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# FINAL PARTICIPANT INFORMATION



## Scheduling and Access Information

**Programme Title:** UPMC 2020 International Sports Medicine Conference, Ireland

**Date:** November 7 and 8 2020

**Location:** Virtual Conference

**Times:** 1 p.m. - 6 p.m. (Ireland) / 8.a.m. - 1 p.m. (Pittsburgh, U.S.)

**Broadcast Access:** [www.sportsmedconf2020.com/live-broadcast-page](http://www.sportsmedconf2020.com/live-broadcast-page)

**Broadcast Page Password:** UPMC2020

**Chairman:** Dr. Freddie H. Fu, MD

**Hosts:** Mr. Patrick Carton, MD, FRCS (Tr and Orth), FFSEM (Convenor and Host - Ireland)  
Dr. Volker Musahl, MD (Host - USA)

# Welcome



The field of sports medicine is constantly evolving and for this reason, there is a continuous need for clinicians to remain informed on the latest approaches to the treatment and management of sports-related injuries. UPMC has a long history of providing sports medicine expertise to athletes around the globe and now it is our honour to bring our 20 years of experience to Ireland.

This inaugural, International Sports Medicine Conference brings together some of the most distinguished sports medicine experts across Europe and the U.S. and presents a terrific opportunity for clinicians to connect virtually and share knowledge and experience in treating and rehabilitating athletes at all levels. Our international faculty, whose expertise spans all areas of sports medicine including orthopaedic surgery, sports physiotherapy, concussion, psychology, and nutrition, will deliver brief presentations followed by a question and answer session.

We look forward to engaging with you at the conference.

## Programme Overview

UPMC Sports Medicine has earned an international reputation for its delivery of world-class sports medicine care and commitment to cutting-edge research. The official sports medicine provider for the Pittsburgh Penguins, Pittsburgh Steelers, and the University of Pittsburgh Panthers, UPMC serves athletes across every demographic – from amateur athletes to professionals at the height of their game.

At this two-day virtual conference, experts from UPMC will be joined by European leaders in the field of sports medicine. Drawing on vast experience working with top tier athletes, these specialists are uniquely qualified to speak to the latest techniques and research in the management of sports injuries.

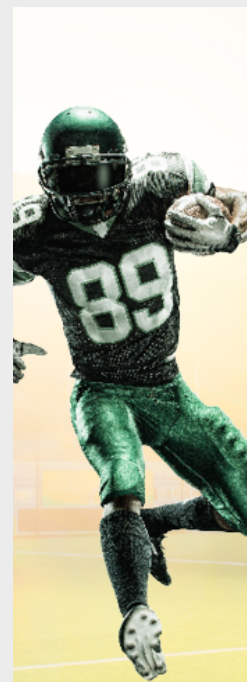
### Key Topics to be Covered:

- ACL reconstruction
- Multi-ligament treatment
- Foot and ankle injuries
- FAI in competitive sport
- Shoulder injuries and treatment options
- Athletic groin and hamstring injuries
- Individualised approach to sport concussion
- Optimising recovery
- Advances in sports physiotherapy

# Learning Objectives

Upon completion of this activity, participants will be able to:

- Discuss consensus on sports rehab and RTP relating to ACL Reconstruction
- Describe causes, treatment and prevention of Patellofemoral dysfunction
- Discuss options for multi-ligament treatment
- Describe potential foot and ankle injuries in athletes
- Explain foot and ankle mechanics
- Discuss management options for management of isolated syndesmotic injuries in athletes
- Describe strategies for pre-season preparation and injury prevention in elite athletes
- Describe strategies for returning to sport during the COVID-19 pandemic
- Describe sports related FAI in the Hip
- Discuss considerations for Hip Capsule Repair
- Describe biomechanical basis and clinical outcomes of rotator cuff repairs in the shoulder
- Explain causes and implication of shoulder instability
- Describe in season shoulder management considerations for a baseball pitcher
- Explain the relevance of an individualized approach to the evaluation and treatment of sports concussion
- Describe advances in concussion care
- Explain the psychological impact of injury in the elite athlete
- Discuss the nutritional needs of the injured elite athlete
- Describe the procedure for imaging of the groin
- Explain and discuss the diagnosis and surgical indications for PLAC injuries in professional athletes
- Describe the imaging of the hamstring
- Discuss hamstring injuries and the implications for return to professional sport
- Describe the surgical management of hamstring injury



## Target Audience

Orthopaedic Surgeons, Physiotherapists, GPs / Primary Care Physicians, Sports Physicians, Sports/Physical Therapists, Athletic Trainers, Other Sports/Healthcare Practitioner

# Programme - Day 1

**Saturday 7th November 2020**

**SESSION START: 13:00**

## **OPENING**

**13:00 - 13:05** Welcome from the UPMC Conference Chairs

Dr. Freddie H. Fu, MD (Chairman), Mr. Patrick Carton, MD, FRCS (Tr and Orth), FFSEM (Convenor and Host - Ireland),  
Dr. Volker Musahl, MD (Host - USA)

