Radiology</b>			
P 1 13:00	Hoare E	Return to competitive sport following anterior cruciate ligament surgery	JC
P 2 13:05	Bell A	Beliefs and implementation of injury prevention methods in county gaelic football	JC
P 3 13:10	Karde S	Sports related stress fractures: imaging evaluation	JC
P 4 13:15	Karde S	Clinical and radiological evaluation of scrotal injury in sports	JC
P 5 13:20	Karde S	MRI in imaging of sports related gleno-humeral instability and injuries	JC
P 6 13:25	Karde S	Sports related injuries in cricket: a pictorial review	JC
P 7 13:00	Moffatt S	Multidisciplinary exercise class for the rehabilitation of patients with knee pathologies	RMcL
P 8 13:05	Matthews D	Achilles tendon rupture on the heels of sporting success	RMcL
P 9 13:10	Freeman C	Rugby related renal trauma	RMcL
P 10 13:15	Coyle J	Review of MRI imaging findings in high ankle sprain in elite performance athletes	RMcL
P 11 13:20	Coyle J	Imaging of the post-operative acl reconstructed knee using dual energy ct	RMcL
P 12 13:25	Coyle J	Acute injuries to the hand and wrist pattern recognition and radiologic findings	RMcL
<b>Physical Activity / Population Health</b>			
P 13 13:00	O'Flanagan S	PRP injection treatment: patient understanding and satisfaction of treatment	PC
P 14 13:05	Boland M	Relationship between diagnosis and objective tests in the assessment of athletic groin pain	PC
P15 13:10	Mahony N	Medical profiles of female triathletes at routine laboratory based exercise testing	PC
P 16 13:15	NiBhraonain S	TRX induced rhabdomyolysis	PC
P 17 13:20	Manning S	A blinding hockey stick injury	PC
<b>Sports Science &amp; Exercise Physiology</b>			
P 18 13:00	Duggan W	EMG study on the effect of seat-tube-angle on lower limb muscle activity in elite cyclists	SC
P 19 13:05	Marshall I	Reliability of Bodymetrix US vs. standard calliper in the assessment of body composition	SC
P 20 13:10	O'Donovan J	Lower limb EMG activity and 2D kinematics during cycling, elliptical trainer and treadmill	SC
P 21 13:15	Garvey C	Comparison of maximal incremental tests on treadmill, cycle ergometer and cross-trainer	SC
P22 13:20	Massey E	Placebo effects on laboratory exercise testing to exhaustion in rowers	SC
P 23 13:00	Marshall B	3D motion capture analysis in the examination of athletic groin pain	AH
P 24 13:05	Whyte E	Stretching, as part of a specific gaelic football warm-up, on measures of performance	AH
P 25 13:10	Welch N	3D kinematic analysis of a simulated horse riding task	AH
P 26 13:15	Breen D	Upper body biomechanics during 2 common strike types in an elite level hurler	AH
P 27 13:20	Mahony N	Anthropometric, physiological profiles and race performance of female triathletes	AH

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## Biographies



### **Sen. Eamonn Coghlan**

Eamonn Coghlan is known as the "Chairman of the Boards" for his unprecedented successes on the American indoor athletics circuit, winning 56 races on the trot. He won the famous Wanamaker Mile in Madison Square Garden a record seven times. Eamonn broke the world record for the indoor mile on three occasions and held this record for 18 years. In 1983 he became the first person to run under 3 min 50 sec for the mile with a time of 3:49.78. Also, in 1983 he became Ireland's first World Athletics Champion when he won the gold medal for the 5,000m in Helsinki. In May 2011 Eamonn was nominated to the Seanad by An Taoiseach Enda Kenny as an Independent Senator and recently joined the Fine Gael parliamentary party. He has pioneered the "Points for Life" initiative in the Upper House, concentrating on the physical fitness levels in school-age children. Eamonn currently coaches a number of Ireland's leading middle distance athletes with aspirations to represent Ireland at Olympic level.



### **Professor John J Nolan**

Professor John Nolan is CEO of the Steno Diabetes Center, Denmark. He is Adjunct Professor of Human Metabolism at the University of Copenhagen and Visiting Professor of Medicine at Trinity College Dublin. He is a Fellow of the Royal Colleges of Physicians of Ireland and Edinburgh and an honorary Fellow of Trinity College Dublin.



