

Sport and Exercise Medicine for 2012 ... and beyond



Anti Doping Knee Injuries

(6 hours CPD approved by The Royal College of Surgeons of Edinburgh)

Friday 10 December 2010
Chandos House, Royal Society of Medicine
London, UK

Meeting Information and Booking Form

WELCOME FROM PROFESSOR NICOLA MAFFULI

This interactive meeting will provide a unique forum for leading UK and overseas sport and exercise medicine (SEM) professionals to discuss current developments in the two important areas of **Anti Doping** and **Knee Injuries**.

Part of the series of high level interdisciplinary meetings delivered jointly by the Centre for Sport and Exercise Medicine, Queen Mary University of London and DJO Education. This and future meetings in the series, have been developed to meet the CME needs of the most senior SEM practitioners.

This meeting will be open to all SEM practitioners and medical professionals. The input of experts from different SEM backgrounds will add to the educational value of the day.

The day will run with parallel sessions and delegates will attend all sessions on both topics.

The venue for the day is the Royal Society of Medicine's Chandos House.

We trust you will be able to join us at this unique meeting and look forward to seeing you in December.

Professor Nicola Maffulli MD MS PhD FRCS (Orth) FFSEM, Centre Lead and Professor of Sports and Exercise Medicine, Consultant Trauma and Orthopaedic Surgeon, Queen Mary University of London, Barts and The London School of Medicine and Dentistry, Institute of Health Sciences Education, Centre for Sports and Exercise Medicine

EDUCATIONAL AIMS & OBJECTIVES

Aims:

- To meet the Continuing Medical Education needs of senior national and international sport and exercise medicine (SEM) practitioners by providing a unique forum in which they can review and discuss current developments in the two important areas of **Anti Doping** and **Knee Injuries**;
- To encourage a free flow of good practice between practitioners from different SEM backgrounds by offering an interdisciplinary forum

Objectives:

1. To invite a high profile and internationally renowned faculty from different SEM backgrounds to present in both Anti Doping and Knee Injuries parts of the event;
2. To organise the delivery of presentations in a way that attendees will be able to listen to all on both topics;
3. To limit delegates attending all sessions to 50 and include a 30 minute plenary at the end of each session to encourage as much interaction as possible;
4. To offer specific high level **Anti Doping** presentations including:
 - Intelligent Anti Doping
 - Anti Doping – what the future holds!
 - PRP for sports – IOC position statement
 - Platelet derived growth factors: orthopaedic applications and anti doping issues
 - 'Who needs doping? We have gladiators' diet available!'
 - Popular Drugs in Sport
5. To offer specific high level **Knee Injuries** presentations including:
 - Combined ligament injuries
 - ACL Injuries - Where are we today?
 - Advances in the management of meniscal injuries
 - Patellar Tendon Ruptures
 - Rehabilitation of the ACL
 - Primary Traumatic Patellar Dislocation
 - Recent advances in MRI of the Knee
 - Patellar Instability
6. To assist the focus of all during the day by providing a memory stick containing all presentations and speaker profiles for all attendees following the day;
7. To gather comprehensive feedback from all attendees on the appropriateness of content and level of delivery of all presentations, thereby assisting the development of future events in this series.