## **KNEE**

**13:05 - 13:25** State of the art: ACL reconstruction

**13:26 - 13:45** Update on multi-ligament treatment

**13:46 - 14:04** Consensus on sports rehabilitation and return to sport following ACL reconstruction

**14:05 - 14:20** Graft failure: technical pearls and pitfalls of ACL revision

**14:21 - 14:36** Patellofemoral dysfunction

**14:37 - 14:47** Q&A / discussion

## **CO-MODERATORS: Mr. Patrick Carton**

**Dr. David Filan**

Dr. Freddie H. Fu, MD, USA

Dr. Volker Musahl, MD, USA

Dr. James Irrgang, PT, PhD, ATC, FAPTA, USA

Dr. Fabrizio Margheritini, MD, ITA

Dr. Carola van Eck, MD, PhD, USA

Moderators and faculty

## **FOOT AND ANKLE**

**14:48 - 14:49** Introduction

**14:50 - 15:02** Update on Achilles tendon pathology in sports

**15:03 - 15:20** Foot ankle mechanics: integrating Roman engineering with Fuller's laws of tensegrity

**15:21 - 15:41** Management of isolated syndesmotic injuries in athletes

**15:42 - 16:01** Foot and ankle injuries in athletes

**16:02 - 16:12** Q&A / discussion

## **CO-MODERATORS: Mr. Patrick Carton**

**Dr. David Filan**

Mr. Ian Kelly, MCh, FRCSI, FRCS (Tr & Orth), IRE

Mr. James Moore, MPhty, BSc (Hons) PGDip, MCSP, SRP HCPC, UK

Dr. Pieter D'Hooghe, MD, PhD, QAT

Dr. MaCalus V. Hogan, MD, MBA, USA

Moderators and faculty

# Programme - Day 1

**Saturday 7th November 2020**

**16:13 - 16:15** Short interval

## HIP

**CO-MODERATORS: Dr Michael McClincy**

**Dr. Dualtach MacColgáin**

**16:16 - 16:17** Introduction

**16:18 - 16:33** Sports-related FAI: pathogenesis, sports hip repair  
and clinical outcome

Mr. Patrick Carton,  
MD, FRCS (Tr and Orth), FFSEM, IRE

**16:34 - 16:49** FAI beyond a mechanical issue: the emotional toll of chronic  
hip injury

Mr. David Filan, MSc, IRE

**16:50 - 17:02** The athletic hip capsule: to repair or not repair?

Dr. Srino Bharam, MD, USA

**17:03 - 17:18** Update on conservative v surgical management of FAI in athletes

Prof. Per Hölmich, DMSc, DEN,  
Mr. Lasse Ishøi, PT, MSc, DEN

**17:19 - 17:29** Q&A / discussion

Moderators and faculty

## SPORTS

**CO-MODERATORS: Mr. Patrick Carton**

**Dr. David Filan**

**17:30 - 17:31** Introduction

**17:32 - 17:47** Pre-season preparation for elite football athletes

Dr. Dualtach MacColgáin,  
MICGP, MSc, MBChB, MISCP, IRE

**17:48 - 18:06** Return to sports during the Covid pandemic

Dr. Jeanne Doperak, DO, USA

**18:07 - 18:12** Q&A / discussion

Moderators and faculty

## CLOSE

**18:13 - 18:15** Close from UPMC Committee Chairs

**18:15** Adjourn



# Programme - Day 2

**Sunday 8th November 2020**

**SESSION START: 13:00**

## OPENING

**13:00 - 13:05** Welcome from the UPMC Conference Chairs

Dr. Freddie H. Fu, MD (Chairman), Mr. Patrick Carton, MD, FRCS (Tr and Orth), FFSEM (Convenor and Host - Ireland), Dr. Volker Musahl, MD (Host - USA)

## SHOULDER

**CO-MODERATORS: Dr. Albert Lin**

**Mr. Patrick Carton**

**13:05 - 13:21** Biomechanical basis and clinical outcome of single vs double row rotator cuff repairs

Dr. Albert Lin, MD, USA

**13:22 - 13:41** Evaluation and treatment of the anteriorly unstable shoulder with glenoid bone loss

Dr. Bryson Lesniak, MD, USA

**13:42 - 14:01** In-season management of the baseball pitcher

Mr. Joe Rauch, DPT, SCS, ATC, USA

**14:02 - 14:12** Q&A / discussion

Moderators and faculty

## CONCUSSION

**CO-MODERATORS: Dr. Michael Collins**

**Mr. Patrick Carton**

**14:13 - 14:14** Introduction

**14:15 - 14:30** Moving toward an individualised approach to the evaluation and treatment of sport concussion: a clinical profile model of care

Dr. Michael Collins, PhD, USA

**14:31 - 14:46** Advances in concussion care: the evidence behind clinical profiles and timely active treatments

Dr. Anthony Kontos, PhD, USA

**14:47 - 14:57** Q&A / discussion

Moderators and faculty

## RECOVERY

**CO-MODERATORS: Mr. Patrick Carton**

**Dr. David Filan**

**14:58 - 14:59** Introduction

**15:00 - 15:15** The importance of nutrition in the recovery from injury and RTP

Ms. Maeve Gacquin, BSc (Human Nutrition & Dietetics), MINDI, IRE

**15:16 - 15:36** The psychology of chronic athletic injury

Dr. Cíara Losty, DHSci, IRE

**15:37 - 15:47** Q&A / discussion

Moderators and faculty

**15:48 - 15:50** Short interval

# Programme - Day 2

**Sunday 8th November 2020**

## **GROIN**

**15:51 - 15:52** Introduction

**15:53 - 16:04** Imaging of the groin

**16:05 - 16:21** Diagnosis and surgical indications for adductor complex (PLAC) injuries in professional athletes

UK

**16:22 - 16:37** Minimal groin repair – 18,000 cases later

**16:38 - 16:48** Q&A / discussion

**CO-MODERATORS: Prof. Rowena Johnson**

**Mr. Patrick Carton**

Prof. Rowena Johnson, MB ChB, FRCR, UK

Prof. Ernest Schilders, FRCS, FFSEM (UK),

Dr. Ulrike Muschaweck, MD, PhD, FACS, GER

Moderators and faculty

## **HAMSTRING**

**16:49 - 16:50** Introduction

**16:51 - 17:03** Imaging of the hamstring

**17:04 - 17:19** Hamstring injury and return to play in a professional sports setting

**17:20 - 17:35** Surgical management of hamstring injury

**17:36 - 17:46** Q&A / discussion

Prof. Rowena Johnson, MB ChB, FRCR, UK

Dr. Stijn Indeherberge, MD, BEL

Dr. Jordi Puigdellivol, MD, ESP

Moderators and faculty

## **CLOSE**

**17:47 - 17:55** Close from UPMC Committee Chairs

**17:55** Adjourn



## Faculty Disclosures

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All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

