



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

**FSEM Spring Symposium – Tendinopathy**  
**Regent House, Trinity College Dublin (TCD)**  
**Thursday 30<sup>th</sup> March 2023 – 6.30pm – 9.00pm**

**CO-CHAIR BIOGRAPHIES**

**Dr Matthew Cosgrave - MB BCh BAO MFSEM (IRL & UK) MSc (SEM)**

***Consultant Sports & Exercise Medicine Physician, Sports Surgery Clinic (SSC), Santry, Dublin***



Dr Matthew Cosgrave is a Consultant in Sports and Exercise Medicine. A graduate of Medicine from Queen's University Belfast in 2011, Dr Cosgrave undertook an MSc in Sports and Exercise Medicine at The University of Bath before completing specialty training in General Practice in Belfast in 2018. Dr Cosgrave worked as a general practitioner with a specialist interest in musculoskeletal and sports team care and as a specialty doctor in pre-hospital medicine before moving to Dublin to complete Higher Specialty Training in Sports and Exercise Medicine in Ireland.

Dr Cosgrave has an extensive background in elite and international sport both as an athlete and as team physician. He has been Team Doctor to The Irish Women's Rugby Team since 2019 and serves as a Medical Officer to Connacht Rugby Senior Men's Team. Previous team physician roles include Team Doctor to Team NI at the 2018 Commonwealth Games and 2017 Commonwealth Youth Games, Team Doctor to The Irish Football Association and Medical Officer to The Belfast Giants Ice Hockey Team, Louth GAA, Linfield Football Club and Ulster Rugby Schools.

Dr Cosgrave represented Northern Ireland and Ireland internationally over a 20-year career history in Men's Artistic Gymnastics, competing at multiple Commonwealth Games, World and European Championships

Dr Cosgrave has been an active member of The Faculty of Sports and Exercise Medicine since 2018 and is currently the co-chair of the educational committee. He has an interest in elite athlete health and performance, injury surveillance and team dynamics in high performance.

**Louise Keating**

***Lecturer, School of Physiotherapy, Royal College of Surgeons in Ireland (RCSI), Dublin, Clinical specialist in musculoskeletal physiotherapy***



Louise Keating is a lecturer in RCSI's School of Physiotherapy and a practising clinical specialist in musculoskeletal physiotherapy. She has taught at both undergraduate and postgraduate level in the field of sports & musculoskeletal physiotherapy for many years and is co-PI on the SCRUM project of training load & injury risk in Leinster Schoolboys' rugby; now in its second season.

## **SPEAKERS BIOGRAPHIES**

### **Prof Helen French - PhD, MSc, BPhysio, Dip Stat, Dip HPE, MISCP**

***Associate Professor in Physiotherapy in the Royal College of Surgeons in Ireland (RCSI), Dublin***



Helen French is a chartered physiotherapist and associate professor in physiotherapy in the Royal College of Surgeons in Ireland (RCSI), Dublin, Ireland. She previously worked as a musculoskeletal Clinical Specialist in a large public teaching hospital before moving to RCSI as a lecturer in 2004. Her PhD, a multi-centre clinical trial, evaluated the effectiveness of exercise and manual therapy for hip osteoarthritis. She is a level 2 (specialist) member of the Chartered Physiotherapists in Musculoskeletal Therapy (CPMT), a clinical interest group of the Irish Society of Chartered Physiotherapists.

Her research interests include musculoskeletal pain, particularly hip pain, non-surgical management of osteoarthritis and provision of evidence-based physiotherapy for musculoskeletal conditions. She has published numerous scientific papers and presented research findings at national and international conferences. Her current funded projects as Principal Investigator include development of a model of care for osteoarthritis in primary care in Ireland (HRB), a feasibility trial on the role of exercise and education for gluteal tendinopathy (HRB) and a training load and injury surveillance study in Leinster schoolboys rugby (IRFU Charitable Trust).

### **Dr Paul Dobbelaar**

***Consultant Sports & Exercise Medicine Physician, Sports Surgery Clinic (SSC), Santry, Dublin***



Paul Dobbelaar is a Dutch Sports & Exercise Physician and Human Movement Scientist. He is a consultant at the Sport Surgery Clinic in Dublin since 2017, where he is the responsible trainer for the Sports Medicine specialising registrars. Dr Dobbelaar is guest lecturer at the Medical Faculty of Maastricht University for the internship General Practice and Social Medicine. He has a special interest in overuse sports injuries, ultrasound guided injections and exercise physiology, especially in relation to fatigue and diminished exercise capacity.

Dr Dobbelaar graduated as MSc in Human Movement Science from Maastricht University in 1990 with a Master thesis in altitude physiology. In 1995 he completed his medical training at Maastricht University. Dr Dobbelaar trained as Sports Physician from 1996 until 2000 in Veldhoven, Heerlen and at the Dutch National Sports Centre Papendal. Dr Dobbelaar has worked in his own sport medical practice in the South of the Netherlands from 2005 until 2022. He has a broad experience in elite sports having worked as team doctor to the Dutch Climbing and Alpine Club, the Royal Dutch Cycling Union and the Dutch Triathlon Federation as well as Dutch Basketball championship winning team EBBC/Libertel Dolphins and Fortuna Sittard Football club.

**CPD Credits: 5 external Credits awarded by FSEM. This event has BJSM Approval**



For further information 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.