



## THIRTEENTH ANNUAL SCIENTIFIC CONFERENCE

### PROGRAMME - “The Female Athlete”

Thursday 15<sup>th</sup> – Saturday 17<sup>th</sup> September 2016

Royal College of Surgeons in Ireland

123 St Stephen’s Green

Dublin 2

CPD Credits awarded by FSEM



**physicool**   
Rapid Relief, Rapid Recovery

## RAPID RELIEF FOR JOINT AND MUSCLE INJURIES CLINICALLY PROVEN TO OUTPERFORM ICE

*At the Whitfield Clinic, Waterford, we are undertaking a prospective, randomised study, comparing the benefits of Physicool Vs Ice following Primary TKR surgery.*

*Patients are monitored to note their analgesic requirements in the post-op period, length of stay, and patient and staff satisfaction. Preliminary results suggest excellent patient satisfaction. Likewise the staff are finding that patients can use the product with ease.*

PLEASE COME AND TRY PHYSICOOOL YOURSELF

# PROGRAMME CONTENTS

|    |   |
|----|---|
| 1  | Contents, Conference Committee, CPD       |
| 2  | RCSI Location and Parking Space           |
| 3  | RCSI Floor Plans                          |
| 4  | Conference Programme Overview             |
| 5  | Welcome Address                           |
| 6  | Thursday Afternoon Programme              |
| 7  | Friday Morning / Afternoon Programme      |
| 9  | Main Scientific Session Delegate Speakers |
| 10 | Saturday Morning Programme                |
| 11 | Saturday Afternoon Programme              |
| 12 | Parallel Session Delegate Speakers        |
| 14 | Adjudicated Poster Presentations          |
| 16 | Speaker Biographies                       |
| 24 | Delegate Notes                            |

## CONFERENCE COMMITTEE

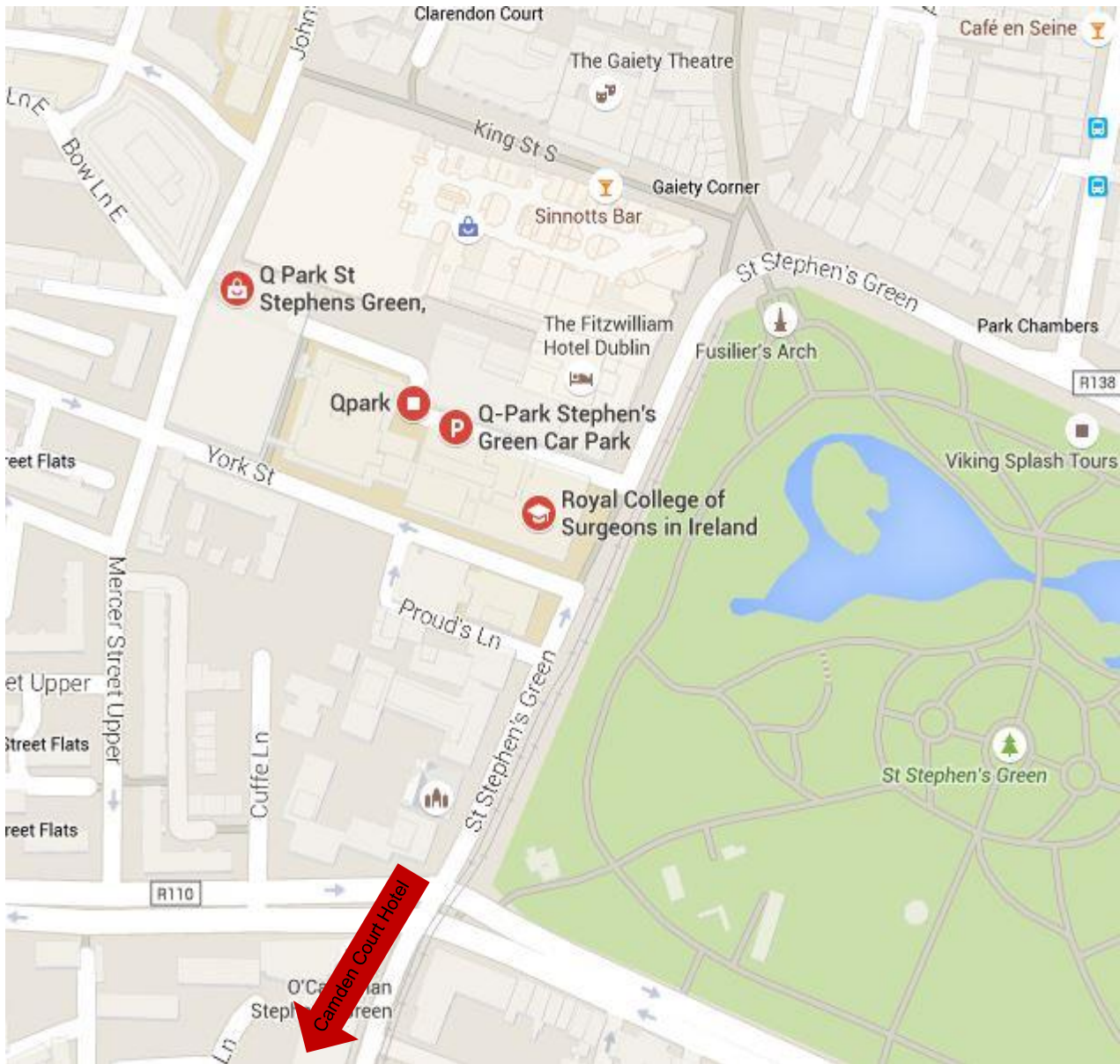
|                        |   |   |   |
|------------------------|---|---|---|
| Co-Chairs:             | FSEM: Dr Suzi Clarke – ISCP: Dr Helen French – ARTI: Dr Siobhán O’Connor<br>Conference Co-ordinator: Dr Nick Mahony (FSEM)  |   |   |
| Local Committee:       | FSEM:<br>Dr Suzi Clarke<br>Mr Kieran Collins<br>Dr Nick Mahony<br>Dr Adrian McGoldrick<br>Dr Conor O’Brien<br>Prof Moira O’Brien<br>Prof John Ryan<br>Dr Pdraig Sheeran – Dean, Ex. officio | ARTI:<br>Dr Siobhán O’Connor<br>Mr Enda Whyte | ISCP:<br>Mr Colm Brannigan<br>Dr Helen French<br>Mr Stephen Swanton |
| Conference Organisers: | FSEM Office: Ms Stephanie Billault, Ms Annemarie Creighton<br>Abbey Conference & Events: Ms Anja Fischer, Ms Louisa Fraederich  |   |   |