Freddie Fu, MD	Unpaid Consultant	Smith + Nephew
Srino Bharam, MD	Consultant	Smith + Nephew
Volker Musahl, MD	Consultant	Smith + Nephew
Volker Musahl, MD	Grant/Research Support (Fellowship Educational Grant)	Smith + Nephew
Volker Musahl, MD	Grant/Research Support (Fellowship Educational Grant)	Arthrex
Albert Lin, MD	Consultant	Arthrex
Albert Lin, MD	Consultant	Wright Medical/Tornier
Michael Collins, PhD	Stockholder	Prior Shareholder of ImPACT Applications, Inc. (relationship ended 12/16/19)
Anthony Kontos, PhD	Grant/Research Support	CDC (Centers for Disease Control and Prevention)
Anthony Kontos, PhD	Grant/Research Support	US Department of Defense
Anthony Kontos, PhD	Grant/Research Support	NIH/NIMH
Anthony Kontos, PhD	Grant/Research Support	NFL
Anthony Kontos, PhD	Grant/Research Support	Noll Foundation
Anthony Kontos, PhD	Grant/Research Support	USAMR
Anthony Kontos, PhD	Book Royalties	APA Books
Ernest Schilders, MD	Stockholder	Fortius Clinic, UK

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.



# General Information

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## 1. Accreditation and designation statements

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 9.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other Healthcare Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

## 2. The Americans with Disabilities Act information Participation

by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance

## Claiming CME Credits and Certificates of Participation

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### How to receive your continuing education credit?

<https://cce.upmc.com/2020-international-sports-medicine>

This activity is approved for AMA PRA Category 1 Credit™. Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity. To receive credit, you will be required to login, complete the course evaluation and claim credit within 14 days of the activity. If you are a new user, click "Register" to create a new account. The activity will be added to your Pending Activities and accessible on the first day of the activity. Upon completion, certificates will be available to download and stored for future reference in your Completed Activities.

### How to receive your official certificate?

To receive credit, login to the UPMC Center for Continuing Education in the Health Sciences (CCEHS) continuing education learning portal, <http://cce.upmc.com>. If you are a new user, choose "Register" to create an account. Note, records are matched to users by email address.

- Go to My Account, My Courses
- Choose Pending Activities
- Click on the course title to complete the course evaluation and claim credit

## Secretariat Contact Details

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For further information, contact the conference secretariat:

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# Speaker Profiles

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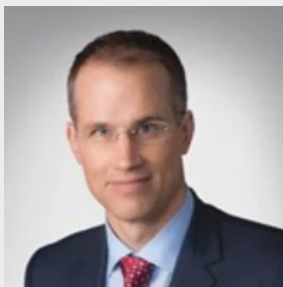
## Knee Session



**Dr. Freddie H. Fu, MD, Orthopaedic Surgeon, USA**

**“State of the art: ACL reconstruction”**

Dr. Freddie Fu is the David Silver Professor of Orthopaedic Surgery and Chairman of the Department of Orthopaedic Surgery at the University of Pittsburgh School of Medicine and University of Pittsburgh Medical Centre. He is the head team physician for the University of Pittsburgh Department of Athletics (since 1986). Dr. Fu’s major research interest lies in anatomic ACL reconstruction, clinical outcomes and bioengineering of sports-related problems. He has pioneered numerous innovative arthroscopic surgical techniques to treat injuries to the knee and shoulder and has performed extensive knee joint research in biomechanics, in vivo kinematics, comparative anatomy and stem cell and regenerative medicine involving the knee. Dr. Fu has been honoured with over 260 professional awards and honours, made over 1,200 national and international presentations, co-authored 173 book chapters, wrote over 675 peer-reviewed articles and edited 30 major orthopaedic textbooks. With more than 61,000 citations he is among the top of all orthopaedic researchers. In 2019, the University of Pittsburgh was named the number one university in the world for ACL research.



**Dr. Volker Musahl, MD, Orthopaedic Surgeon, USA**

**“Update on multi-ligament treatment”**

Dr. Musahl is chief, Division of Sports Medicine, Department of Orthopaedic Surgery, University of Pittsburgh. He is a knee and shoulder surgeon, and an international leader in the field of sports medicine. Dr. Musahl served as principal investigator of an international multicenter study which received a grant from the International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine. He has also successfully attracted external research funding from the United States Department of Defense and the National Institutes of Health. Dr. Musahl studied at the Albert-Ludwigs University in Freiburg, Germany and completed several fellowships in the United States. He is a professor and Blue Cross of Western Pennsylvania chair in orthopaedic surgery for the University of Pittsburgh, and Dr. Musahl also serves as co-head team physician for the varsity football program at the University of Pittsburgh.

# Speaker Profiles

## Knee Session



### **Dr. Fabrizio Margheritini, MD, Consultant Orthopedic Surgeon, ITALY**

#### **"Graft failure: technical pearls and pitfalls of ACL Revision"**

Dr. Fabrizio Margheritini is an orthopedic surgeon internationally recognized for knee surgery and complex knee ligaments reconstruction specifically. Dr. Margheritini completed his orthopedic training at the University of Rome, Italy. In 1997 spent one year working at the Hip and Knee Unit of the Cambridge Lea Hospital (Cambridge, UK) as Clinical Research Fellow, then he joined as a visiting doctor the Sports Medicine Department of the Cleveland Clinic Foundation (Cleveland, USA) in 1999 and Sports Medicine Department of the University of Pittsburgh (Pittsburgh, USA) in 2000. In 2001, he moved back to Pittsburgh where he served as Research Fellow in Sports Medicine at the Department of Orthopaedic Surgery. He practiced as Locum Consultant Orthopaedic Surgeon at the Zayed Military Hospital Abu-Dhabi and as Permanent Consultant at the International Knee and Joint Center Abu-Dhabi and Visiting Surgeon at the Ain Al Khalejja Hospital (UAE). He holds the position of Adjunct Professor at the Department of Health Science, Unit of Sports Traumatology, University of Rome "Foro Italico" (Italy) since 2016.



