



## FSEM 18<sup>th</sup> Annual Scientific Conference (Virtual Event)

### ‘Sports Medicine Challenges of the Thigh and Lower Leg’

17<sup>th</sup> September 2022 – 09.00-18.30 (IST)

#### PROGRAMME

##### **Co-Chairs:**

**Dr Pat O’Neill**, Consultant Sports & Orthopaedic Medicine Physician, National Orthopaedic Hospital Cappagh and Mater Private Hospital, Dublin.

**Dr Ronan Kearney**, Consultant Sports & Exercise Medicine Physician, Sports Surgery Clinic and Sport Ireland Institute, Dublin.

TIME	TOPIC	PRESENTER
09.00-09.05	FSEM Dean: Introduction	<b>Dr Philip Carolan</b> <i>Consultant Sports &amp; Exercise Medicine Physician, Sport Surgery Clinic, Dean FSEM.</i>
09.05-09.10	20 <sup>th</sup> Anniversary FSEM: Past & Future of SEM	<b>Dr Pat O’Neill</b> <i>Consultant Orthopaedics and Sports Medicine, Mater Private Hospital and National Orthopaedic Hospital Cappagh.</i>
09.10-09.15	Opening Address	<b>Dr Jack Chambers TD</b> <i>Minister of State for Sport and the Gaeltacht and Government Chief Whip.</i>
<b>PART 1A: Thigh</b>		
09.15-09.35	Functional Anatomy of the Hip and Thigh	<b>Dr Alison Grimaldi</b> <i>Physiotherapist and Adjunct Senior Research Fellow at the University of Queensland. Extensively published on hip, groin and lower limb biomechanics.</i>
09.35-09.55	Diagnostic Imaging of the Thigh	<b>Dr Niamh Long</b>

		<i>Consultant Radiologist National Orthopaedic Hospital Cappagh and the Mater Hospital.</i>
09.55-10.15	British Athletic Muscle Injury Classification: A Clinical Update	<b>Dr Noel Pollock</b> <i>Consultant Sports and Exercise Medicine Physician at the Institute of Health, Exercise and Health. Chief Medical Officer for British Athletics. Lead author for British Athletic Muscle Injury Classification publications.</i>
10.15-10.35	Hamstring Injury Rehabilitation	<b>Mr Fearghal Kerin</b> <i>Rehabilitation Physiotherapist Leinster Rugby. PhD candidate with a focus on hamstring injuries.</i>
10.35-10.55	<b>Part 1A – Group Q &amp; A</b> Co-Chairs: Dr Ronan Kearney & Ms Niamh Coffey	
<b>Morning break</b>		
10.55-11.05	<b>Morning break</b>	
<b>Research update presentations and Q&amp;A</b>		
11:05-11:25	<b>Research update presentations and Q&amp;A</b>	
<b>PART 1B: Thigh</b>		
11:25-11:45	Knee extensor mechanism tendinopathy	<b>Dr Kelly McInnis</b> <i>Sports Medicine Physician. Team Physician: Boston Red Sox, New England Patriots; Consultant: Boston Ballet, Boston Bruins, New England Revolution. Assistant Professor of Physical Medicine and Rehabilitation, Harvard Medical School.</i>
11:45-12:05	Quadri-cep injury rehabilitation	<b>Ms Sue Falsone</b> <i>Certified Athletic Trainer, Physical Therapist and Strength and Conditioning Coach. Director of Movement and Return to Performance (Houston, Texans), Associate Professor of Athletic Training AT Still University. Previous and current roles with NBA, NFL, Major League Baseball as well as US Soccer teams.</i>

12:05-12:25	Surgical approach to Hamstring injuries	<b>Prof Fares Haddad</b> <i>Consultant Orthopaedic Surgeon University College London Hospitals. Professor of Orthopaedics and Sports Surgery University College London.</i>
12:25-12:45	Surgical management of proximal rectus femoris injuries	<b>Mr James Cashman</b> <i>Consultant Orthopaedic Surgeon National Orthopaedic Hospital Cappagh, Beacon Hospital, Bons Secours Hospital and Mater Private Hospital, Dublin.</i>
12:45-13:05	<b>Part 1B – Group Q&amp;A</b> Co-Chairs: Dr Pat O’Neill & Mr Tom Quinn	
<b>Research update presentations and Q&amp;A</b>		
<b>Lunch</b>		
<b>PART 2A: Lower Leg</b>		
14:15-14:35	Overview Lower Leg Clinical Applied Anatomy	<b>Ms Ciara McCallion</b> <i>Physiotherapist Sport Ireland Institute, previous 4x400m International athlete.</i>
14:35-14:55	Bone Stress Injuries	<b>Dr Rick Seah</b> <i>Consultant Sports and Exercise Medicine Physician at the Institute of Sport, Exercise and Health, London.</i>
14:55-15:15	Exertional Lower Limb pain - making sense of the differential diagnosis	<b>Dr Andy Franklyn-Miller</b> <i>Consultant in Sports and Exercise Medicine and CMO GB &amp; England Hockey.</i>
15:15-15:35	Imaging calf pain with an emphasis on compartment syndrome	<b>Prof Steve Eustace</b> <i>Consultant Musculoskeletal Radiologist. Newman Professor of Radiology University College Dublin. Director of Radiology National Orthopaedic Hospital Cappagh.</i>