### CPD CREDITS:

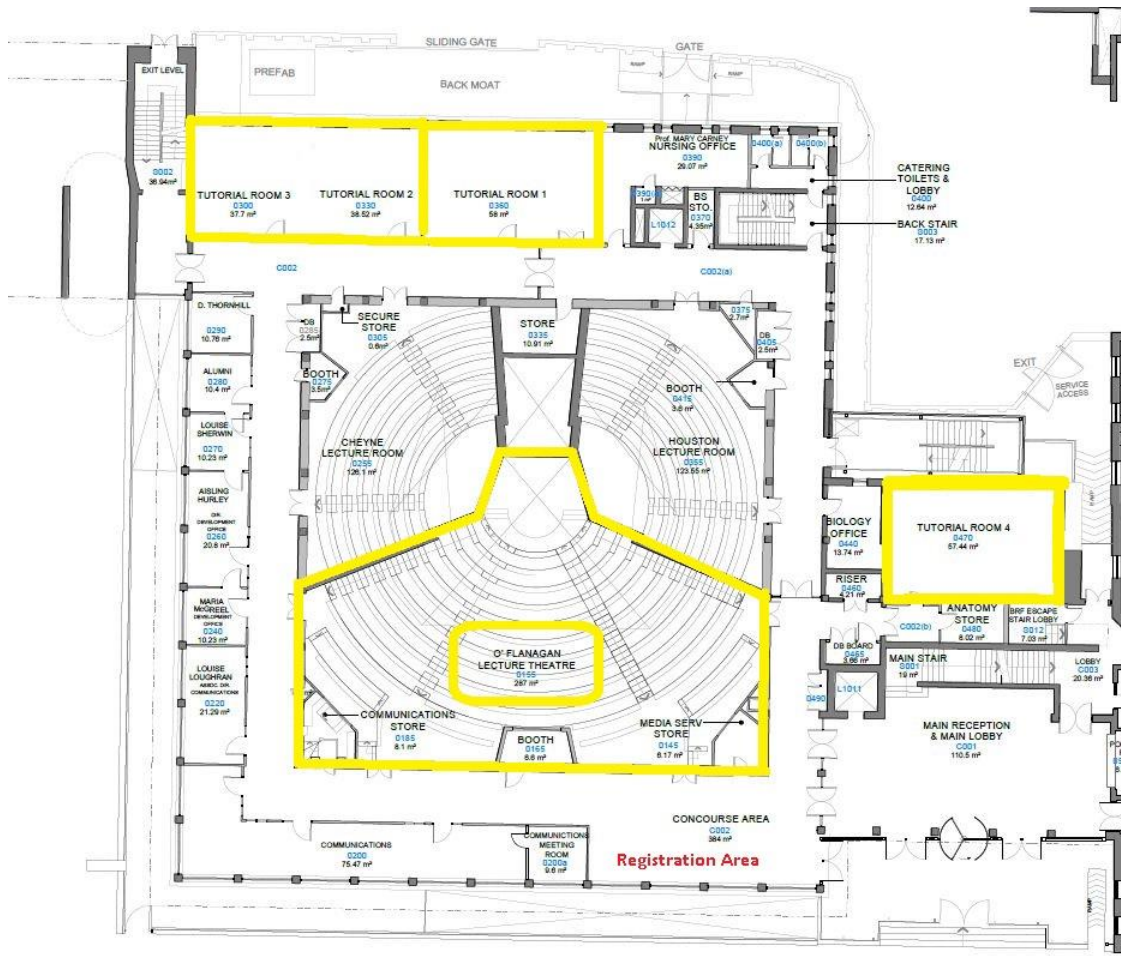
**Thursday 15<sup>th</sup> September: 3 Points**  
**Friday 16<sup>th</sup> September: 6 Points**  
**Saturday 17<sup>th</sup> September: 6 Points**

***[DELEGATES MUST REGISTER FOR CPD EACH DAY]***

# RCSI Location and Parking Space



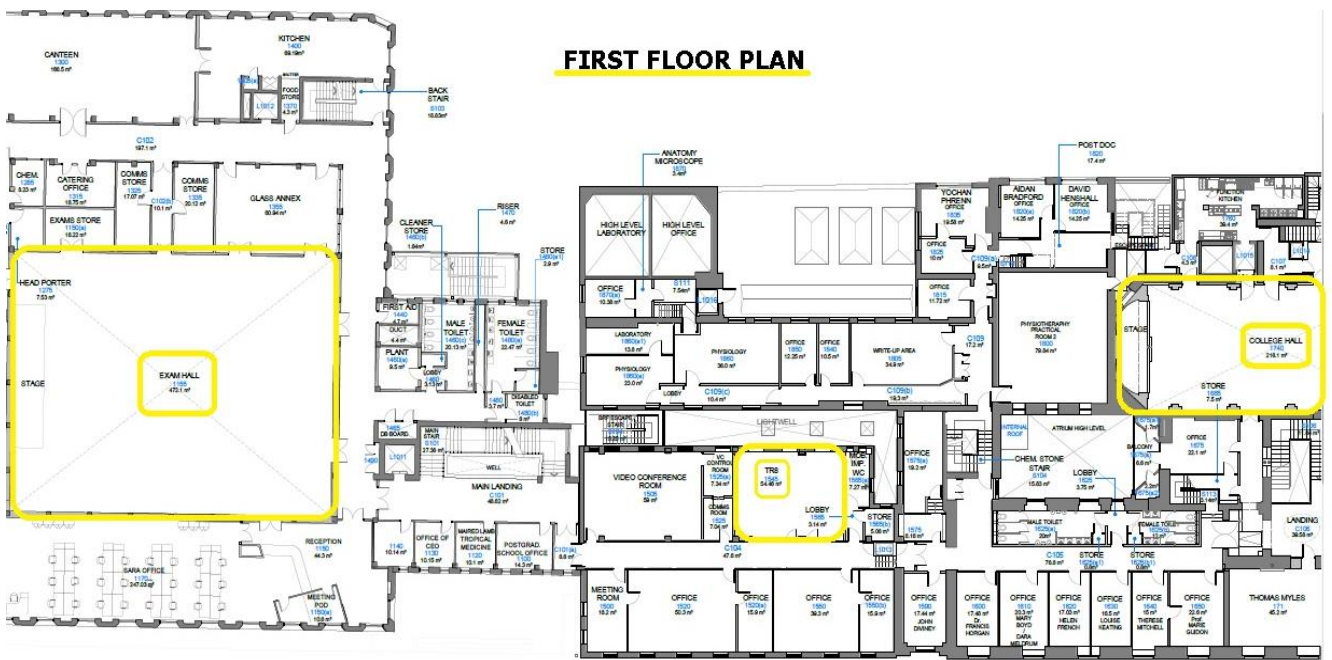
# RCSI FLOOR PLANS



**GROUND FLOOR PLAN**

SCALE 1:200 @ A1

ENTRANCE  
YORK STREET



**FIRST FLOOR PLAN**

**[DELEGATES MUST REGISTER FOR CPD EACH DAY]**

# CONFERENCE OVERVIEW

| Thursday 17 <sup>th</sup>  | Friday 18 <sup>th</sup>  | Saturday 19 <sup>th</sup>   |
|--|--|---|
|  | <b>Exam Hall RCSI</b><br><b>8.00 AM Registration</b><br><i>**Sign in for CPD daily**</i><br><b>O’Flanagan’s Lecture Theatre</b><br><i>8.55 AM Session Start</i>                          | <b>Exam Hall RCSI</b><br><b>8.00 AM Registration</b><br><i>**Sign in for CPD daily**</i><br><b>O’Flanagan’s Lecture Theatre</b><br><i>8.55 AM Session Start</i> |
|  | <b>Thematic Session 1</b><br><br><i>Basic Clinical Sciences / Exercise Physiology / Exercise Sciences</i>  | <b>Thematic Session 2</b><br><br><i>Sports Injury Assessment Treatment Rehabilitation and Prevention / Trauma, Orthopaedics and Radiology</i>                   |
|  | <i>Coffee Break / Sponsors &amp; Posters Exhibition</i>  |   |
|  | <b>Sports Medicine Updates</b><br><i>Med-Ex Exercise Medicine<br/>           Medical Up-date in Female Sports<br/>           Update on Concussion<br/>           Anti-Doping Up-date</i> | <b>Thematic Session 3</b><br><i>Sports &amp; Exercise Medicine<br/>           Physical Activity and Population Health</i>                                       |
| <b>Concourse</b><br><b>1.00 PM Registration</b>  | <b>EXAM HALL RCSI</b><br><b>1.00 PM Lunch &amp; Sponsors Exhibition</b>  |   |
| <i>for pre-conference workshops<br/>**Sign in for CPD daily**</i>  | <i>Poster Presentations<br/>1.15 PM - 1.45 PM Poster Judging 1</i>   | <i>Poster Presentations<br/>1.15 PM - 1.45 PM Poster Judging 2</i>  |
| <b>3.00 PM Session Start</b><br><i>See programme for venues</i><br><b>Pre-conference workshops</b><br>MSK Ultrasound<br>MSK assessment & Rehabilitation<br>Application of Concussion Tools | <b>1.55 PM Session Start</b><br><b>O’Flanagan’s Lecture Theatre</b><br><b>Main Scientific Session</b><br>Pre-Selected Delegate<br>Oral Scientific Presentations                          | <b>1.55 PM Session Start</b><br><i>See programme for venues</i><br><br><b>PARALLEL SESSIONS</b><br><b>WORKSHOPS</b><br><b>STUDENT SYMPOSIUM</b>                 |
|  | <i>Coffee Break – Exam Hall<br/>Sponsors/Posters Exhibition</i>  | <i>Coffee Break – Exam Hall<br/>Sponsors/Posters Exhibition</i>   |
|  | <b>O’Flanagan’s Lecture Theatre</b><br><b>Keynote 2</b><br>Prof Jorunn Sundgot-Borgen<br><i>“Female Athletic Triad / Eating Disorders”</i>   | <b>O’Flanagan’s Lecture Theatre</b><br><b>Thematic Session 4 /</b><br><b>Panel Debate</b><br><i>“Ethical Issues in Sports Medicine”</i>                         |
| <b>5.45 PM College Hall RCSI</b><br><b>FSEM Honorary Fellowship &amp; DIPLOMAS Conferring Ceremony</b>   |  | <b>Closing Ceremony</b><br><b>Presentation of Prizes</b>  |
| <b>6.45 PM O’Flanagan’s LT</b><br><b>Opening Ceremony</b><br>Ms Emma Byrne<br><b>Special Presentation and Keynote 1</b><br>Prof David Gerrard<br><i>“History of Anti-Doping”</i>           | <b>6.30 PM Gala Dinner</b><br>St Stephen’s Green<br>Hibernian Club<br>6.30 PM reception / 7.00 PM dinner   |   |

# WELCOME ADDRESS

WELCOME TO THE FSEM 13th Annual Scientific Committee!