### **Dr. Carola van Eck, MD, PhD, Orthopaedic Surgeon, USA**

#### **"Patellofemoral dysfunction"**

Dr. Carola F. van Eck was born and raised in the Netherlands and earned her medical degree from the University of Amsterdam. She joined Prof. Dr. Freddie H. Fu and his research team at the University of Pittsburgh as a post-doctoral research associate. Her research efforts resulted in a PhD degree under Prof. Dr. C. Niek van Dijk and Prof. Dr. Freddie H. Fu. She stayed at the University of Pittsburgh for her orthopaedic residency training, which she successfully completed and subsequently did a Sports Medicine Fellowship at the prestigious Kerlan-Jobe Orthopaedic Clinic in Los Angeles, California under the direction of Dr. Neal ElAttrache. Currently, she holds a position as Assistant Professor Orthopaedic Surgery, School of Medicine, University of Pittsburgh, Department of Orthopaedic Surgery as well as Assistant Professor of Sports Medicine and Nutrition, School of Health and Rehabilitation Sciences, University of Pittsburgh, Department of Sports Medicine and Nutrition. She is board certified in Orthopaedic Surgery by the American Board of Orthopaedic Surgery (ABOS). She specializes in the treatment of athletes of all levels and ages, arthroscopic surgery for the shoulder, elbow, hip and knee, as well as shoulder arthroplasty, biologics, joint preservation and cartilage procedures.

She has served on the medical team for Elizabeth Forward High School Football, Deer Lakes High School Football, the Pittsburgh Penguins, the Los Angeles Rams, the Los Angeles Dodgers, the Oakland Athletics, the Los Angeles Kings, the Anaheim Ducks, Fullerton College Football, West Los Angeles College Football, Loyola Marymount University Athletics, Banning High School Football, and the United States Hockey League (USHL). Currently, she serves as team physician for Robert Morris University with its 16 NCAA division I sports teams, as well as for the Pittsburgh Passion professional women's football team.

# Speaker Profiles

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## Knee Session



**Dr. James Irrgang, PT, PhD, ATC, FAPTA, Physical Therapist, USA**

**“Consensus on sports rehabilitation and return to sport following ACL reconstruction”**

Dr. Irrgang is Professor and Chair of the Department of Physical Therapy. He has secondary appointments in the Department of Orthopedic Surgery as Vice Chair for Clinical Research and in the Clinical and Translational Science Institute. His research interests include development and validation of patient-reported outcome measures as well as clinical research related to the knee and shoulder.

Current active studies include a multicenter randomized clinical trial to determine the effects of graft type (patellar vs. quadriceps tendon) and lateral extra-articular tenodesis for ACL reconstruction on ACL clinical failure, return to sports and patient-reported outcomes; multicenter randomized clinical trial to determine the effects of timing of surgery (early vs. delayed) and post-operative rehabilitation (early vs. delayed) for the treatment of multiple ligament knee injuries on time to return to pre-injury activity; prospective observational study to determine the outcome and factors influencing the effects of exercise therapy for individuals with a full-thickness supraspinatus tear; randomized clinical trial to examine four methods of exercise for treatment of degenerative meniscus tears and review and update of the International Knee Documentation Committee Subjective Knee Form.

His areas of clinical expertise are related to evaluation and treatment of the knee and shoulder. From 2015 to 2019 Dr. Irrgang served as the inaugural Scientific Director of the American Physical Therapy Association's Physical Therapy Outcomes Registry. Dr. Irrgang is a Catherine Worthingham Fellow of the American Physical Therapy Association and in 2020 he received the Carlin-Michels Service Award from the Pennsylvania Physical Therapy Association. He served as President of the Academy of Orthopaedic Physical Therapy from 2007 to 2013 and was presented with the Paris Distinguished Service Award from the Academy in 2015.

# Speaker Profiles

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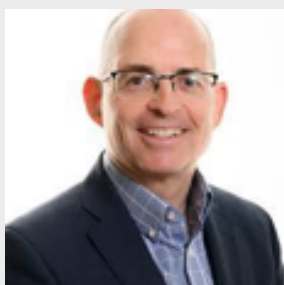
## Foot and Ankle Session



**Dr. MaCalus V. Hogan, MD, MBA, Orthopaedic Surgeon, USA**

**“Foot and ankle injuries in athletes”**

Dr. Hogan is assistant professor in the Department of Orthopaedic Surgery and Bioengineering at UPMC where he also serves as the residency program director. During his foot and ankle fellowship training, Dr. Hogan served as foot and ankle consultant for a number of collegiate and professional sports teams, as well as the New York Ballet Company and American Ballet Theatre. He is currently the director of the Foot and Ankle Injury Research (FAIR) group and co-director of the Musculoskeletal Growth Regeneration Lab. With a passion for research, he has over 100 manuscripts, book chapters and presentations, and presents internationally on his management of foot and ankle injuries, regenerative medicine and clinical outcomes in research. Dr. Hogan serves as a foot and ankle consultant for the athletic departments at the University of Pittsburgh, Carnegie Mellon University, and Duquesne University. He also serves as the assistant team physician for Point Park University and the Conservatory of Performing Arts.



**Mr. Ian Kelly, MCh, FRCSI, FRCS (Tr and Orth), Orthopaedic Surgeon, IRELAND**

**“Update on Achilles tendon pathology in sports”**

Mr. Kelly graduated from University College Dublin in 1990. He trained on the Irish Orthopaedic Training Program, completing his Inter-Collegiate exam 1997. He then travelled to Duke University, North Carolina to perform two specialized Orthopaedic fellowships. The first fellowship was in Hip and Knee Replacement with Dr. Tad Vail and the second fellowship was in Foot and Ankle Surgery under Dr. Jim Nunley. Mr. Kelly was appointed to Waterford Regional Hospital and Kilcreene Orthopaedic Hospitals in 2000 and worked in both institutions until June 2012.