### **Professor Conor Burke**

Professor Conor Burke is a Fellow of the Royal College of Physicians in London and in Dublin, and a Fellow of the College of Chest Physicians in the U.S.. He trained in UCD, completed a Fellowship in Respiratory Medicine in Stanford University, California and worked there prior to his return here. Professor Burke's current position is Consultant Respiratory Physician in Connolly and Mater Hospitals and his Professorial appointment is in UCD. He has published over 100 full length articles in the international peer reviewed literature including the original description of bronchiolitis in human lung allografts, physiology/immunology correlations in asthma and recently the original description of an altered micro biome in asthma and COPD. Professor Burke has supervised 10 post-doctoral theses and supervised collaborative programmes with the University of London, Imperial College London, University of Western Australia in Perth and Stanford University. He has been awarded over €2 million in academic grants and a recent EU programme grant in collaboration with Imperial College to Investigate the genetic and epigenetic basis of airway disease. Professor Burke is a director of two bio technology companies, have served on numerous government Department of Health Committees and currently serve on the Health Research Board.



### **Professor Cyril Smyth**

Professor Cyril J Smyth obtained his bachelor and doctoral degrees at the University of Glasgow. He held post-doctoral appointments at Queen's University of Belfast, the Karolinska Institute, the Swedish National Bacteriology Laboratory, New York University Medical School, and Biomedicum in Uppsala. He was appointed 'Docent' at the Swedish University of Agricultural Sciences. Professor Smyth joined the Department of Microbiology at Trinity College as a Senior Lecturer in 1980. He was awarded Fellowship in 1986 and promoted to Associate Professor in 1994. He held the office of Senior Dean of Trinity College from 2002–2008. His main research interest has been pathogenic mechanisms of bacterial infections. Professor Smyth has been an adjunct lecturer to the MSc in Sport Medicine course at TCD for many years and is currently Chairman of Dublin University Central Athletic Club.



### **Dr Bill Cuddihy**

Dr Bill Cuddihy is a GP based in Kilkenny. He is a Board member of the Faculty of Sports and Exercise Medicine and served as Honorary Secretary of the Board from 2004 to 2006. He was Doctor to the Kilkenny Senior Hurling team for 17 years and still works with under age teams in Kilkenny. He worked as Medical Officer to Athletics Ireland for a number of years and was Team Doctor at European and World Championships and at the Beijing Olympics. A member of the Anti Doping Committee of the Irish Sports Council since 2007, he is the current Chairman of the Anti Doping Sub-Committee of the Faculty.

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## Biographies



### **Professor Bengt Saltin**

Professor Bengt Saltin is a world leading human physiologist. As a medical doctor he has devoted his life to researching the effects of physical exercise on health and performance. No single scientist in modern times has covered more or has such a significant impact on discovering the nature of human function. He has published over 500 papers covering vast areas of physiology. He coined and proved the term 'humans were meant to move' from the level of gene expression to heart and muscle function. His famous 'bed rest' study transformed medical practice on how people recover from heart attacks, general surgery, or injury. He proved the importance and limits of the heart in athletes and cardiac patients, described and explained the genetic basis for why world-class marathoners and sprinters run so fast. He provided the scientific basis for determining if an athlete is using performance-enhancing drugs. Most importantly, his emphasis on gene-environment interaction has extended our fundamental scientific knowledge of human physiology by clarifying the importance of the environment for optimizing gene expression. He is now exploring the ways how inactivity causes diabetes. Bengt Saltin has extended the scientific lineage of the Nobel laureate August Krogh by acting as Director of the Copenhagen Muscle Research Centre, the leading human physiology institute in the world. He has served as Dean of the Faculty of Natural Sciences at the University of Copenhagen, directed multiple national and international governmental health and medical organizations, and currently serves on the scientific board of the World Anti-Doping Agency (WADA). He has received the highest international honours in his field. In 2002, he was awarded the IOC Prize, an Olympic Gold Medal, for having made the greatest contribution to our understanding of exercise for health and performance. By consensus of his peers, at the last World Scientific Congress in Athens in 2004, he was introduced for his keynote address as the "Aristotle of Human Physiology".