On behalf of the Faculty of Sports and Exercise Medicine in Ireland we would like to welcome you all to the 13th Annual Scientific Conference.

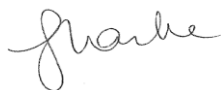
For the second successive year, this year's conference is a collaboration between the FSEM, ISCP and ARTI. Following on from the success of last year's format the conference again starts with a pre-conference programme of workshops on Thursday afternoon, the FSEM Honorary Fellows Conferring Ceremony and the official opening by Ms Emma Byrne, goalkeeper for Republic of Ireland and Arsenal Ladies' soccer teams. Our opening keynote address will be given by the world renowned Professor David Gerrard, Emeritus Professor at the University of Otago Medical School. He chairs the World Anti-Doping Agency Committee for Therapeutic Use Exemption and will give us his perspective on anti-doping in sport.

On Friday morning, the conference programme begins with the Sports Medicine Updates session, a regular feature of FSEM conferences in recent years, with presentations in topical areas of SEM. These include updates on controversial topics such as concussion and anti-doping as well as medical updates on the female athlete and exercise programmes in chronic disease. Our conference theme this year is 'The Female Athlete' which is a fitting theme in Olympic year with successful female Olympians such as Sonia O'Sullivan, Katie Taylor and more recently Annelise Murphy who have raised the profile of the female athlete.

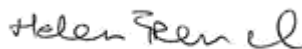
Under this theme, we will explore topics unique to female athletes such as female physiology through the years, impact of menstrual cycle on performance, biomechanical risk factors for ACL injury in females and female athlete nutritional considerations. We are delighted to welcome keynote speakers from New Zealand, Norway, Spain and the UK, as well as our local experts to give both an Irish and global perspective on sports medicine issues relevant to female athletes.

The FSEM annual conference continues to encourage and support presentation of SEM research and clinical experiences of our delegates. The main and parallel scientific sessions will give our delegates the opportunity to make oral presentations of research and clinical cases in the areas of SEM, trauma, orthopaedics and radiology, sports injury rehabilitation and treatment, and sports and exercise science.

This year we continue to provide practical 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! Following the success of our inaugural student symposium last year, this will take place on Saturday afternoon, In this session two of our renowned conference speakers (Professor Moira O'Brien and Professor David Gerrard) will provide an insight into their lifetime of experience in sports and exercise medicine. In addition, this year we encourage our medical, physiotherapy and athletic therapy students to submit and present short oral clinical case presentations. Finally, we would like to sincerely thank our new and returning sponsors, and we encourage delegates to support our sponsors by visiting the sponsors' exhibition, all those visiting our sponsor exhibitors will be entered into a prize draw. We hope you enjoy all aspects of the conference and we look forward to meeting you at the conference sessions, refreshment breaks, and at the gala dinner.



Dr Suzi Clarke (FSEM)  
Conference Co-Chairs



Dr Helen French (ISCP)



Dr Siobhan O'Connor (ARTI)

## THURSDAY 15<sup>TH</sup> SEPTEMBER

**[CONFERENCE REGISTRATION - CONCOURSE FROM 1.00 PM]**

| <b>THURSDAY AFTERNOON / EVENING 15<sup>TH</sup> SEPTEMBER 2016</b><br>WORKSHOP REGISTRATION - CONCOURSE FROM 1.00 PM<br>DELEGATES MUST REGISTER EACH DAY FOR CPD |  |   |  |
|--|--|---|--|
| <b>PRE-CONFERENCE PROGRAMME</b>  | 3.00-5.00 PM   | <b>Workshop 1</b><br>TR8                                      | <b>MSK ultrasound</b><br>Tutor: Dr Tim Swan  |
|  | 3.00-5.00 PM   | <b>Workshop 2</b><br>TR2 & 3                                  | <b>Pre-season musculoskeletal assessment and rehabilitation of the female athlete</b><br>Tutor: Ms Mairéad Conneely  |
|  | 3.00-5.00 PM   | <b>Workshop 3</b><br>TR1                                      | <b>Risk factors and modifiers – application of concussion tools</b><br>Tutor: Ms Dearbhla Gallagher  |
| <b>[MAIN CONFERENCE REGISTRATION - CONCOURSE FROM 1.00 PM]</b>   |  |   |  |
| <b>CONFERENCE OPENING</b>  | <b>CONFERENCE OPENING CEREMONY</b><br>Session Chairs: Dr Pádraig Sheeran/Mr John Quinlan |   |  |
|  | 5.45 PM  | <b>FSEM Conferring Ceremony</b><br><br>College Hall Boardroom | 5.45 PM Gowning and assembly of Citators and Honorary Fellows elect.<br>6.00 PM Conferring ceremony - FSEM Honorary Fellow 2016<br>International Honorary Fellows<br><b>Prof Jorunn Sundgot-Borgen</b><br><b>Prof David Gerrard</b><br>Ireland Honorary Fellow<br><b>Dr Sharon Madigan</b><br>Presentation ICGP / FSEM Diplomas in MSK Examination & Injury Management |
|  | 6.45 PM  | <b>Opening Ceremony</b><br>O'Flanagan's LT                    | <b>Conference opening ceremony – Ms Emma Byrne</b>   |
|  | 7.00 PM  | <b>Special Presentation</b><br>O'Flanagan's LT                | <b>To be announced on the evening</b>  |
|  | 7.15 PM  | <b>Keynote 1</b><br>O'Flanagan's LT                           | <b>PUBLIC LECTURE</b><br><b>Prof David Gerrard - History of Anti-Doping</b>  |



## FRIDAY 16<sup>TH</sup> SEPTEMBER

**MORNING 8.55 AM – 1.00 PM – O’Flanagan’s Lecture Theatre**

CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM

| <b>FRIDAY MORNING 16<sup>TH</sup> SEPTEMBER 2016</b><br>CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM /<br>DELEGATES MUST REGISTER EACH DAY FOR CPD |   |  |
|--|---|--|
| <b>THEMATIC SESSION 1</b>  | <b>Basic Clinical Sciences / Exercise Physiology / Exercise Sciences [25 + 5 Q&amp;A]</b><br>Session Chair: Dr Eanna Falvey |  |
|  | <b>9.00 AM</b>  | EX. PHYS 1<br>Review normal female physiology: adolescence / adult / menopause<br>Speaker: Dr Ann McHugh   |
|  | <b>9.30 AM</b>  | EX. PHYS 2<br>Menstrual cycle and performance in female athletes<br>Speaker: Dr Paula Fitzpatrick  |
|  | <b>10.00 AM</b>   | SPORTS SCIENCE 1<br>Biomechanical factors predisposing females to ACL injury – why differing findings across studies?<br>Speaker: Dr Chris Richter |
|  | <b>10.30 AM</b>   | SPORTS SCIENCE 2<br>Optimal nutrition for female athletes<br>Speaker: Dr Sharon Madigan  |
|  | <b>11.00 AM</b>   | Coffee Break – Poster and Sponsors – EXAM HALL   |
| <b>SPORTS MEDICINE UPDATES</b>   | <b>SHORT UPDATES IN SPORTS AND EXERCISE MEDICINE [15 + 5 Q&amp;A / 25 + 5 Q&amp;A]</b><br>Session Chair: Dr Suzi Clarke     |  |
|  | <b>11.30 AM</b>   | Update 1<br>Roll out of MedEx exercise medicine (15 + 5)<br>Speaker: Dr Bróna Furlong  |
|  | <b>11.50 AM</b>   | Update 2<br>Medical update in female sports (15 + 5)<br>Speaker: Dr Anita Biswas   |
|  | <b>12.10 PM</b>   | Update 3<br>Update on concussion (15 + 5)<br>Speaker: Prof John Ryan   |
|  | <b>12.30 PM</b>   | Update 4<br>Anti-doping update (25 + 5)<br>Speaker: Prof David Gerrard   |
| <b>1.00 PM</b>   | <b>LUNCH + ADJUDICATED POSTER PRESENTATIONS 1 [1.15 PM – 1.45 PM]</b><br><b>SPONSORS EXHIBITION</b>                         |  |

