



3rd Podiatric Sports Medicine Conference – London District Branch in Association with European College of Sports & Exercise Physicians

'Inspiring Clinical Excellence'

Friday 4th July 2014

The Royal College of Physicians

Conference Chairman

Dr Nat Padhiar

Invited Faculty

Dr Simon Blease – Radiologist

Dr Otto Chan – Radiologist

Dr Tom Crisp – Sports Physician

Mr Paul Harradine – Sports and MSK Podiatrist

Prof Heinz Lohrer – Orthopaedic and Sports Injury Surgeon

Mr James Pegrum – Orthopaedic Surgeon

Dr David Perry – Rheumatologist

Keynote Speaker

Nina Anderson – Athlete, Coach and TV Presenter



3rd Podiatric Sports Medicine Conference

Welcome

Nat Padhiar

Conference Chairman

A warm welcome to you all to our 3rd Annual Podiatric Sports Medicine Conference, which is being held at the Royal College of Physicians this year. We held our first conference during the Olympic year and this year our conference coincides with the Commonwealth Games which are being held in Glasgow. I believe there will be a big Podiatry presence and, I think you will all agree that we have a real opportunity to promote PSM at these prestigious events. I also think that Podiatric Sports Medicine is gaining popularity, judging by around 200 delegates attending the 2nd PSM Annual Conference and a lot more clinicians enquiring about how they can get involved in PSM.

This conference is a stepping stone to the future. I envisage a dedicated post-graduate course leading to an accepted qualification and an official body that will represent the PSM practitioner. We all have a part to play and collectively we will achieve this goal.

This year we are focusing on basic medicine and basic radiology but there will be a focus on the use of Ultrasound Scan in Podiatric Sports Medicine. USS is regarded in Sports Medicine as a stethoscope for Sports Medicine clinicians and there will be a formal lecture plus plenty of informal opportunities to get hands on experience during the cheese and wine in the evening.

The day should benefit all clinicians regardless of whether you are involved in treating sportsmen. In addition, there will be a Key Note speaker who will deliver a lecture to inspire, motivate and encourage. I am most grateful to my speakers for giving up their valuable time and none of this happens without the support of "the team". I am very grateful to Maire Murphy for her continued encouragement and persistence, as I am of Steven Childs who has worked tirelessly over the last 3 years. My thanks and gratitude also go to the committee members of the London District Branch who form part of the support team. This year we have Aynsley Pix and her team at Aesculap Academia who have taken over the organisation of this event and I am indebted to them for providing this professional support.

Finally, a very big thank you to our sponsors and in particular Bauerfeind who always give generously; please find a moment to talk to them as without their support we cannot make this event affordable.

Please enjoy the day and if you have any comments, good or bad, it will be gratefully received to help improve the conference next year.



Key Note Lecture

Nina Anderson Athlete, Coach and TV Presenter

Nina's running efforts began at the age of 25 as a means to lose weight and improve her fitness.

In 1997 she slowly jogged her way through her first marathon and when the man in the rhino suit ran past her she felt it might be pertinent to try more focused and structured training for her next race!

Her times steadily improved culminating in a marathon personal best of 3:28:27. At the age of 29 Nina first stepped on to the track and discovered that she was more suited to running the much shorter distances of 400 and 800 metres. At the age of 35 she became eligible to compete as a Master (or Veteran) and since that time has focused her efforts and seasons on securing medals at the World Masters and European Veterans Championships.

She remains unbeaten on the European Veteran stage and finished her last season ranked Britain's number 1 female V40 over 200, 400 and 800 metres.

www.ninaanderson.com

www.ninaanderson.com/page/2/Running-Coach



3rd Podiatric Sports Medicine Conference

Friday 4th July

08.00 Registration

Wolfson Foyer

08.50 Welcome - Wolfson Theatre

Maire Murphy

Conference Chair: Dr Nat Padhiar

09.00 Medical problems that affect foot, ankle and leg in sport

Dr David Perry

09.30 Blood tests – What do they mean?

Dr David Perry

09.50 Anti-doping and prescribing medication

Dr Tom Crisp

10.20 Uncommon foot problems in sport

Dr Nat Padhiar

10.50 Questions and discussion

11.00 Refreshments and commercial exhibition

Osler Long Room

11.30 Stress fractures of the foot

Mr James Pegrum

12.00 Haglund's deformity

Prof Heinz Lohrer

12.30 Pitch side biomechanics

Mr Paul Harradine

13.00 Orthotic indication and prescribing orthotics

TBC

13.20 Questions and discussion

13.30 Refreshments and commercial exhibition

Osler Long Room

14.20 Foot and ankle in sport – Basics of interpreting X-rays and scans

Dr Otto Chan

14.50 Introduction to ultrasound scan – Clinicians stethoscope

Dr Simon Blease

15.20 Demonstration of ultrasound scan use in podiatry

Dr Simon Blease

15.50 Questions and discussion

16.00 Refreshments and commercial exhibition

Osler Long Room

Programme



16.20 Key note lecture – Athletes perspective

16.50 Closing remarks

18.00 Cheese and Wine

Informal workshops:

Ultrasound scan

Pitch side BMEX

Shockwave therapy

Prescribing 'off the shelf' orthoses

Private Practice Management

Nina Anderson

Mr Steven Childs and
Dr Nat Padhiar

Osler Long Room

Dr Simon Blease,
Mr Matthew Fitzpatrick,
Dr Nat Padhiar

Mr Paul Harradine

Prof Heinz Lohrer

Mr John McLaughlin

Mr Tom Hunt

Event Organisers



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