MEETING SCHEDULE

08:00 Registration and Refreshments	
08:50 Meeting Welcome Professor Nicola Maffulli	
Anti Doping Session Chair – Dr Tom Crisp	Knee Injuries Session Chair – Professor Nicola Maffulli
Morning Session	
<p>09:00 Session Welcome Dr Tom Crisp</p> <p>09:05 Intelligent Anti Doping Ms Michele Verroken</p> <p>09:30 Anti Doping – what the future holds! Dr Tom Crisp</p> <p>09:55 PRP for sports – IOC position statement Professor Nicola Maffulli</p> <p>10:20 Keynote: Platelet derived growth factors: orthopaedic applications and anti doping issues Professor Fabio Pigozzi</p> <p>10:55 Refreshments</p> <p>11:25 'Who needs doping? We have gladiators' diet available! Dr Filippo Spiezia</p> <p>11:50 Popular Drugs in Sport Professor Andrea Petróczi</p> <p>12:15 Question Session All speakers</p>	<p>09:00 Session Welcome Professor Nicola Maffulli</p> <p>09:05 Keynote: Combined ligament injuries Mr Steve Bollen</p> <p>09:40 ACL Injuries - Where are we today? Mr Rhidian Thomas</p> <p>10:00 Advances in the management of meniscal injuries Mr Panos Thomas</p> <p>10:20 Patellar Tendon Ruptures Mr Mike Carmont</p> <p>10:40 Rehabilitation of the ACL Dr Massimo Barcellona</p> <p>11:00 Refreshments</p> <p>11:30 Primary Traumatic Patellar Dislocation Professor Petri Sillanpää</p> <p>11:50 Recent advances in MRI of the Knee Professor Francis Smith</p> <p>12:10 Patellar Instability Professor Nicola Maffulli</p> <p>12:30 Question Session All speakers</p>
12:45/13:00 Lunch	
Afternoon Session	
<p>14:00 Session Welcome Dr Tom Crisp</p> <p>14:05 Intelligent Anti Doping Ms Michele Verroken</p> <p>14:30 Anti-doping – what the future holds! Dr Tom Crisp</p> <p>14:55 PRP for sports – IOC position statement Professor Nicola Maffulli</p> <p>15:15 Keynote: Platelet derived growth factors: orthopaedic applications and anti-doping issues Professor Fabio Pigozzi</p> <p>15:50 Refreshments</p> <p>16:20 'Who needs doping? We have gladiators' diet available! Dr Filippo Spiezia</p> <p>16:45 Popular Drugs in Sport Professor Andrea Petróczi</p> <p>17:10 Question Session All speakers</p> <p>17:40 Session Close Dr Tom Crisp</p>	<p>13:45 Session Welcome Professor Nicola Maffulli</p> <p>13:50 Keynote: Combined ligament injuries Mr Steve Bollen</p> <p>14:25 ACL Injuries - Where are we today? Mr Rhidian Thomas</p> <p>14:45 Advances in the management of meniscal injuries Mr Panos Thomas</p> <p>15:05 Patellar Tendon Ruptures Mr Mike Carmont</p> <p>15:25 Rehabilitation of the ACL Dr Massimo Barcellona</p> <p>15:45 Refreshments</p> <p>16:15 Primary Traumatic Patellar Dislocation Professor Petri Sillanpää</p> <p>16:35 Recent advances in MRI of the Knee Professor Francis Smith</p> <p>16:55 Patellar Instability Professor Nicola Maffulli</p> <p>17:15 Question Session All speakers</p> <p>17:45 Session Close Professor Nicola Maffulli</p>
17:50 Meeting Close Professor Nicola Maffulli	

PRESENTER PROFILES

Professor Nicola Maffulli MD MS PhD FRCS(Orth) FFSEM

Nicola Maffulli is Centre Lead and Professor of Sport & Exercise Medicine and Consultant Trauma and Orthopaedic Surgeon, Mile End Hospital. His main clinical interests lie in the management of lower limb sports injuries and in paediatric musculoskeletal sports medicine. Special interests include Anterior Cruciate Ligament and Patellar and Achilles tendons. His main research interests are the histology and biology of overuse tendon injuries and the effects of intensive training in young and older athletes. A florid research programme is under way with international collaborators, focusing on orthopaedic genetics, outcome measures and randomized controlled trials in trauma and orthopaedics, and tissue engineering of tendons.

Dr Tom Crisp TD BSc MB BS Dip Sports Med FFSEM

Dr Crisp qualified in 1973 and attended the MSc in Sports and Exercise Medicine 1986/7. He has worked as a full-time sports physician since 1990 and has held various prestigious medical roles in major sporting events including chief medical officer to the British Paralympic team in the Sydney Olympics in 2000, HQ medical officer to British Olympic team in Atlanta 1996, chief medical officer to the British team at the World University Games in Buffalo 1993, Fukuoka 1995 and Sicily 1997. He has been a member of the International Medical Commission of International University Sports Federation since 1997, was medical officer to the London division of rugby from 1990-2000, medical officer for the Essex cricket team 1983-1990. Tom works at Royal London Hospital, the London Independent Hospital and BUPA Wellness in addition to running a clinic at Springfield Hospital in Chelmsford. He is a Founder Fellow of UK Faculty of Sport and Exercise Medicine. His special interests include: Rugby injuries, overuse and occupational injuries, Achilles and Patellar tendon problems, Knees and ankles and Imaging guided injections.

Anti Doping

Professor Andrea Petróczi BSc MSc PhD

Andrea Petróczi is Professor of Public Health. Her research is centred on behavioural choices where short term gains are traded off for potential health consequences later in life. She is internationally recognised for her research into chemically assisted performance enhancing practices among athletes. Andrea has a strong commitment to multidisciplinary research with her work spanning across disciplines allied to medicine and psychology with a strong experimental focus. Her specific research interests include social cognitive processes underlying the use of performance enhancing supplements and drugs; cognitive restriction of diet; adherence to medical treatment and exercise; indirect psychological measures and global food safety and security.