### **Professor Nicola Crabtree**

Professor Nicola Crabtree is a principal clinical scientist presently employed as a research scientist at Birmingham Children's hospital. She has had an interest in bone research for over 20 years. However, for the last 15 years her area of research has predominately concentrated on bone development in the healthy child and in children with chronic diseases. As part of this work she has collected a large dataset of over 3000 healthy children which has been used to develop new diagnostic approaches to paediatric DXA. More recently her work has concentrated on the muscle-bone mechostat, investigating how factors affecting the musculoskeletal unit interact on the aging and growing skeleton. This work has centred on boys with Duchenne muscular dystrophy taking high dose corticosteroids to maintain their muscle function. Other key areas of my work are the extended use of DXA for the assessment of bone strength such as femoral and hip strength analysis, lateral vertebral assessment and in the variable effects on body composition of disease and intervention in clinical sarcopenia and obesity studies.



### **Dr David McDonagh**

Dr David McDonagh is A+E Consultant and Head of the Emergency Dept at University Hospital Trondheim, Norway. He is consultant for the Norwegian Olympic program in central Norway. He has been involved with the medical services planning at 8 Olympic Games. He is Secretary for the International Boxing Association's Medical Commission, Chairman of the International Bobsleigh Medical Committee and has many other national and International posts. He is currently editing the IOC Manual of Emergency Sports Care.



### **Professor Leo Stassen**

Professor Leo Stassen is a Consultant Oral and Maxillofacial Surgeon. He commenced as Trinity Professor Oral and Maxillofacial Surgery in November 2003 based in the National Maxillofacial Unit St. James's Hospital / Dublin Dental University Hospital with Honorary Consultant Status in Our Lady's Hospital for Sick Children Crumlin, Mater Misericordiae Hospital and the Blackrock Clinic. He Trained in General Surgery FRCS with rotations through A/E, Paediatric Surgery, Orthopaedic Surgery, Urology in Newcastle and Manchester trained in OMFS Surgery in the Walton / Aintree Hospitals Liverpool, Canniesburn Hospital Glasgow (OMFS / Plastics) and the Tata Cancer Hospital Bombal India. He was appointed Consultant Oral and Maxillofacial Surgeon Sunderland Royal Hospital 1990 – 2003 with an Honorary Contract in the Newcastle General Hospital (Craniofacial Surgery). His aim is the provision of an effective, efficient, economic and moral oral and maxillofacial / oral surgery service for the people of Ireland in a supportive, educational, cohesive and friendly manner, whilst developing and formalising links with other dental and surgical specialties by putting the patient first. Teaching is an essential part of any Academic Institute, supported by audit and on-going innovative research. In all of this context, the importance of family, friends and the sporting Irish can not be ignored.

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## Biographies



### **Mr Ashley Poynton**

Mr Ashley Poynton is a spine Surgeon. He graduated from TCD in 1993 He received his FRCS in 1995, MD in 1999 and FRCS(Tr&Orth) in 2000. He completed a Spine Fellowship for Special Surgery and Memorial Sloan Kettering Hospital in New York 2001-2003. He was a Consultant Orthopaedic and Spine Surgeon Mater Misericordiae, Cappagh and National Rehabilitation Hospitals, Director National Spinal Injuries Unit from 2003-2011. He is Currently in full time private practice Mater Private Hospital. His professional interests include: Cervical Spine Surgery, Spinal deformity, Spinal Tumours.



### **Mr Tim Fulcher**

Mr. Tim Fulcher is a Consultant Ophthalmic Surgeon in The Mater and Beaumont Hospitals. He studied medicine in University College Dublin (UCD), graduating in 1989. Following his internship year in St. Vincent's University Hospital, he studied anatomy for a further year in UCD before commencing his training in Ophthalmology. He completed his Ophthalmology training while training in the Mater Hospital, Beaumont Hospital, Temple Street Children's Hospital and the Royal Victoria Eye and Ear Hospital. He completed two specialist training Fellowships. 1. Cornea and External Eye Disease Fellowship with Mr. John Dart in Moorfields Eye Hospital, London. 2. Eyelid, Lacrimal and Orbital Disease Fellowship with Mr. Tim Sullivan in Brisbane.