**Dr. Pieter D’Hooghe, MD, PhD, Orthopaedic Surgeon, ASPETAR – Qatar**

**“Management of isolated syndesmotic injuries in athletes”**

Dr. D’Hooghe is a passionate Sports Traumatologist who specialises in the arthroscopic surgery of knee, foot and ankle. He is currently the Chief of Surgery and active Orthopaedic Surgeon at Aspetar Orthopaedic and Sports Medical hospital in Doha, Qatar. As chairman of the ISAKOS Leg, Ankle and Foot Committee, he heads an international group of experts in the field. As Assistant Professor of Orthopaedic Surgery at the Weill Cornell University he is involved in research, education and delivering lectures worldwide. He is the editor of 7 textbooks on Sports injuries and has authorship over 35 book chapters and more than 65 peer-reviewed publications. Prior to working in Aspetar Hospital, Dr. D’Hooghe spent 17 years as the team physician/surgeon of FC Club Bruges in Belgium. Currently he is Orthopaedic Consultant of 4 European Champions League Football Teams.

# Speaker Profiles

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## Foot and Ankle Session



**Mr. James Moore, MPhySt (Manips), MSc Applied Biomech, BSc (Hons), CSCS, Consultant Physiotherapist, UK**

**“Foot ankle mechanics: integrating Roman engineering with Fuller's laws of tensegrity”**

James is one of four Founders of The Centre for Health & Human Performance (CHHP), and holds the position of Clinical Director of Sports & Exercise Medicine. One of the highlights of James' career, to date, was to be awarded the Deputy Chef de Mission Performance Service for Team GB at the Rio2016 Olympic Games. At the Games he was responsible for leading the whole delegation (c.1200 people); providing the over-arching strategy for all science and medicine for all 28 sports; and had an immediate team of 45 staff, with a wider team of some further 60 practitioners. TeamGB had the most successful Olympic Games in their history, reaching second place on the medal table, and being the first previous home nation to do better at the following away Games. He has previously held titles such as Head for Performance for TeamGB and has been instrumental in setting the strategy for the Tokyo Olympic Games; concurrently he was the manager for the Intensive Rehabilitation Unit for the British Olympic Association (BOA), where he led a team of specialists in dealing with complex recalcitrant problems a service available for all 2000 athletes nationwide; Head of Medical at Saracens RFC; Consultant Clinical Lead Physiotherapist for UK Athletics for two Olympic cycles(Beijing & London); Consultant Physiotherapist for the RFU to the England Men's Senior team in preparation for RWC2011; Medical team leader for Gloucester County Cricket Club. James has worked with multiple sports throughout the UK, USA and Australia. He completed his Bachelors at Kings College London in 1996; his Masters in advanced Physiotherapy at University of Queensland in 2000, where he specialized in the neurophysiology of pain science; an MSc in Engineering (Applied Biomechanics) at University of Strathclyde in 2005; and has undertaken further post-graduate qualifications in Strength & Conditioning; motor control of movement(kinetic Control); Pilates; and exercise physiology (ACSM). James is currently enrolled as a PhD candidate at University College London (UCL) & LaTrobe University (Melbourne), where he will look to model the hip joint and assess muscle function in healthy and injured subjects. He currently holds an honorary lecturer's role at UCL.

# Speaker Profiles

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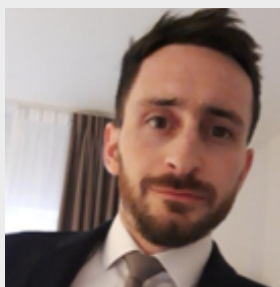
## Hip Session



**Mr. Patrick Carton, MD, FRCS (Tr and Orth), FFSEM, Consultant Orthopaedic Surgeon, IRELAND**

**"Sports-related FAI: pathogenesis, sports hip repair and clinical outcome"**

Mr. Patrick Carton is a Consultant Orthopaedic Surgeon, specialising in sports-related hip, groin, and knee injuries and reconstructive surgery of the hip joint. He is an internationally renowned specialist in preservation hip surgery and to date he has performed more than 3,000 'keyhole' hip arthroscopy procedures for the treatment of labral tears and Femoro-Acetabular Impingement. Mr. Carton has recently been appointed director of orthopaedic sports medicine for UPMC in Ireland. He is an active member of the International Society of Hip Arthroscopy, a fellow of the Faculty of Sports and Exercise Medicine, Royal College of Surgeon Ireland and an honorary fellow of the World Society of Sports and Exercise Medicine. He also serves as an honorary research associate at the Department of Health, Sports and Exercise at Waterford Institute of Technology.



**Mr. David Filan, MSc, Senior Clinical Research Assistant, IRELAND**

**"FAI beyond a mechanical issue: the emotional toll of chronic hip injury"**

David is a senior clinical research assistant based at UPMC Whitfield in Waterford, Ireland. After completing his Masters in Applied Cognitive Neuroscience from Sheffield Hallam University he was involved in research and teaching in an academic capacity. He joined UPMC in 2015 and is based in the Clinical Outcomes Department. His research interest includes hip-related pathology such as femoroacetabular impingement with a particular focus on the evaluation of validated patient-reported outcomes for pre- and post-surgical patients. He has published a number of papers on this topic.



**Dr. Srino Bharam, MD, Orthopaedic Hip and Groin Surgeon, USA**

**"The athletic hip capsule: to repair or not repair?"**

Dr. Bharam is an internationally recognized orthopaedic specialist. He is board certified by the American Board of Orthopaedic Surgery, with subspecialty certification in sports medicine. He has achieved master-level experience in treating the hip, shoulder and knee. Dr. Bharam is a prolific author and investigator, with numerous articles appearing in peer-reviewed journals. Dr. Bharam takes a minimally invasive approach whenever possible, and specializes in advanced arthroscopic treatments. He is Director of Hip Arthroscopy and Orthopaedic Research at Saint Vincent's Hospital, Manhattan and also serves as Master instructor for the Arthroscopy Association of North America, where he has been on the faculty since 2010.