**FRIDAY 16<sup>TH</sup> SEPTEMBER**

**AFTERNOON 1.55 PM – 6.00 PM – O’Flanagan’s Lecture Theatre**

| <b>FRIDAY AFTERNOON 16<sup>TH</sup> SEPTEMBER 2016</b><br><b>CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM /</b><br><b>DELEGATES MUST REGISTER EACH DAY FOR CPD</b> |   |  |
|--|---|--|
| <b>MAIN SCIENTIFIC SESSION</b>   | <b>DELEGATE SCIENTIFIC PRESENTATIONS 1</b><br><b>Session Chairs: Dr Nick Mahony and Dr Helen French</b><br><b>[Oral Scientific Talks 7+3 min Q&amp;A]</b>   |  |
|  | <b>2.00 PM</b>  | Session 1<br>Details on<br>page 9                                |
|  | 1. Sports and exercise medicine and population health<br>2. Trauma, orthopaedics, and radiology<br>3. Sports injury rehabilitation and treatment<br>4. Sports and exercise science and physiology |  |
|  | <b>3.15 PM</b>  | <b>Short BREAK - Concourse</b>                                   |
|  | <b>3.30 PM</b>  | Session 2<br>Details on<br>page 9                                |
|  | Same as Session 1 - continued   |  |
|  | <b>4.30 PM</b>  | <b>COFFEE BREAK - POSTER AND SPONSORS EXHIBITION – EXAM HALL</b> |
| <b>Keynote Guest Lecture</b><br><b>Session Chair: Prof Moira O’Brien</b>   |   |  |
| <b>5.00 - 5.45 PM</b>  | Keynote 2<br><br><b>Female athletic triad / eating disorders</b><br><b>Speaker: Prof Jorunn Sundgot-Borgen</b>  |  |
| <b>6.30 PM</b>   | <b>GALA DINNER – St Stephen’s Green Hibernian Club</b>  |  |

## FRIDAY 16<sup>TH</sup> SEPTEMBER

**AFTERNOON 2.00 PM – 4.30 PM – O’Flanagan’s Lecture Theatre**

| <b>DELEGATE SCIENTIFIC PRESENTATIONS</b> |  |  |                   |
|--|--|--|-------------------|
| <b>Time</b>                              | <b>#</b>   | <b>Short / Running title (7&amp;3min Q&amp;A)</b>  | <b>Author</b>     |
| <b>1.55 PM</b>                           |  | <b>Introduction: Dr Nick Mahony</b>  |                   |
| <b>2.00 PM</b>                           | SEM 13   | Identifying modifiable injury risk factors using data derived from body worn inertial measurement units  | Darragh Whelan    |
| <b>2.10 PM</b>                           | TOR 32   | Sports related groin pain: correlation between MRI findings and clinical outcome following fluoroscopically guided steroid injection of the symphysis pubis and its muscular attachments   | Caoimhe Byrne     |
| <b>2.20 PM</b>                           | ITR 46   | Scrutinising dry needling: the efficacy of latent myofascial trigger point dry needling at treating altered muscle activation patterns compared to manual release and placebo dry needling | Michael Donohoe   |
| <b>2.30 PM</b>                           | SCI 35   | The effect of milk on recovery from repeat-sprint cycling in female team-sport athletes  | Paula Rankin      |
| <b>2.40 PM</b>                           | SEM 47   | A high intensity, intermittent exercise protocol negatively effects biomechanical risk factors for ACL injury during the vertical drop jump  | Patrick Kennelly  |
| <b>2.50 PM</b>                           | TOR 43   | Intra-operative findings of glenohumeral instability in professional rugby players   | Connor Montgomery |
| <b>3.00 PM</b>                           | ITR 37   | Pilates; a potential pre-habilitation tool in games players  | Sari Coakley      |
| <b>3.10 PM</b>                           | <b>BREAK - Concourse</b>   |  |                   |
| <b>3.30 PM</b>                           | SCI 54   | The relationship between training load variables and injury risk in elite gaelic football players  | Shane Malone      |
| <b>3.40 PM</b>                           | SEM 57   | Fundamental movement skills among primary school children: is there a gender divide?   | Lisa Kelly        |
| <b>3.50 PM</b>                           | TOR 61   | Concussion knowledge and attitude of school-boy rugby union players  | Mark Beakey       |
| <b>4.00 PM</b>                           | ITR 63   | Effects of a 4 week jump-training program on frontal plane projection angle in female gymnasts   | Allan Munro       |
| <b>4.10 PM</b>                           | SCI 58   | Effects of carbohydrate mouth rinse and caffeine on high intensity interval training in a fed state.   | Simon Devenney    |
| <b>4.20 PM</b>                           | SEM 65   | Training-related injury risk factors in collegiate gaelic football   | Mark Roe          |
| <b>4.30 PM</b>                           | <b>COFFEE BREAK - POSTER AND SPONSORS EXHIBITION - EXAM HALL</b> |  |                   |

## SATURDAY 17<sup>TH</sup> SEPTEMBER

**MORNING 8.00 AM – 1.00 PM O’Flanagan’s Lecture Theatre**

CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM

| SATURDAY MORNING 17 <sup>TH</sup> SEPTEMBER 2016<br>CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM /<br>DELEGATES MUST REGISTER EACH DAY FOR CPD |  |  |  |
|--|--|--|--|
| <b>THEMATIC SESSION 2</b>  | Session Chair: Prof John O’Byrne<br>Sports Injury Assessment Treatment Rehabilitation & Prevention / TOR<br>(20mn + 5mn Q&A)     |  |  |
|  | 9.00 AM  | [SITR/TOR 1]   | Injury and illness in female athletes<br>Speaker: Dr Anita Biswas  |
|  | 9.25 AM  | [SITR/TOR 2]   | MSK injury imaging in females<br>Speaker: Prof Stephen Eustace   |
|  | 9.50 AM  | [SITR/TOR 3]   | The female ACL<br>Speaker: Ms May Cleary   |
|  | 10.15 AM   | [SITR/TOR 4]   | OBGYN differential diagnosis in MSK injury<br>Speaker: Dr Rhona Mahony   |
|  | 10.40 AM   | [SITR/TOR 5]   | Prevention / Prehabilitation of female field sport injuries<br>GAA15 + FIFA11<br>Speaker: Dr Edwenia O’Malley          |
|  | 11.05 AM   | COFFEE BREAK - POSTER AND SPONSORS EXHIBITION – EXAM HALL                                      |  |
| <b>THEMATIC SESSION 3</b>  | Session Chair: Dr Siobhan O’Connor<br>Sports and Exercise Medicine / Physical Activity and Population Health<br>(25mn + 5mn Q&A) |  |  |
|  | 11.30 AM   | [SEM / PH]   | Exercise and bone health in female athletes<br>Speaker: Prof Moira O’Brien   |
|  | 12.00 PM   | [SEM / PH]   | Exercise recommendations in pregnancy<br>Speaker: Dr Rhona Mahony  |
|  | 12.30 PM   | [SEM / PH]   | Activity levels in females, physical competence<br>(motor/fundamental movement skills)<br>Speaker: Dr Sarahjane Belton |
|  | 1.00 PM  | LUNCH + ADJUDICATED POSTER PRESENTATIONS 2<br>[1.15 – 1.45 PM] SPONSORS EXHIBITION – EXAM HALL |  |

