



**SPECIALIST
SPORTS MEDICINE
CENTRE**

Monday 7 November 2011

Active Learning Module - Chronic Conditions in Sport

An interactive, clinically-oriented Activity Learning Module dedicated to the multidisciplinary approach of managing chronic musculoskeletal and medical conditions in sport and exercise - typical presentations, underlying pathology, clinical assessment, physical examination, principles of rehabilitation and commonly used and emerging medical interventions.

6:15 – 6:30pm

WELCOME AND REGISTRATION

- Food & drinks

6:30 – 9:00pm

POWER POINT & SMALL GROUP WORKSHOPS – 20mins each

Orthopaedics

- Dr Anthony Leong – Knee chondral lesions & Autologous Chondrocyte Implants
- Dr John Trantalis – Chronic conditions of the shoulder and elbow
- Dr Martin Sullivan – Chronic Ankle Instability in Sports & Exercise

Paediatric Rheumatology & Sports Medicine

- Dr Damien McKay – Chronic sports Injuries in children

Sport & Exercise Medicine

- Dr George Pitsis - Chronic tendinopathies & nitrate patches, US guided cortisone, Prolotherapy, PRP, Autologous Tenocyte, and Stem cell injections
- Osteoarthritis and Hyaluronic Acid injections
- *interactive ultrasound guided injections*

Performance Psychology

- Dr Michael Martin – chronic pain management
- *interactive psychological chronic pain profiling*

9:00 – 9:30pm

QUESTION & ANSWER TIME – Expert Panel

Specialist Sports Medicine Centre ABN 92 991 226 442

3 / 545 – 549 Kingsway Miranda 2228

T 02 9525 3444 F 02 9525 3999 E admin@specialistsportsmed.com.au W specialistsportsmed.com.au



**SPECIALIST
SPORTS MEDICINE
CENTRE**

Monday 21 November 2011

Active Learning Module - Chronic Conditions in Sport

An interactive, clinically-oriented Activity Learning Module dedicated to the multidisciplinary approach of managing chronic musculoskeletal and medical conditions in sport and exercise - typical presentations, underlying pathology, clinical assessment, physical examination, principles of rehabilitation and commonly used and emerging medical interventions.

6:15 – 6:30pm

WELCOME AND REGISTRATION

6:30 – 9:00pm

SMALL GROUP WORKSHOPS – 30mins each

Podiatry

- Phil Perry - Principles of biomechanical assessment
- Principles of foot orthotic therapy for lower limb pathology
- *interactive Video Gait Analysis*

Exercise Physiology

- Brent Collier – chronic pain management & complex chronic conditions
- *Interactive biomechanical assessment*

Chiropractic

- Dr Andrea Cooze – migraine, tension-type, headaches, cervicogenic & others
- *interactive physical examination*

Sports & Clinical Nutrition

- Dr Helen O'Connor – Hot Topics in Sports Nutrition
- *interactive questionnaire, BMI, assessment*

Physiotherapy

- Examination and rehabilitation of tendinopathies, ECSWT
- *interactive examination techniques & rehabilitation protocols*

9:00 – 9:30pm

QUESTION & ANSWER TIME – Expert Panel

Specialist Sports Medicine Centre ABN 92 991 226 442

3 / 545 – 549 Kingsway Miranda 2228

T 02 9525 3444 F 02 9525 3999 E admin@specialistsportsmed.com.au W specialistsportsmed.com.au