# Speaker Profiles

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## Hip Session



**Prof. Per Hölmich, DMSc, Orthopaedic Surgeon, DENMARK**

**"Update on conservative v surgical management of FAI in athletes"**

Per is a world-renowned orthopaedic surgeon within the field of groin injuries in sports, and arthroscopic knee- and hip surgery. He is the founder of SORC-C, head of the Arthroscopic department at Hvidovre Hospital and a professor at the Institute of Clinical Medicine at University of Copenhagen. His research interests include the prevention of sports injuries, hip arthroscopy, femoroacetabular impingement syndrome, groin injuries, ACL injuries, Meniscus injuries, shoulder - subacromial impingement syndrome. Prof. Hölmich is and has been teaching medical student on a regular basis at both the University of Copenhagen as Professor of Orthopaedic Surgery, as semester lectures, dissection courses and class teaching, as well as practical teaching at Copenhagen University Hospital Hvidovre where he works as chief surgeon. Prof Hölmich has published more than 200+ peer-reviewed articles, making a significant contribution to the field of orthopaedics and sports medicine.



**Mr. Lasse Ishøi, PT, MSc, Physiotherapist, DENMARK**

**"Update on conservative v surgical management of FAI in athletes"**

Lasse is a researcher and physiotherapist with a keen interest in sports medicine and sports science. He is a member of the Sports Orthopaedic Research Centre - Copenhagen (SORC-C) where he is currently appointed as a PhD candidate focusing on improving the diagnostic process and treatment of patients with femoroacetabular impingement syndrome as well as evaluating return to sport following hip arthroscopy. He is also involved in projects evaluating hamstring muscle function in relation to sprint performance in football players. He regularly presents his institutional results internationally and has published a number of studies in high ranking peer-review journals on these topics.



# Speaker Profiles

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## Sports Session



**Dr. Dualtach MacColgáin, MICGP, MSc, MBChB, MISC, Sports Medicine Doctor, IRELAND**  
**"Pre-season preparation for elite football athletes"**

Dr. MacColgáin is a graduate of the University of Glasgow, having previously obtained an honours degree in Physiotherapy from University College Dublin. He holds a Masters in Sports and Exercise Medicine from Trinity College Dublin and is a vocationally trained GP. He is team doctor to the Meath Senior Football Team and has worked in multiple sporting disciplines at elite level, including soccer, rugby and women's field hockey. His special interest is in the assessment and management of musculoskeletal injuries and pitch-side care of athletes. Dr. MacColgáin is a former international sailor and has competed for Ireland at both World and European Championship level. He has also coached an unbeaten, Irish National Championship winning rowing team.



**Dr. Jeanne Doperak, DO, Primary Care Sports Medicine Physician, USA**  
**"Return to sport during the Covid pandemic"**

Dr. Doperak is a member of the UPMC Sports Medicine faculty and an assistant professor with the University of Pittsburgh Department of Orthopaedics. She is the team physician for the University of Pittsburgh, St. Vincent College and Pitt Greensburg. Dr. Doperak is an assistant team physician for the Pittsburgh Steelers. She has an interest in mind body wellness and has a vested interest in the mental health programs at all of her schools. Dr. Doperak can provide enlightening commentary on issues affecting athletes of all ages and ability levels, such as the urgency of properly identifying injury in the youth athlete, heat illness, the effects of air quality on athletic performance, and injuries in general.

# Speaker Profiles

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## Shoulder Session



**Dr. Albert Lin, MD, Associate Professor Orthopaedic Surgery UPMC, USA**

**“Biomechanical basis and clinical outcomes of single versus double row rotator cuff repairs”**

Albert Lin, MD, is the Associate Chief of Sports Medicine, Co-Director of the Pittsburgh Shoulder Institute, and Associate Professor of Orthopaedic Surgery at UPMC. He is a graduate of Harvard Medical School. He completed his residency in Orthopaedic surgery at the Harvard Combined Orthopaedic Residency Program, as well as fellowships in sports medicine at UPMC, and shoulder surgery at Harvard University. Dr. Lin is an active committee member of the American Shoulder and Elbow Surgeons (ASES), American Academy of Orthopaedic Surgeons (AAOS), and the American Orthopaedic Society for Sports Medicine (AOSSM). He is also a member of the AAOS Appropriate Use Criteria Committee for rotator cuff tears and the American Orthopaedic Association (AOA) Fellowship Education Coalition Committee. He currently serves on the editorial review board of Knee Surgery, Sports Traumatology and Arthroscopy and has served as an editor for Operative Techniques in Orthopaedics. Dr. Lin has published more than 150 articles, abstracts, and book chapters, and regularly presents his research at international, national, and local meetings. He is the Associate Program Director for the UPMC Sports Medicine Fellowship and is actively involved in residency and fellowship education. Within UPMC, he serves on the Surgical Services Oversight Committee of UPMC East/McKeesport, Patient Education Governance Committee as well as the Professional Development Subcommittee of the GMEC. He is the head Orthopaedic team physician for Duquesne University and the head team physician for Pittsburgh Central Catholic High School. Dr. Lin specializes in the care of athletes and shoulder conditions, and has extensive experience in arthroscopy, arthroplasty, and complex reconstructive and open surgery of the shoulder as well as knee arthroscopy. His research interests are in the areas of shoulder instability, rotator cuff pathology, and shoulder arthroplasty.



**Dr. Bryson Lesniak, MD, Associate Professor Orthopaedic Surgery UPMC, USA**

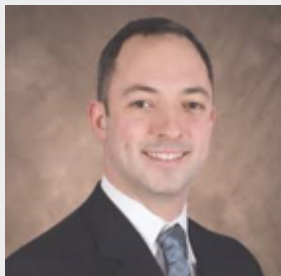
**“Evaluation and treatment of the anteriorly unstable shoulder with glenoid bone loss”**

Dr. Lesniak is a UPMC orthopaedic surgeon and team physician for the University of Pittsburgh, including men's basketball and men's and women's soccer teams. He also serves as the head team physician for Carnegie Mellon University athletics. Dr. Lesniak is an associate professor in the Department of Orthopaedic Surgery at the Pitt School of Medicine. He previously practiced and taught at the University of Miami, where he served as the team physician for the Miami Marlins professional baseball franchise and the University of Miami athletics. He has additionally served as a traveling physician for U.S. Soccer developmental teams. Dr. Lesniak's primary clinical and research interests include sports related injuries of the shoulder and knee, including shoulder instability, rotator cuff injury and complex knee cartilage and ligamentous injuries. He is an author of over 50 peer-reviewed manuscripts, numerous book chapters, textbook, and co-editor of the journal Operative Techniques in Orthopaedics.