## SATURDAY 17<sup>TH</sup> SEPTEMBER

**AFTERNOON 2.00 PM – 5.30 PM**

DELEGATES MUST REGISTER FOR CPD EACH DAY

| <b>SATURDAY AFTERNOON 17<sup>TH</sup> SEPTEMBER 2016</b><br><b>CONFERENCE REGISTRATION EXAM HALL FROM 8.00 AM /</b><br><b>DELEGATES MUST REGISTER FOR CPD EACH DAY</b> |   |   |  |
|--|---|---|--|
| <b>PARALLEL SESSIONS / WORKSHOPS / STUDENT SYMPOSIUM</b>   |   |   |  |
| <b>DELEGATE<br/>SCIENTIFIC<br/>PRESENTATIONS</b>   | <b>2.00 PM</b>  | <b>Parallel 1</b><br>TR2&3  | <b>Sports and Exercise Medicine / Exercise and Population Health<br/>Trauma, Orthopaedics, &amp; Radiology</b><br><b>Session Chairs: Dr Ciaran Cosgrave and Dr Martin Daly</b><br>Delegate Oral Scientific and Clinical Case Presentations |
|  |   | <b>Parallel 2</b><br>TR4  | <b>Sport Injury Rehabilitation and Treatment</b><br><b>Sports and Exercise Science / Physiology</b><br><b>Session Chairs: Mr Bernard Donne &amp; Mr Colm Brannigan</b><br>Delegate Oral Scientific and Clinical Case Presentations         |
| <b>WORKSHOPS</b>   | <b>2.00 PM</b>  | <b>Workshop 1</b><br>TR1  | <b>Fundamental movement skills - how to prevent injury in females</b><br><b>Speakers: Ms Sharon Morris / Ms Clodhna Ni Choisdealbha</b>  |
|  |   | <b>Workshop 2</b><br>TR8  | <b>Hamstring prevention and rehabilitation</b><br><b>Speaker: Mr Diarmaid Brennan</b>  |
|  |   | <b>Workshop 3</b><br>Nightingale  | <b>A simple approach to podiatric assessment</b><br><b>Speaker: Mr Martin McGeough</b>   |
| <b>STUDENT<br/>SYMPOSIUM</b>   | <b>2.00 PM</b>  | <b>Sports and Exercise Medicine Student Symposium</b><br><i>Short Research Case Presentations</i><br><b>Chair: Dr Nick Mahony</b><br><b>Prof Moira O'Brien / Prof David Gerrard / Mr Enda Whyte</b> |  |
| <b>4.15 PM - 4.45 PM</b>   |   | <b>COFFEE BREAK - POSTER AND SPONSORS EXHIBITION – EXAM HALL</b>  |  |
| <b>THEMATIC SESSION 4</b>  | <b>Ethical issues in Sports Medicine</b><br><b>Session Chair: Dr Rod McLoughlin</b> |   |  |
|  | <b>4.45 PM</b>  | <b>Panel Debate:</b><br><b>Ms Sarah O'Connor / Prof Niall Moyna / Dr Una May / Prof David Gerrard</b>   |  |
|  | <b>5.30 PM</b>  | <b>PRESENTATION OF PRIZES AND CLOSING ADDRESS</b><br><b>FSEM Dean / ISCP President / ARTI President</b>   |  |

**SATURDAY PM PARALLEL ORAL PRESENTATIONS**

| <b>P1 - Sports Medicine &amp; Population Health /<br/>Trauma Orthopaedics &amp; Radiology</b> |          |   | <b>TR2 &amp; 3</b> |
|---|----------|---|--------------------|
| <b>Time</b>   | <b>#</b> | <b>Short / Running Title</b> [OP 7&3 min; CP 3&2 min]   | <b>Author</b>      |
| <b>1.55 PM</b>  |          | <b>Introduction by session chair</b>  |                    |
| <b>2.00 PM</b>  | SEM 12   | Assessing the predictive ability of isokinetic testing for hamstring injury in an intercounty gaelic football team  | Stephen Gilmartin  |
| <b>2.10 PM</b>  | SEM 16   | Perceptions and levels of physical activity and physical fitness of Macra na Feirme members (rural youth in Ireland)  | Marie M Murphy     |
| <b>2.20 PM</b>  | SEM 19   | Does crouch gait impact on activity levels and quality of life in cerebral palsy?   | Rory O'Sullivan    |
| <b>2.30 PM</b>  | SEM 23   | An assessment of the effectiveness of a validated neuromuscular training programme on neuromuscular control in female GAA athletes with the aim to assess the reduction in risk of ACL injuries | Catherine Burke    |
| <b>2.40 PM</b>  | SEM 25   | Tour de trauma; the spectrum of cycling injuries presenting to an Irish emergency department  | James Foley        |
| <b>2.50 PM</b>  | SEM 55   | "A league of their own" Irish WNL footballers appear to have different injury patterns to their international counterparts. A prospective epidemiological study                                 | Lise-Ann O'Neill   |
| <b>3.00 PM</b>  | SEM 56   | Fundamental movement skill proficiency among female primary school children   | Lisa Kelly         |

|                |        |  |                   |
|----------------|--------|--|-------------------|
| <b>3.10 PM</b> | TOR 26 | Major cycling trauma presenting to an Irish emergency department   | James Foley       |
| <b>3.20 PM</b> | TOR 44 | Deterioration of intra-articular findings in collision athletes following failed anterior shoulder stabilisation | Connor Montgomery |
| <b>3.30 PM</b> | TOR 53 | The clinical outcome of hip pathology in the female athlete  | David Filan       |
| <b>3.40 PM</b> | TOR 59 | Systematic video analysis of anterior cruciate ligament injury in professional rugby union                       | Connor Montgomery |
| <b>3.50 PM</b> | TOR 74 | Fluoroscopically guided steroid injection of the symphysis pubis in nine female patients.                        | Caoimhe Byrne     |
| <b>4.00 PM</b> | TOR 75 | Bilateral femoral neck stress fractures in a young female presenting with groin pain                             | Andrea Bowe       |
| <b>4.10 PM</b> | CCP 60 | Conservative management of FAI/CAM hip   | Heather O'Brien   |
| <b>4.15 PM</b> |        | <b>Session Finish / Run over time 5 min max into coffee break</b>  | <b>Chair</b>      |

**SATURDAY PM PARALLEL ORAL PRESENTATIONS**

| <b>P2 Sports Injury Treatment &amp; Rehabilitation / Sport and Exercise Science &amp; Exercise Physiology</b> |          |   | <b>TR4</b>      |
|---|----------|---|-----------------|
| <b>Time</b>   | <b>#</b> | <b>Short / Running Title</b> [OP 7&3 min]   | <b>Author</b>   |
| <b>1.55 PM</b>  |          | <b>Introduction by session chairs</b>   |                 |
| <b>2.00 PM</b>  | ITR 27   | Foam rolling usage survey   | Ciara Mulrooney |
| <b>2.10 PM</b>  | ITR 31   | The effect of high intensity intermittent exercise protocol on female drop jump performance                       | Hazel Cooney    |
| <b>2.20 PM</b>  | ITR 36   | Strength deficits in the female anterior cruciate ligament reconstructed patients at six to eight months post op. | Jane Campbell   |
| <b>2.30 PM</b>  | ITR 51   | Biofeedback from a phone app ("Softland") helps reduce impact loads in landing                                    | Kieran Moran    |
| <b>2.40 PM</b>  | ITR 68   | Shoulder instability treatment and return to play protocols in rugby union players                                | David Moore     |

|                |        |  |                   |
|----------------|--------|--|-------------------|
| <b>2.50 PM</b> | SCI 33 | Identifying the effect of the menstrual cycle on sub-maximal female 'training performance'   | Georgia Campbell  |
| <b>3.00 PM</b> | SCI 42 | Profiles of aerobic training heart rate zones in senior male rowers  | Ronan Kearney     |
| <b>3.10 PM</b> | SCI 52 | Can wireless inertial sensors effectively assess balance and ankle stability?  | Kieran Moran      |
| <b>3.20 PM</b> | SCI 66 | The physical demands of elite international female hockey players  | Aideen McGuinness |
| <b>3.30 PM</b> | SCI 67 | Change in submaximal physiological markers in senior male rowers through winter preparation phase training                           | Maura Claffey     |
| <b>3.40 PM</b> | SCI 73 | Knee kinetic and ground reaction force asymmetries in drop jump tasks in females following anterior cruciate ligament reconstruction | Eadaoin Holland   |
| <b>3.55 PM</b> |        | <b>Finish of session + Run over time 5 min max</b>   | <b>Chair</b>      |