### **Professor Michael A. Walsh**

M.B., BCh, B.A.O., B.Sc.(NUI), FRCSI- General Surgery, FRCS Ed. The William Wilde Professor in Otolaryngology, Royal College of Surgeons in Ireland. He is Consultant Otolaryngologist Beaumont Hospital. He was the past Secretary to the Inter-Collegiate Board in Otolaryngology, past Chairman of the Pre-Fellowship Training Programme in Otolaryngology in Ireland, secretary of the Irish Otolaryngological Society, past President of the Irish Otolaryngological Society. He is also an ENT representative on the Higher Surgical Training Committee. Irish representative on the European Specialty Committee in Otolaryngology, a member of the Academic Committee for the 9th British Academic. He was the past Clinical Vice Dean of Royal College of Surgeons in Ireland. A founder member of the British Association of the History of ENT, a member of the Continuing Medical Education Committee of the Royal College of Surgeons in Ireland. He was also an external Examiner for the Final Fellowship Examination in Otolaryngology in the Royal College of Surgeons in Edinburgh, coordinator for the Final Fellowship Examination in Ear, Nose and Throat Surgery, Royal Co-ordinator for the Final Fellowship Examination Ear, Nose and Throat Surgery, Royal College of Surgeons in Ireland. Member of the European Academy of Facial Surgery. Founder member of the Laryngectomy Association of Ireland. Vice President of the Laryngectomy Association of Ireland.



### **Ms Ruth Wood-Martin**

Ms Ruth Wood-Martin has worked as a Registered Dietician for over 20 years. She is a registered Sports and Exercise Nutritionist (RSEN UK), and is a Professional Member for Nutrition with the Irish Institute of Sport. She currently works full time as the National Performance Nutritionist with the Irish Rugby Football Union. Her main focus is with the National Senior squad where she works with Nutritionists in the Provinces on the nutrition education and supplementation of players as well as advising on catering schedules, hydration and recovery strategies and sport supplement programmes during national camp assemblies. She has developed a managed evidence-based health and sports supplement programme within The Irish Rugby Union. She also includes talented younger players through an Elite Player Pathway programme as a focus for nutrition education and development.

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

6 CME points on Friday 20th September 2013

6 CME points on Saturday 21st September 2013



### **Dr Sharon Madigan**

Dr Sharon Madigan RD, MSc, PhD, RSEN is Head of Performance Nutrition at the Irish Institute of Sport. Sharon graduated from the University of Ulster with a MSc / PGD in dietetics and commenced work in the Belfast Trust as a community dietician in 1995. In 2002 she returned to complete a PhD in Nutrition Education. She still retains a part-time (0.25wte) position in Respiratory Dietetics. From 2003-present she has worked as the performance nutritionist with the Irish Boxing Team working with young right up to the elite international team. The squad has had unprecedented success at all levels and returned 4 medals at last summer's Olympics. From 2002-2009 Sharon delivered services at the Sports Institute Northern Ireland. Part of this role included the provision of nutrition education to the Ulster Rugby Academy, Hockey, Sailing, Triathlon, swimming. From 2008-2011 was the performance dietician with the Senior Ulster Rugby Team. She has been involved with a number of County and Club GAA teams over the last number of years.



### **Ms Marie Murphy**

Ms Marie Murphy is a Consultant Exercise & Nutrition Specialist who designs fitness programmes for general health, athlete training, and the prevention of disease. A former Irish Olympian, Marie is currently located in Dublin, but maintains collaborations across Europe and North America. While working with Irish Cancer Society (2010- July 2013), Marie led 5 studies on breast, colorectal and prostate cancer survivors. Marie designed, developed and implemented The Murphy (METs) Programme, a 15 week cardiovascular and a resistance training programme, followed by a 16 week progression phase and a one year follow-up. This programme was acknowledged by the American Institute of Cancer Research (AICR) 2012. Marie has recently taken a position as Consultant Exercise & Nutrition Specialist for the Irish Osteoporosis Society (IOS). Marie plans to use The Murphy (METs) Programme to conduct studies for patients diagnosed with Osteopenia and/or Osteoporosis. Marie and the IOS aim to significantly increase the quality of life of people with this silent condition. Marie's other research interests include health behavior change in all types of disease, and she is particularly interested in the role of diet and exercise in the adolescent population. She has a range of experience designing and delivering complex interventions in community settings as she has over 25 years of experience in the Health and Fitness Industry.

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

6 CME points on Friday 20th September 2013

6 CME points on Saturday 21st September 2013







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