# Speaker Profiles

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## Shoulder Session



**Mr. Joe Rauch, DPT, SCS, ATC, Major League Baseball Physical Therapist, USA**

**"In-season management of the baseball pitcher"**

Joe Rauch is a Major League Baseball Physical Therapist with the Philadelphia Phillies. He joined the Phillies organization in January of 2015 as Minor League Athletic Training and Rehabilitation Coordinator, a position he held for the last 5 seasons before being promoted to the Major League team in Philadelphia in 2020. Prior to being hired, Joe worked for NovaCare Rehabilitation in the Philadelphia market and was the physical therapist for LaSalle University Athletics. He spent the previous 5 years at the University of Cincinnati, most recently as the Head Athletic Trainer for the Athletics Department and Coordinator of Rehabilitation for the Bearcats Football, Basketball and Baseball teams. Joe is a Board-Certified Clinical Specialist in Sports Physical Therapy.

## Concussion Session



**Dr. Michael Collins, PhD, Director UPMC Sports medicine Concussion Programme, USA**

**"Moving toward an individualised approach to the evaluation and treatment of sport concussion: a clinical profile model of care"**

Michael "Micky" Collins, Ph.D., is an internationally renowned expert in sports-related concussion. Established in 2000, the UPMC Sports Medicine Concussion Program is the first and largest research and clinical program focused on the diagnosis, evaluation and management of sports-related mild traumatic brain injury in athletes of all levels. Dr. Collins' expertise attracts many elite and professional athletes from around the world to seek his comprehensive care. On a daily basis, Dr. Collins and his colleagues at the UPMC clinic see dozens of high school and college athletes with concerns about safe return to play following concussion and treatment/rehabilitation of the injury. In addition to his extensive clinical experience, Dr. Collins has been a lead author on several major ground breaking studies and an author on more than 150 peer-reviewed research articles for other prestigious medical journals. He is a frequently invited presenter at international and national scientific meetings on brain injury in sports, and is often interviewed by local and national news media as an expert source. Dr. Collins has been instrumental in the development of numerous concussion management programs nationwide. He is an advisor to numerous athletic organizations as well as a concussion consultant for national and international sports organizations and teams. A graduate of the University of Southern Maine with a bachelor's degree in psychology and biology, Dr. Collins earned a master's degree in psychology and doctorate degree in clinical psychology at Michigan State University.

# Speaker Profiles

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## Concussion Session



**Dr. Anthony Kontos, PhD, Assistant Director of Research UPMC, USA**

**“Advances in concussion care: the evidence behind clinical profiles and timely active treatments”**

Dr. Anthony P. Kontos is Research Director for the UPMC Sports Medicine Concussion Program and Professor in the Departments of Orthopaedic Surgery and Sports Medicine and Rehabilitation at the University of Pittsburgh. He has specialized in concussion research for 16 years and has 322 professional publications and 323 professional presentations. His research is funded by the Centers for Disease Control and Prevention, Department of Defense, National Institutes of Health, and National Football League and focuses on risk factors; neurocognitive/neuromotor effects; psychological issues; active, precision treatments; and concussion in military, pediatric, and sport populations. Dr. Kontos is a fellow and past-president of the Society for Sport, Exercise and Performance Psychology, and a fellow of the National Academy of Kinesiology, Association for Applied Sport Psychology, and Eastern Psychological Association. He is also the lead co-author (with Dr. Collins) of Concussion: A Clinical Profile Based Approach to Assessment and Treatment.

## Recovery Session



**Dr. Cíara Losty, DHSci, Sports Psychologist, IRELAND**

**“The psychology of chronic athletic injury”**

Dr. Cíara Losty is a lecturer in applied sport and exercise psychology in Waterford Institute of Technology and course leader for the MSc in Applied Sport and Exercise Psychology programme. Cíara is accredited as a Professional Member by Irish Institute of Sport Professional Quality Assurance Committee in the area of sport psychology delivery. Cíara was part of team Ireland sport science and medical team for the London 2012 Olympic games. She served as Team Ireland's holding camp sport psychology support at the London Olympic Games - a role which involved working across all sports with athletes, coaches and team managers. Cíara currently works with a range of Olympic athletes in preparation for Tokyo 2021. Currently Cíara works with modern pentathlon, track and field, jump and flat jockeys and various Gaelic athletic association senior teams. Cíara is the current sport psychology service provide for the jockey pathway.

# Speaker Profiles

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## Recovery Session



**Ms. Maeve Gacquin, BSc (Human Nutrition and Dietetics), MINDI, Dietician, IRELAND**

**“The importance of nutrition in the recovery from injury and RTP”**

From Galway, Ireland, Maeve graduated from the University of Ulster in 1998 with a Bachelor of Science Honors Degree in Human Nutrition and Dietetics. She is a member of the Irish Nutrition and Dietetic Institute, the professional body for qualified dietitians in Ireland. She is also a member of CORU – The health regulator for health professionals in Ireland. Maeve specializes in nutritional management in gastroenterology, Type 1 diabetes, oncology, critical care and in sports performance. Maeve has worked as a senior dietitian in the UK and Ireland for the last 22 years including Glangwilli Hospital Wales, 10 years in St Vincent's University Hospital Dublin, and the last ten years in the Galway Clinic private hospital. She also works on nutrition projects focused on the management of malnutrition in vulnerable groups in developing countries, specifically Zambia and Malawi (2010 to present) with the multidisciplinary medical group, Immunization for Life. She has worked with a number of elite Irish Athletes including Irish senior men's handball champion, Martin Mulkerrins; Irish flyweight boxing champion, Adam Hession; and elite field sport teams (GAA), the Galway senior hurlers 2016 – 2019; Corofin senior football club 2017 – 2020; Doon senior hurling club 2020 among other local triathletes, open water swimmers, and long distance runners. She currently runs a busy private practice in Galway City, providing nutrition management to inpatients in the Galway Clinic, intensive care, surgical, oncology, and palliative units. Her love of sport – and in particular the GAA (Irish field sport) – keeps her busy in the area of sports nutrition, helping local and intercounty teams to improve body composition and sports performance.