15:35- 15:55	<b>Part 2A - Group Q&amp;A</b> Co-Chairs: Dr Ronan Kearney & Ms Niamh Coffey	
<b>15:55- 16:05</b>	<b><i>Afternoon Break</i></b>	
16:05- 16:25	<b>Research update presentations and Q&amp;A</b>	
<b>PART 2B: Lower Leg</b>		
16:25- 16:45	Sporting Vascular Lower Leg	<b>Dr John Hynes</b> Musculoskeletal Radiology Fellow National Orthopaedic Hospital Cappagh.
16:45- 17:05	Gastrocnemius / Soleus injuries in ultrasound. The role of the dynamic assessment	<b>Dr Carles Pedret</b> <i>Consultant Sports and Exercise Medicine Physician for multiple elite professional sports teams with expertise in musculoskeletal ultrasound.</i>
17:05- 17:25	Calf Muscle Rehabilitation	<b>Dr Phil Glasgow</b> <i>Physiotherapist PhD and Head of Rehabilitation and Physiotherapy, Irish Rugby Football Union.</i>
17:25- 17:45	Lower leg tendinopathy Rehabilitation	<b>Dr Ebonie Rio</b> <i>Sports Physiotherapist at the Victorian Institute of Sport and The Australian Ballet and Senior Research Fellow at La Trobe University, PhD in tendon pain.</i>
17:45- 18:05	<b>Part 2B – Group Q&amp;A</b> Co-Chairs: Dr Pat O’Neill & Mr Tom Quinn	
18:05- 18:20	Athlete Interview	<b>Mr Paul O’Connell</b>

		<p><i>Current Irish Rugby coach.</i></p> <p><i>Previous Munster, Ireland and Lions Captain. Third most capped Irish rugby player of all time.</i></p> <p><b>Interviewer: Dr Ciaran Cosgrave</b></p> <p><i>Consultant Sports &amp; Exercise Medicine Physician Sports Surgery Clinic and Irish Rugby Men's First Team Doctor.</i></p>
18:20-18:25	<b>Prof Moira O'Brien Award</b> for Best Research Update Presentation	
18:25-18:30	<b>Appreciations</b>	<b>Dr Pat O'Neill</b>
<b>18.30</b>	<b>CLOSE</b>	

## Research Update Presentations

### 11:05-11:25

1. The fate of the unoperated symptomatic hip – **Karen Mullins**
2. A Comparison of Nordic Hamstring Exercise and Single Leg Hip Extension Exercises using Surface Electromyography and Knee Flexor Torque – **Rasmus Hartmann**

### 13:05-13:45

3. Incomplete Rupture of the Quadriceps Tendon with Complete Rupture of the Vastus Intermedius: Case Report and Brief Review of Relevant Literature - **Carter Zides**
4. The association between strength and hip and groin injuries with hamstring injuries – a prospective cohort study of professional rugby players - **Nicol van Dyk**
5. A Quantitative Analysis of Hamstring Muscle Length during Sprinting in Athletes with Previous Hamstring - **Hazel Ni Chathasaigh**
6. Preseason isometric strength and risk of hamstring injury in a Greek professional basketball team - **Christos Papadopoulos**

### 16:05-16:25

7. Effects of menstrual cycle phase on physiological outcome measures during laboratory based incremental exercise testing - **Amelie Roland**
8. Concussion: the knowledge, attitudes and experiences of football (soccer) stakeholders, a systemic review - **Connor Montgomery**

**CPD Credits: 10 External awarded by FSEM**

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For further information please contact Faculty office at [sportsfac@rcsi.ie](mailto:sportsfac@rcsi.ie) or Annemarie directly on [annemariecreighton@rcsi.com](mailto:annemariecreighton@rcsi.com) or on 01 402 2382.

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