Professor Fabio Pigozzi MD

Fabio Graduated in Medical Sciences (cum Laude) at the Rome University "La Sapienza". Specialisations in Cardiology and in Sports Medicine. He is Deputy Rector at the State University of Rome "Foro Italico" (2007-); Professor of Sport Medicine (1993-) then Full Professor and Chairman, Internal Medicine Unit, Department of Health Sciences at the State University of Rome "Foro Italico"; Member of the Board of Directors of the Italian Space Agency (2009-); Member of the Higher Council for Health (2009-); Director of the Institute of Sport Medicine, Italian Federation of Sport Medicine - Rome (1993-1996). He has contributed to several topics in Sport Medicine particularly on cardiovascular response to physical exercise and training; epidemiology, sport-prophylaxis and sport-therapy, nutrition, Anti Doping and is author of 200 scientific publications. Professor Pigozzi is also a Member of the Health, Medical and Research Committee of the World Anti Doping Agency (WADA); President of the International Federation of Sports Medicine ; Honorary President of the European Federation of Sports Medicine Associations and a Member of the Medical Commission - Games Group (1999-2009); Member of Commission for Culture and Olympic Education (2008-2010).

PRESENTER PROFILES

Dr Filippo Spiezia MD

Dr Filippo Spiezia is a Fourth Year resident in Trauma and Orthopaedic Surgery at Universita' Campus Biomedico, Rome, Italy. He has a special interest in Sports Trauma, Achilles tendon, and is an accomplished martial artist.

Ms Michele Verroken BEd (Hons) MA (Ed) PGC Sports Law

Michele Verroken is Director of the sports business consultancy SPORTING INTEGRITY Ltd. She is the Anti Doping Administrator for the PGA European Tour, The R&A, Ladies European Tour and International Golf Federation, combining her expertise in Anti Doping of professional, amateur and Olympic sports. In addition Michele is Secretary of the Commonwealth Games Federation Medical Commission, responsible for the Games Medical and Anti Doping Services since 2002. Formerly UK Director of Ethics and Anti-Doping, Michele established the UK's Anti Doping policy, education and testing programmes which were the foundation of the World Anti Doping Code. Working in sport at all levels, Michele is Vice Chair of the Herts Sports Partnership and a Board Member of the British Paralympic Association advising on ethical issues. Michele also lectures on several MSc course on Anti Doping and medical ethics.

Knee Injuries

Mr Steve Bollen MB ChB FRCS Ed FRCS FRCSEd Orth FFSEM(UK)

Mr Bollen was a founder member of the British Orthopaedic Sports & Trauma Association and subsequently was its academic secretary and president. He has been chairman of the Yorkshire branch of the British Association of Sports and Exercise Medicine and currently is an examiner for the Faculty of Sports & Exercise Medicine (UK). Mr Bollen specialises in soft tissue injuries of the knee and ankle and, in particular, ligament reconstruction surgery. Patients are referred from around the country for complex ligament problems. Mr Bollen is a national and international speaker on knee and ankle injuries and reconstruction. He has published widely in peer reviewed journals on these subjects. Mr Bollen has treated professional sportsmen/women since 1992 and currently treats players from all levels of the football league and rugby league. Mr Bollen's NHS practice is based at the Bradford Royal Infirmary, Bradford Teaching Hospitals Trust. He has been Clinical Director of this busy Orthopaedic Department for the last ten years. His NHS practice is similar to his private practice in that he sees large numbers of patients, performing ligament reconstructions and knee and ankle arthroscopies. Mr Bollen's private practice is based at The Yorkshire Clinic in Bingley, West Yorkshire.

Mr Rhidian Thomas FRCSEd (Orth) FFSEM(UK)

Mr Thomas graduated in 1986 and has been a Consultant Orthopaedic Surgeon at the Hammersmith NHS Trust since 1997. He has research interests in Knee and Ankle ligament surgery and has a specialist interest in Arthroscopic surgery of the knee and ankle as well as knee replacement surgery.

Mr Panos Thomas MD CCST (Orth) MFSEM FRCS

Mr Thomas qualified from the Medical School, University of Athens, in 1984. Since 1996 he has been practising as a Consultant Orthopaedic Surgeon at the Whittington Hospital, London. His main experience and interest is in Knee Surgery: knee arthroscopy, osteotomy, primary and revision TKR and in particular knee ligament surgery such as ACL reconstruction, PCL reconstruction and multiple ligament problems. His other sports surgery expertise includes: hip arthroscopy, ankle arthroscopy and compartment syndrome decompression. Mr Thomas has been involved with the treatment of elite athletes. He advises Arsenal FC, Barnet FC, MK Dons, Brentford FC and Wycombe Wanderers FC as well as the British Fencing, British Ski Federation, British American Football League and other sport organisations.

PRESENTER PROFILES

Mr Michael Carmont FRCS(Tr&Orth) MFSEM Dip SEM GB&I

Mr Carmont is a Consultant Orthopaedic Surgeon at the Princess Royal Hospital, Telford, Shropshire specialising in knee, foot and ankle surgery. He also operates at the University Hospital of Coventry & Warwickshire. A significant proportion of his practice is lower limb tendon surgery of the patella, quadriceps and Achilles tendons. Much of his research is focussed on the return to function and sporting activity following tendon rupture and surgical repair. The key principles he encourages are strong surgical repair with minimal soft tissue disruption to preserve vascularity and aid healing, early weight bearing and early mobilisation.