## ADJUDICATED POSTER PRESENTATIONS [EXAM HALL]

| Ab #<br>Theme | Presentations & Preliminary Judging: Friday 1.15PM – 1.45PM<br>2mn & 1mn Q&A                                      | Author                                | Judge<br>[Time] | PB |
|---------------|---|---------------------------------------|-----------------|----|
| 7<br>SCI      | Are biomechanical laboratory tests ecologically valid measures of screening female basketball players for injury? | Siobhan O'Farrell                     | J1<br>[1:15]    | 1  |
| 9<br>ITR      | The intra-class reliability of locating latent trigger points in the vastus lateralis muscle                      | Richie Walsh                          | J1<br>[1:18]    | 2  |
| 10<br>TOR     | A case of Mönckeberg's sclerosis in sporting trauma   | James Foley                           | J1<br>[1:21]    | 3  |
| 11<br>ITR     | impact of physiotherapy intervention in female athletes with dysmenorrhea   | Juan Pablo Hervás-Pérez               | J1<br>[1:24]    | 4  |
| 14<br>TOR     | Morel-Lavallée lesion in the acutely swollen knee; a case series  | James Foley                           | J1<br>[1:27]    | 5  |
| 15<br>ITR     | Effectiveness of myofascial technique in the temporomandibular joint regarding female athlete and stress          | Juan Pablo Hervás-Pérez               | J1<br>[1:30]    | 6  |
| 18<br>ITR     | Epidemiological study in women soccer at Atlético de Madrid F.C.  | Eduardo Cimadevilla<br>Fernández-Pola | J1<br>[1:33]    | 7  |

| Ab #<br>Theme | Presentations & Preliminary Judging: Friday 1.15PM – 1.45PM<br>2mn & 1mn Q&A   | Author                                | Judge<br>[Time] | PB |
|---------------|--|---------------------------------------|-----------------|----|
| 20<br>ITR     | Injury incidence in Spanish female runners   | Eduardo Cimadevilla<br>Fernández-Pola | J2<br>[1:15]    | 8  |
| 21<br>ITR     | The impact of the pelvic floor muscles in the stability: a review  | Victoria Eugenia<br>Garnacho-Garnacho | J2<br>[1:18]    | 9  |
| 22<br>SEM     | Sports as a treatment and prevention for gestational diabetes  | Victoria Eugenia<br>Garnacho-Garnacho | J2<br>[1:21]    | 10 |
| 24<br>SCI     | Identification of muscle strength imbalances in elite Gaelic football players  | Christopher Nulty                     | J2<br>[1:24]    | 11 |
| 29<br>ITR     | Investigating the effects of thermotherapy treatment as a rehabilitation tool for ankle joint proprioception in a previously injured collegiate population | Orla Curran                           | J2<br>[1:27]    | 12 |
| 30<br>TOR     | Common MRI findings in the hip, symphysis pubis and parasymphyseal muscles in patients with sports related groin pain                                      | Caoimhe Byrne                         | J2<br>[1:30]    | 13 |
| 34<br>TOR     | Posterior sternoclavicular joint dislocation in a Gaelic footballer  | Paula Cuddihy                         | J2<br>[1:33]    | 14 |



## ADJUDICATED POSTER PRESENTATIONS [EXAM HALL]

| Ab #<br>Theme | Presentations & Preliminary Judging: Friday 1.15PM – 1.45PM<br>2mn & 1mn Q&A   | Author          | Judge<br>[Time] | PB |
|---------------|--|-----------------|-----------------|----|
| 38<br>ITR     | The effects of foam rolling on flexibility ( a pilot study)  | Conor Dillon    | J3<br>[1:15]    | 15 |
| 39<br>SEM     | General practitioners' understanding of physical activity's health benefits, and barriers to its promotion in general practice | Ben Thistlewood | J3<br>[1:18]    | 16 |
| 40<br>SEM     | The prevalence of urinary incontinence in a cohort of nulliparous sports women   | Amanda Olsen    | J3<br>[1:21]    | 17 |
| 41<br>SEM     | The effects of supervised weight training on strength and power in senior male rowers  | Nick Mahony     | J3<br>[1:24]    | 18 |
| 45<br>SEM     | Epidemiology of injury in female Gaelic football players at inter-county and collegiate level                                  | Laura Langton   | J3<br>[1:27]    | 19 |
| 48<br>SCI     | Impact of cycling cadence on physiological responses and cycling capacity in male amateur road racing cyclists                 | Lucy Soden      | J3<br>[1:30]    | 20 |
| 49<br>TOR     | "Pulled hamstring" during family fun-run   | Mary Moore      | J3<br>[1:33]    | 21 |

| Ab #<br>Theme | Presentations & Preliminary Judging: Friday 1.15PM – 1.45PM<br>2mn & 1mn Q&A  | Author                    | Judge<br>[Time] | PB |
|---------------|---|---------------------------|-----------------|----|
| 50<br>ITR     | A comparison of the effects of the intracell stick and foam roller on muscle flexibility and strength                                   | Laura Glynn               | J4<br>[1:15]    | 22 |
| 62<br>TOR     | Prevalence and player rationale for helmet modification in hurling and camogie  | Catriona Daly             | J4<br>[1:18]    | 23 |
| 69<br>TOR     | Functional and radiographic outcome from acromioclavicular joint stabilisation using the lars ligament                                  | Damian McClelland         | J4<br>[1:21]    | 24 |
| 70<br>TOR     | 'Os Naviculare Syndrome': an important differential in hindfoot pain  | Nathan Wall               | J4<br>[1:24]    | 25 |
| 71<br>SCI     | Estimation in knee extensor moment asymmetries in a decision and indecision running cut using ground reaction forces                    | Daniel Thompson           | J4<br>[1:27]    | 26 |
| 72<br>SEM     | The relationship between asymmetries in knee extensor moment and ground reaction forces in a single and double leg countermovement jump | Katja Magdalena Osterwald | J4<br>[1:30]    | 27 |
| 76<br>SEM     | Change in performance markers in senior male rowers through winter preparation phase training   | Nick Mahony               | J4<br>[1:33]    | 28 |

*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 the final six on Friday, judges will do a second walk-around on Saturday lunchtime 1.15 PM to 1.45 PM to decide the prize winner from the top six determined by Friday's presentations.*

## Workshop Tutors – Thursday PM

### Dr Tim Swan



Dr Tim Swan is a Consultant in Sport and Exercise Medicine (SEM) and works at The BUPA Musculoskeletal (MSK) Centre at Bank, London. He supports the Military in "Diagnostic & interventional" MSK Ultrasound (U/S) at the Defence Medical Rehabilitation Centre Headley Court. Dr Swan has a Masters (Distinction) MSK U/S and is on the Teaching Faculty for AECC, Bournemouth University for the MSK U/S Diploma and Masters' programmes. He is a Council member for the FSEM (UK & Ire) and is the Chief Examiner for the Faculty of Sport & Exercise Medicine - FSEM [UK & Ire] Diploma Examination. Dr Swan is the UK representative for the FSEM (Ire). He was the co-author for the Royal College of Physicians (RCP), London (RCP) publication 'Exercise for Life' (2012). He is a Medical Officer to PGA European Tour and provides SEM support to the Ryder Cup Team and PGA Tournaments throughout UK, Europe and Asia.

### Ms Mairéad Conneely



Ms Mairéad Conneely SMISCP qualified from Trinity College Dublin in 2000 with a B.Sc. (Hons) in Physiotherapy. She was awarded the Anne O' Brien award for Clinical Excellence by the ISCP and TCD upon graduation. In 2002, she completed a Certificate in Orthopaedic Manual Therapy in Curtin University, Perth, WA, and she was awarded membership of the ISOM following successful completion of ISOM Membership exams in 2003. In 2004, she completed a Masters in Sports Physiotherapy at the prestigious Curtin University, Perth, WA. In 2014, she was awarded a Postgraduate Diploma in Health Sciences (Clinical Education) from NUIG. Mairéad has extensive experience of working in the public and private health systems in Ireland. She specialised in Sports Physiotherapy in 2004 and was amongst the first cohort of sports physiotherapists awarded Level 3 Sports Physiotherapy Accreditation by the ISCP in 2009. Mairéad was awarded Specialist membership (Sports Medicine) of the ISCP, the highest status the ISCP can bestow upon a member, in 2011. She has worked with amateur and professional athletes over the course of the last 15 years.

