



5th Sports and Exercise Medicine Summer Course PROGRAMME

Monday 26th August 2019. | LOWER LIMB IN SPORTS

08:30am to 09:00am	Registration
09:00am to 09:30am	Opening Addresses
09:30am to 10:00am	PROF NICOLA MAFFULLI Lower Limb Challenges in Sport
10:00am to 10:30am	PROF CALOGERO FOTI FAI Rehabilitation
10:30am to 11:00am	Dr ANTONIO FRIZZIERO Efficacy of US Guided Hyaluronic Acid Infiltrations in Achilles' and Patellar Tendinopathies
11:00am to 11:30am	Networking Break
11:30am to 12:00pm	PROF FRANCESCO OLIVA Visco supplementation with intra-articular hyaluronic acid for hip disorders
12:00pm to 12:30pm	SEAN CONNELLY Fibula Fracture to EURO 2016 in 35 days – lessons learned*
12:30pm to 13:30pm	Lunch Break

*Indicates topics that can be attended by non-medical participants.

	Workshop 1	Workshop 2	Workshop 3
13:30pm to 14:30pm	US OF THE ANKLE AND FOOT	ANKLE AND FOOT EXAMINATION	SHOCKWAVE THERAPY IN THE LOWER LIMB*
14:30pm to 15:30pm	US OF THE HIP	KNEE EXAMINATION	ANTALGIC MESOTHERAPY
15:30pm to 16:30pm	US OF THE KNEE	HIP EXAMINATION	RUNNING BIOMECHANICS*
16:30pm to 16:45pm	Closing Remarks		

*Indicates topics that can be attended by non-medical participants.



Tuesday 27th August 2019 | **UPPER LIMB IN SPORTS**

08:30am to 09:30am	Registration
09:00am to 09:30am	DR SCOTT SIGMAN Opioid Sparing Operations in Sports
09:30am to 10:00am	PROF ED LAWKOWSKI Upper Limb Challenges in Sport
10:00am to 10:30am	Dr ANTONIO FRIZZIERO Shoulder Pain and Scapular Dystonia
10:30am to 11:00am	IAN GATT Wrist and Hand Problems in Boxing*
11:00am to 11:30am	Networking Break
11:30am to 12:00pm	PROF ALEJANDRO BADIA Elbow and Wrist Problems in Racquet Sports
12:00pm to 12:30pm	PROF OTTO CHAN Imaging in the Upper Limb
12:30pm to 13:30pm	Lunch Break

*Indicates topics that can be attended by non-medical participants

	Workshop 1	Workshop 2	Workshop 3
13:30pm to 14:30pm	US OF THE SHOULDER	SHOULDER EXAMINATION	SHOCKWAVE THERAPY IN THE UPPER LIMB*
14:30pm to 15:30pm	US OF THE ELBOW	ELBOW EXAMINATION	IAN GATT Objectivity for Hand and Wrist Injuries in Sports*
15:30pm to 16:30pm	US OF THE WRIST AND HAND	WRIST AND HAND EXAMINATION	TBC
16:30pm to 16:45pm	Closing Remarks		

*Indicates topics that can be attended by non-medical participants.



Wednesday 28th August | **THE SPINE AND GROIN IN SPORTS**

08:30am to 09:00am	Registration
09:00am to 09:30am	PROF ED LAWKOWSKI Groin Injuries & their Management in Competitive Athletes
09:30am to 10:00am	DR ALFONSO FORTE Sports & Scoliosis – Which Sports Are Safe to Play?*
10:00am to 10:30am	PROF ALEJANDRO BADIA Back Pain in Racquet Sports
10:30am to 11:00am	Mr JOE BORG Minimal Invasive Spine Procedures in Sports-Effective or Just to Finish the Season
11:00am to 11:30am	Networking Break
11:30am to 12:00pm	Dr ALFONSO FORTE Return to sports activity by athletes after treatment of spondylolysis
12:00pm to 12:30pm	PROF OTTO CHAN Imaging of the Spine in Athletes-What is Relevant?
12:30pm to 13:30pm	Lunch Break

*Indicates topics that can be attended by non-medical participants.