Dr Massimo Barcellona PhD BSc(Hons) MCSP HPC AACP

Massimo Barcellona is a Clinical Researcher and Musculoskeletal Teaching Fellow at King's College London. He is also a Musculoskeletal Physiotherapist and Clinic Lead at Surrey Hills Physiotherapy. He has recently obtained his PhD in the field of knee joint rehabilitation following Anterior Cruciate Ligament injury. His main clinical interests lie in the rehabilitation of lower limb and sports injuries. Specialist interests include the Anterior Cruciate Ligament and the use of acupuncture for the treatment of musculoskeletal injuries. Massimo is also a Co-Director of a medical device company specialising in innovative solutions to balance and mobility problems.

Chartered Physiotherapist & Teaching Fellow in Musculoskeletal Physiotherapy

Professor Petri Sillanpää MD PhD

Petri Sillanpää is associate professor of orthopaedic surgery and Consultant Trauma and Orthopaedic Surgeon, Tampere University Hospital, Finland. His clinical interests include sports medicine of the knee, especially patellofemoral surgery. Also Anterior Cruciate Ligament injuries and knee dislocations are his main interests. His research interests are patellofemoral instability, in adults and skeletally immatures, and acute knee injuries in young adults. Randomized controlled trials related to lower limb injuries have been the main research focus recently.

Professor Francis Smith MD

Professor Francis Smith has worked in Aberdeen since 1979 as a Consultant Radiologist. He is one of the first to apply Magnetic Resonance Imaging to clinical medicine and was responsible for starting the first diagnostic MRI service in the world at Aberdeen Royal Infirmary in September 1980. He currently specialises in Musculo-skeletal Radiology. He holds a personal chair in Radiology at the University of Aberdeen and one in Health and Sports Science at the Robert Gordon University. He has his own Sports Medicine Clinic and consults for a number of professional and semi-professional Football Clubs in Scotland.

2011 CSEM-DJO EDUCATION EVENTS

For your diary, dates and topics of 2011 forthcoming CSEM-DJO Education meetings to be run by Professor Maffulli at Chandos House, RSM, London are:

- | | |
|-----------------|--|
| 18/03/11 | 1. Head and Neck and 2. Immunology of exercise |
| 17/06/11 | 1. Upper Limb Sports Medicine and 2. Exercise Prescription |
| 23/09/11 | 1. Foot and Ankle and 2. Core Stability |
| 09/12/11 | 1. Sports Medicine of Special Groups including Children, Women, Older athletes and Paralympians |

DELEGATE BOOKING FORM

10 December 2010 Meeting

1. Anti Doping Issues 2. Knee Injuries

(6 hours CPD approved by The Royal College of Surgeons of Edinburgh)
Chandos House, The Royal Society of Medicine, London, UK

PERSONAL INFORMATION

Full Name: (please print clearly) _____ Title: _____

Profession: _____

Email Address: (please print clearly) _____

Contact Address: _____

Town: _____ County: _____

Post Code: _____ Country: _____

Telephone (work): _____ Mobile: _____

DELEGATE FEE

The delegate fee for this meeting is £150. This fee includes the cost of all meeting documents, attendance certificate with CPD accreditation, morning and afternoon refreshments and lunch. A memory stick with meeting presentations will be sent to all attendees following the meeting.

Please make your cheque payable to "SEMS Education 2012" and send your full fee and completed booking form to:
SEMS Education 2012, c/o Barry Hill, 33 Broomhill Road, Goodmayes, Essex, IG3 9SH, UK.

TOTAL FEE ENCLOSED: £ _____

PLEASE NOTE:

1. Delegate contact details will be retained by CSEM-DJO Education and Barry Hill for processing requirements under the Data Protection Act 1998. **These details will not be passed to any third party without your permission.** You can elect not to receive information concerning any future CSEM-DJO Education event by ticking the box below.

I do not want to receive information concerning future CSEM-DJO Education events

2. Limited places are available for this meeting and bookings will be dealt with on a "first come-first served" basis.
3. Your booking is confirmed **only** on receipt of the full meeting fee. This should accompany your completed booking form.
4. A full refund, less a £30 administration fee, will be made if written cancellation is received two weeks prior to the meeting date. No refunds will be made after this time.

DIETARY NEEDS:

Vegetarian:

Vegan:

Nut Allergy

Other: (please specify) _____

GENERAL:

How did you hear about this meeting?

Faculty Email:

Barry Hill Email:

DJO website:

Other: (please specify) _____