### Ms Dearbhla Gallagher



Ms Dearbhla Gallagher is a graduate of the Athletic Therapy and Training program at Dublin City University (DCU). Having completed her Master of Science in Exercise Rehabilitation in the UK she has worked in professional football, complex trauma at the national Defense Medical Rehabilitation Center (DMRC) and private practice. Nearing completion of her PhD in Concussion she sits on the Ethics Committee and has been lecturing at St. Mary's University, London for the past 4 years. Her research has focused on concussion in non-elite male sport, specifically grassroots and women.

## Honorary Fellows / Keynotes

### Professor Jorunn Sundgot-Borgen



Professor in Physical Activity and Sport at the Department of Sports Medicine, the Norwegian School of Sport Sciences, Norway. Research fields: Sports Medicine, female elite athletes' health and performance, eating disorders, the female athlete triad, adolescent / youth athletes, body composition and anthropometry. Appointments: Member of the IOC Medical & Scientific Expert Group, Member of the IOC Working Group on Body Composition, Health and performance (2009-2012) and the IOC Working Group on The Female Athlete Triad and The RED-s (2013-present). Consultant for The Norwegian Olympic Training center (1995-2004), Head of Nutrition department, The Norwegian Olympic Training center (2004-2009), Visiting Scholar (2003-2004) and visiting Professor (2010, 2011, 2013) at UC Berkeley, President the Norwegian Eating Disorder Society (2013-present), Vice president the Norwegian Council of Physical Activity (2009-2012) and the Nordic Eating Disorder Society (2012-present). Reviewer in a number of international exercise science, medical, psychological and nutrition journals. Author of about 150 international journal articles and book chapters. Yearly invited to numerous of events as a keynote speaker within her research areas. In 2013 she was awarded for Excellence in Communication of Science by The Norwegian Research Council. Practical activities in sports: scientific and practical support of Olympic level athletes in the fields of the female triad, pregnancy and training in all sports.

### Professor David Gerrard



Professor David Gerrard is a recently retired physician and Emeritus Professor at the University of Otago Medical School. He chairs the World Anti-Doping Agency Committee for Therapeutic Use Exemption, is Vice-Chair of the Sports Medicine Committee for International Swimming and a member of the Anti-Doping Advisory Committee for World Rugby. With over 100 peer-reviewed academic publications, David is a specialist in sport and exercise medicine. He was a 1964 Olympian and a 1966 Commonwealth Games swimming gold medallist with added experience as a New Zealand Olympic Team Physician, Chef de Mission, and Medical Commissioner. The Games of Rio de Janeiro were his 10th Summer Olympics.

### Dr Sharon Madigan



Dr Sharon Madigan, RD, MSc, PhD, RSEN graduated from the University of Ulster with an MSc/PGD in dietetics and commenced work in the Belfast Trust as a community dietitian in 1995. She has a PhD in Nutrition Education. From 2003-present she has been the performance nutritionist with the Irish Boxing Team working with young right up to the elite international team. 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 she was the performance dietitian with the Senior Ulster Rugby Team. In 2010 she started work with the Irish Institute of Sport. She is responsible for delivery and aids coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports. A strong focus of her position within Institute of Sport is also the engagement in high performance research. Sharon's main research interests focus on the interaction between diet and health and diet and sports performance. She is currently involved in co-supervision of a number of projects including: Energy deficiency and its relationship with injury, illness, bone health and performance; Vitamin D and athletic performance; Vitamin D and COPD; and Gut health and sports performance. She is currently a member of the science and medical team of the Olympic Council of Ireland and was the performance nutritionist with the Irish Team in London and Rio.

## Conference Opening Ceremony

### Ms Emma Byrne



Emma has represented her country at every age group and is still the Republic of Ireland's number one keeper after winning more than 100 senior caps over 15 years. She played for St Patrick's Athletic and Danish side Fortuna Hjørring before joining Arsenal in 2000 where she has won every honour in England on several occasions as well as the UEFA Women's Cup in 2007. She represented Ireland at every level and was FAI International Player of the Year in 2012. She holds all-time caps record; now in her 14th league season with Arsenal Ladies after spells in Ireland and Denmark, Emma is approaching 400 games for the Gunners and is known as one of the world's best shot-stoppers.

## Thematic Session 1 Speakers

### Dr Ann McHugh



Dr Ann McHugh M.B., B.Ch. B.A.O., M.A., MRCPI, MRCOG, graduated in Medicine from Trinity College, Dublin in 2010. She was awarded the Diploma in Obstetrics and Women's Health in 2013. She was awarded the Royal College of Physicians of Ireland (RCPI) medal in Obstetrics and Gynaecology in 2014. She became a member of the Royal College of Obstetricians and Gynaecologists (RCOG) in 2016. She is currently a Specialist Registrar on the Higher Specialist Training Scheme in Obstetrics and Gynaecology. At present she works in the Rotunda Hospital as a clinical research fellow and lecturer and is undertaking a PhD in Maternal and Fetal medicine.

### Dr Paula Fitzpatrick



Dr Paula Fitzpatrick has a PhD in Exercise Physiology and a BSc. in Sport Science and Health from DCU. Paula is Managing Director and Lead Physiologist with STRIVE Sport Science, an athlete testing and sport science research centre focused on applying scientific knowledge towards improving athletic performance. Paula has also been a member of the Ireland Women's Rugby Team since 2012. Paula was first capped at hooker in 2012 and most recently at back row in the 2015 6 Nations winning team and previously at the Women's Rugby World Cup 2014 in which Ireland reached the semi-finals.

### Dr Chris Richter



Dr Chris Richter has completed a Masters in sports and sports engineering at the Technical University Chemnitz and a PhD in biomechanics / signal procession entitled "The Search for Performance Related Factors in Countermovement Jumps" from Dublin City University. Currently, Chris is Head of Research and Innovation at the Sports Surgery Clinic in Dublin, which sees over 500 Post ACL reconstruction patients and 800 athletic groin pain patients each year. Chris has worked extensively with motion analysis systems (optical camera and inertia solutions) to analyse movements within a lab and real life situations - giving feedback to athletes and coaches in respect to training, rehabilitation and prevention programs. One of the major interests of Chris is the use of advanced data analytics to account for different movement strategies which can help to better understand and explain mechanism of injury or performance.

## **Sports Medicine Updates Speakers**

### **Dr Bróna Furlong**



Dr Bróna Furlong is the research coordinator at MedEx Wellness, a community-based exercise rehabilitation programme for chronic illness located at Dublin City University. Bróna is responsible for the coordinating a multi-disciplinary programme of research within MedEx, which has become a vibrant hub of clinical exercise research. Bróna completed her BSc. in Sports Science and Health at DCU and PhD in the area of clinical exercise physiology under the tutelage of Prof. Niall Moyna. Bróna previously worked as a post-doctorate researcher on a project commissioned by the Health Service

Executive to develop a National Exercise Referral Framework.

### **Dr Anita Biswas**



Dr Anita Biswas is a senior sport physician for the English Institute of Sport based at Bisham Abbey where she works as part of the Research and Innovation Athlete Health Team, with a focus on reducing the impact of injury and illness on performance in elite athletes. She has worked full time in Sports Medicine for 20 years having completed a Masters degree in Sports Medicine, a clinical fellowship in Sports Medicine and spent time working with the Military at the Defence Services Military Rehabilitation Centre at Headley Court. She has been part of the medical team at four Paralympic Games, including twice as Chief Medical Officer for Paralympics GB, the commonwealth games in

Manchester in 2002 and the London Olympics in 2012. She will attend the Rio Olympics this year in her role as Chief Medical Officer for the British Sailing team.

### **Professor John Ryan**



Prof Ryan qualified from RCSI in 1983. He passed the FRCSEd (A&E) and the Diploma in Sports Medicine exam from Dublin University in 1989. He 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 is a board member of the Faculty of Sports and Exercise Medicine. 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. For the last 2 years he has run a public concussion clinic at St Vincent's University Hospital. He is team

doctor with Leinster Rugby and doctor to the Irish Under 18s Rugby Team.

## Thematic Session 2 Speakers

### Professor Stephen Eustace



Prof Stephen 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 Prof 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.

### Ms May Cleary



Ms May Cleary is a Consultant Orthopaedic Surgeon in University Hospital Waterford, a university teaching hospital of Royal College of Surgeons in Ireland and University College Cork. Lead orthopaedic clinician for SSW hospital group. Ms Cleary is a fellowship trained lower limb arthroplasty surgeon who also deals with general trauma/sports injuries in trauma unit with a catchment population of over 500,000.