	Workshop 1	Workshop 2	Workshop 3
13:30pm to 14:30pm	US OF THE GROIN	LOW BACK EXAMINATION	Dr DANIEL MCKEAN Pitch Side Care in Sports*
14:30pm to 15:30pm	US OF THE GROIN	GROIN EXAMINATION	TBC
15:30pm to 16:30pm	US OF THE GROIN	CERVICAL SPINE EXAMINATION	ANDREW COLE Groin Rehab Exercises
16:30pm to 16:45pm	Closing Remarks		

*Indicates topics that can be attended by non-medical participants.



Thursday 29th August | **SPORT AND EXERCISE MEDICINE**

08:30am to 09:00am	Registration
09:00am to 09:30am	Dr ANDY MASSEY Managing the Health of the Best Football Team in Europe*
09:30am to 10:00am	PROF ADAM HAWKEY Evaluating the Efficacy and Safety of Vibration Exercise on the MSK System*
10:00am to 10:30am	Dr WILLIAM MURRELL Gold Induced Cytokines in Sports
10:30am to 11:00am	PROF ED LAWKOWSKI Activity As We Age: Keeping the Baby Boomer Buff*
11:00am to 11:30am	Networking Break
11:30am to 12:00pm	HEALTH PROMOTION UNIT Exercise Prescription for Health*
12:00pm to 12:30pm	PROF KAREN HIND TBC
12:30pm to 13:30pm	Lunch Break

*Indicates topics that can be attended by non-medical participants.

	Workshop 1	Workshop 2	Workshop 3
13:30pm to 14:30pm	Dr ANTONIO FUSCO Neurocognitive Techniques for Sport Training*	Dr ZBIGNIEW KIRBOR Regenerative Orthopaedic Workshop	Dr DANIEL MCKEAN Pitch side care in sports*
14:30pm to 15:30pm	TBC	ANDREW COLE Blood flow restriction in rehabilitation	Dr DANIEL MCKEAN Concussion in Sports*
15:30pm to 16:30pm	Exercise Prescription for Health*	Sports Nutrition*	FitQuest: Bringing Bio-mechanical Laboratory Testing to the Masses*
16:30pm to 16:45pm	Closing Remarks		
20:30pm to 22:30pm	Social Event		

*Indicates topics that can be attended by non-medical participants.



Friday 30th August | **SPORTS PERFORMANCE**

08:30am to 09:00am	Registration
09:00am to 09:30am	Dr WILLIAM MURRELL Orthobiologics: The Recipe for Success
09:30am to 10:00am	Dr LUCIENNE ATTARD Platelet Rich Plasma- Performance Enhancer?
10:00am to 10:30am	Dr KIRILL MICALLEF STAFRACE eSports Medicine
10:30am to 11:00am	Dr NIGEL CAMILLERI Mind over Matter
11:00am to 11:30am	Networking Break
11:30am to 12:00pm	Dr MARK ABELA Cardiac Screening
12:00pm to 12:30pm	PROF JOHN CAREY Body Composition
12:30pm to 13:30pm	Lunch Break

*Indicates topics that can be attended by non-medical participants.

	Workshop 1	Workshop 2	Workshop 3
13:30pm to 14:30pm	Body Composition*	Dr Zbigniew Kirbor Regenerative Orthopaedic Workshop	FitQuest: Bringing Bio-mechanical Laboratory Testing to the Masses*
14:30pm to 15:30pm	Body Composition*	Dr STEFAN BUTTIGIEG Digital Technology in Sports*	Dr MARK ABELA ECG interpretation in athletes
15:30pm to 16:30pm	Body Composition*		TBC
16:30pm to 16:45pm	Closing Remarks		

*Indicates topics that can be attended by non-medical participants.