## Groin Session and Hamstring Session



**Prof. Rowena Johnson, MB ChB, FRCR, Consultant Radiologist, Oxford University Hospitals, UK**

**“Imaging of the groin” and “Imaging of the hamstring”**

Prof. Rowena Johnson is a Consultant Musculoskeletal Radiologist at the Nuffield Orthopaedic Centre, Oxford University Hospitals, and at the Fortius Clinic in London, which is a FIFA accredited medical centre of excellence. She is a Professor of Sports Medicine Imaging at the Carnegie School of Sport. She teaches medicine at The Queen's College, University of Oxford, with a focus on anatomy. She is an expert in sports imaging, and her regular practice includes elite professional sports players across multiple disciplines including football, rugby and cricket. She has developed novel ultrasound guided diagnostic procedures which have enhanced the assessment of complex groin injuries. She provides specialist musculoskeletal radiology in Oxford, with further expertise in bone and soft tissue sarcoma, peripheral nerve injuries and complex spine imaging. Prof. Johnson has worked as Clinical Editor for the British Medical Journal. She is the lead of iRefer, the Royal College of Radiologists' flagship publication, which is the internationally recognised guide to ensure that patients have the most accurate investigation or intervention.

# Speaker Profiles

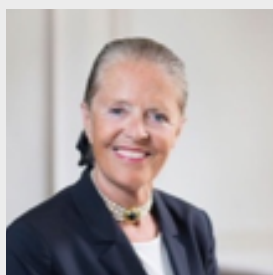
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## Groin Session



**Prof. Ernest Schilders, FRCS, FFSEM (UK), Consultant Orthopaedic Hip and Groin Surgeon, FORTIUS Clinic FIFA medical center of excellence, London, Leeds Beckett University, UK**  
**“Diagnosis and surgical indications for adductor complex (PLAC) injuries in professional athletes”**

Professor Ernest Schilders is a specialist in minimally-invasive hip surgery and has a unique professional portfolio combining expertise in hamstring problems, inguinal-related, adductor-related groin pain and hip arthroscopy. Professor Schilders has treated footballers from all the Barclays Premier League football clubs and Champions league clubs from all the other major European Leagues. He treats professional sports players across multiple other disciplines, including cricket and rugby. Professor Schilders is the UK's leading expert in adductor problems in athletes. He has particular expertise in the treatment of femoro-acetabular impingement and unparalleled experience in arthroscopic labral repairs and labral grafting of the hip, having performed in excess of 3,500 procedures. He was the first UK-based author to publish a large study regarding femoro-acetabular impingement. Since 2015 he has held the post of Professor in Orthopaedic Sports Medicine in the School of Sport at Leeds Beckett University. He is an expert in anatomy of the groin, and one of his key discoveries was the existence of the pyramidalis-anterior pubic ligament-adductor longus complex (PLAC), a concept which has revolutionised the understanding of groin pain in athletes. Professor Schilders has undertaken numerous studies on adductor problems in athletes, researching and designing the state of the art MRI protocol for adductor injuries, conservative management and minimally-invasive surgical treatment. He has pioneered surgical techniques for adductor and PLAC injuries to allow a faster return to play, and protect from recurrent injuries. Professor Schilders is an internationally recognised expert who treats patients from all over the world, and is sought after as an opinion for complex hip and groin problems, as well as hip preservation.



**Dr. Ulrike Muschaweck, MD, PhD, FACS, Consultant Groin Surgeon, GERMANY**  
**“Minimal Groin Repair – 18,000 cases later”**

Dr. Muschaweck is the surgical chief and founder at the Hernia Centre Dr. Muschaweck Munich, the largest European centre that exclusively specialised in hernias of the abdominal wall and groin region. Dr. Muschaweck has developed new hernia repair techniques which have revolutionised patient care including the “Munich Repair” treating umbilical hernias and the “Minimal Repair” especially developed for sportsman's groin of athletes. Optimising her skills she meanwhile calls an endless number of top athletes from all over the world her patients, all successfully treated within short time and permitting them to take up their training again within a few days. In total, more than 27,000 patients were successfully operated from 1993 until today at a yearly rate of more than 1,000 surgeries.

# Speaker Profiles

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## Hamstring Session



**Dr. Stijn Indeherberge, MD, Sports Medicine Doctor, BELGIUM**

**"Hamstring injury and return to play in a professional sports setting"**

Dr. Indeherberge is an experienced sports medicine doctor. From 2006-2017 he was Chief Medical Officer and team doctor first team KRC-Genk (Belgium) followed by team doctor first team PSV-Eindhoven (Netherlands). He is currently a medical committee board member for Belgian football federation as well as board member BFDA (Belgian Football Doctor and Associates) and coordinating doctor for the Belgian Proleague. His specialist interests include sports medical diagnostics and guidance for athletes who want to optimise their performance on a scientific basis. His service to provide recognised sports medical examinations is aimed at both amateur and professional athletes in the most diverse disciplines. Additional areas of interest include shockwave therapy, PRP-treatments, MSK ultrasound and ultrasound guided infiltrations.



**Dr. Jordi Puigdellivol, MD, Orthopaedic Surgeon, SPAIN**

**"Surgical management of hamstring injury"**

Dr. Puigdellivol is a renowned specialist in Traumatology with more than 25 years of experience. He is an expert in professional and amateur sports injuries related to the knee, shoulder and ankle, with extensive experience in the management of muscle and tendon injuries. His treatment of sports related injuries is based on the accelerated and functional recovery of injuries within high level and professional sports. He joined FC Barcelona medical services in 1995 and remains in charge of Sports Traumatology in the professional sections of FC Barcelona.