### Dr Rhona Mahony



Dr Mahony is currently Master of the National Maternity Hospital (NMH) in Dublin. NMH is one of Europe's largest maternity hospitals, delivering almost 10,000 infants annually and is a major Irish Tertiary Referral Centre providing advanced obstetric, neonatal and gynaecological care. Dr Mahony is an Obstetrician & Gynaecologist, a Specialist in Maternal and Fetal medicine and an Honorary Clinical Professor with RCSI. Dr Mahony is a Fellow of the RCOG UK, and of the RCPI in Ireland. In 2016 she was awarded a Honary Fellowship of American College of O&G. In 2014 Dr Mahony became an Eisenhower Fellow spending time in the USA as part of a Multi-Nation Leadership Programme. In 2013 Dr Mahony founded the National Maternity Foundation, which supports the work of the Hospital. Dr Mahony is a member of the Institute of Directors Ireland and serves on the board of the Little Museum of Dublin.

## **Dr Edwenia O'Malley**



Dr Edwenia O'Malley PhD, BSc Physio is a chartered physiotherapist working in the musculoskeletal physiotherapy department and forms an integral part of research development in Sports Surgery Clinic. She completed her undergraduate honours degree in physiotherapy graduating from University College Dublin in 2009. In the same university, she completed a PhD in 2014. Her research was funded by the Gaelic Athletic Association Medical, Scientific and Player Welfare Committee and was based around developing an injury prevention framework for the GAA. Her PhD thesis forms the scientific basis for the GAA 15, an injury prevention programme which is now advocated for Gaelic football and hurling teams across Ireland. Edwenia's clinical interests include strength and neuromuscular rehabilitation for chronic neck and low back pain as well as the rehabilitation of acute upper and lower limb injuries. Her main research interests lie in prevention and rehabilitation of sports injuries and is currently investigating aspects of rehabilitation following anterior cruciate ligament reconstruction in SSC.

### **Thematic Session 3 Speakers**

## **Professor Moira O'Brien**



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. She was the 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. In 2015, Prof O'Brien was awarded the Sir Roger Bannister Medal by BASEM to recognise her outstanding contribution to the field of Sports and Exercise Medicine.

## **Dr Rhona Mahony – see biography page 20**

## **Dr Sarahjane Belton**



Dr Sarahjane Belton is a Lecturer in Physical Education and Physical Activity at Dublin City University. She has a BSc in Physical education and Maths, and a PhD in physical activity measurement in young people. Sarahjane is involved in a range of studies at Dublin City University, in collaboration with partners both nationally and internationally. Her research area centers mainly on physical activity and sedentary behavior in youth; including physical activity, sedentary, physical fitness, and fundamental movement skill measurement, and intervention development and trial evaluation. Her work has also been concerned with understanding factors associated with regular physical activity participation in youth, including physical elements such as cardiovascular fitness and body composition, but also psychological and psycho-social factors such as barriers and motivators for physical activity, self esteem and self efficacy, attitudes, and levels of self-determination. She leads the Y-PATH (Youth-Physical Activity Towards Health) research programme at DCU, which was established in 2010. Y-PATH is a research informed and evidence based intervention targetting increased physical activity and fundamental movement skill levels of youth. More recently Sarahjane has started researching in the area of adapted physical activity, again mainly in the areas of physical activity measurement and intervention development.

## Workshop Tutors – Saturday PM

### Ms Sharon Morris



MISCP, BSc Physiotherapy, MSc Applied Biomechanics. Sharon currently works in private practice in Galway City Physiotherapy. She has worked with many sporting organisations over the years including the IRFU - Youths structure and Connaught Senior rugby, GAA senior hurling, and Athletics Ireland's regional screening programme. Sharon has been lead physiotherapist to the ILGU since 2004. This has involved writing and developing the physical skills programmes for regional coaching incorporating fundamental movement skills, functional biomechanics and strength and conditioning. She currently supports the players on the high performance programme as part of the multidisciplinary team. At Galway City Physiotherapy Sharon and the team provide physiotherapy services to the Galway Camogie teams across all age groups and is passionate regarding coach education on physical development and injury prevention.

### Ms Clíodhna Ni Choisdealbha



Ms Clíodhna Ni Choisdealbha works alongside Sharon Morris at Galway City Physiotherapy. Since graduating from UCD, Clíodhna has spent the bulk of her career to date working in musculoskeletal and sports physiotherapy. She spent six years working in New Zealand where she completed a Master in Health Practice in Musculoskeletal Physiotherapy with distinction. She worked extensively within Rugby Union while there, gaining valuable experience in a professional sports setting. Since her return to Ireland, Clíodhna has worked as lead physio with the Irish Women's Sevens Rugby team, Athletics Ireland junior squads, Swim Ireland junior squads and Connacht HP team, Galway Camogie and Hurling, and is currently lead physio to the Irish Women's Hockey team.

### Mr Diarmaid Brennan



Mr Diarmaid Brennan graduated with an Honours degree in Sports Rehabilitation from IT Carlow and began his career with St Patrick's Athletic FC. While there, he undertook an MSc in Football Rehabilitation in Edgehill University. Diarmaid joined Leinster Rugby in 2012 where he progressed from the Academy to his current role as Head Rehabilitation Coach. This role involves devising, planning and implementing all rehabilitation programmes undertaken by all professional players in Leinster Rugby. As well as programming and periodising the training and conditioning of the squad, alongside the S&C staff, to ensure best-practice injury prevention protocols are carried out.

### Mr Martin McGeough



Mr Martin J. McGeough FRCPS (Glasg) is a podiatrist, founder and medical director of both Firefly Orthoses and Firefly Foot & Ankle Clinics. Firefly Orthoses design, manufacture and distribute custom made foot orthoses to the Podiatric profession across the UK, Ireland and further afield. He has over 27 years' experience in MSK clinical biomechanics and orthotic therapy. During his career, he has provided professional advice and podiatry services to elite athletes including those of English Premier League football clubs and PGA Tour golfers. As an authoritative voice in the field of podiatry, Martin acts as a mentor to the Podiatrists at Headley Court Military Hospital and regularly delivers lectures, training and professional development internationally. Martin is a fellow of the Royal College of Physicians and Surgeons in Glasgow and is now their 'regional advisor' on podiatry for Ireland.



## Thematic Session 4 Speakers

### Ms Sarah O'Connor



Sarah is Head of Sports Marketing & Sponsorship at Wilson Hartnell. Sarah joined from the Federation of Irish Sport, the trade association for Ireland's National Governing Bodies of Sport, where she was Chief Executive for over eight years. During her time with the Federation, Sarah oversaw the transformation of the organisation from a start-up to an established stakeholder in Irish Sport, overseeing the creation and implementation of two strategic plans. Sarah co-ordinated and directed the first multi-sport public affairs campaign "Why Irish Sport Matters?" involving the Federation's over 100 members.

She also developed a number of commercial partnerships for the Federation growing turnover by 400%. A qualified solicitor having trained with Arthur Cox, Sarah holds a law degree from Trinity, a Masters of Law from Cambridge and a Masters in Sports Management from the Instituto de Empresa in Madrid. Sarah is a regular contributor to UCD's MSc in Sport & Exercise Management programme, co-ordinating the sports law module. Sarah has also served on a number of boards and is currently Chairperson of corporate governance charity Boardmatch Ireland.

### Professor Niall Moyna



Prof Moyna is Head the School of Health and Human Performance and a member of the Centre for Preventive Medicine in DCU. He received his Master's degree from Purdue University, Indiana, PhD from the University of Pittsburgh, and completed a three year Post- Doctoral Research Fellowship in immunology at the University of Pittsburgh Medical Centre.

He has worked as Director of the Clinical Exercise Research Laboratory in the Division of Cardiology at the University of Pittsburgh Medical Centre and as a Senior Research Scientist in Nuclear and Preventive Cardiology at Hartford Hospital in Connecticut. His research focuses on exercise and cardiovascular disease and the role of genetic polymorphisms in explaining inter individual heterogeneity in response to exercise training.

### Dr Una May



Dr Una May has worked with the Irish Sports Council since 1998 and has managed the Irish Sports Council Anti-Doping Program since 2001. She is currently the Director of Participation and Ethics in Sport Ireland (formerly Irish Sports Council). 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. She is a member of the Implementation oversight Group of the National Physical Activity Plan and a Lay representative on the Board of the Faculty of Sport and Exercise Medicine.











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