

## “From Pain To Performance 2010”™

### PROGRAMME

#### MORNING

8.30 – 9.15	REGISTRATION
9.15 – 9.30	Welcome & Introduction to the Conference PROFESSOR GRAHAM N. SMITH
9.30 – 10.15	Not All That is New is Better: A Cynical View to Double Bundle Anterior Cruciate Ligament Reconstruction PROFESSOR NICOLA MAFFULLI
10.15 – 11.00	ACL Rehabilitation in the 'Real' World of Professional Soccer DAVE FEVRE
11.00 – 11.30	COFFEE & TRADE EXHIBITION
11.30 – 12.15	Return to Sports After ACL Reconstruction and the Incidence of Subsequent Injury DR SCOTT URCH
12.15 – 1.00	ACL Injuries: The Evolution of the Prevention Concept HOLLY SILVERS
1.00 – 2.15	LUNCH & TRADE EXHIBITION

#### AFTERNOON

2.15 – 3.45	'Golden Nuggets'
2.15 – 2.20	Introduction to Session PROFESSOR GRAHAM N. SMITH
2.20 – 2.40	Patellar Tendinopathy: More Than Catches The Eye PROFESSOR NICOLA MAFFULLI
2.40 – 3.00	Changing the Tools of Rehabilitation DAVE FEVRE
3.00 – 3.20	ACL Rehabilitation: What Matters Most DR SCOTT URCH
3.20 – 3.40	Articular Cartilage: Repair and Rehabilitation Techniques HOLLY SILVERS
3.40 – 3.45	Summation PROFESSOR GRAHAM N. SMITH
3.45 – 4.15	TEA & TRADE EXHIBITION
4.15 – 5.00	Returning to Play: A Rugby Union Perspective KEN MacEWEN
5.00 – 5.30	Panel Discussion DAVE FEVRE PROFESSOR NICOLA MAFFULLI DR SCOTT URCH

KEN MacEWEN  
HOLLY SILVERS  
PROFESSOR GRAHAM N. SMITH

## “From Pain To Performance 2010”™

### SPEAKERS

The aim of this year's Knee Symposium is to address current and contemporary issues in the prevention, treatment, management and rehabilitation of knee problems in a sport and exercise context. Our internationally renowned speakers are all recognised experts in their specific area of expertise and all work at the “cutting edge” of evidence based orthopaedic and musculoskeletal medicine. The speakers will also disseminate what they perceive as being their “key message and priorities” within their area of knee injury management, in a session entitled 'Golden Nuggets.' The programme will also allow delegates to question and challenge the topics covered and to be a part of an innovative and exciting conference.

#### David Fevre MSc MCSP

David Fevre is currently the **Senior Chartered Physiotherapist for Blackburn Rovers FC**, having been in post since July 1999. He was previously Chartered Physiotherapist for Wales (2002-2005), Manchester United FC (1994-1999), Great Britain Rugby League (1990-1994), Wigan RL (1989-1994) and Leigh RL (1984-1989). After qualifying in 1982, he worked in the NHS and within a number of Sports Injury Clinics based within the private hospital sector, prior to these full-time posts in elite sport. He lectures extensively internationally and in the UK on subjects related to sports injury rehabilitation and isokinetics. He has had articles published in several rehabilitation related journals and is the author of the book 'Collision Sports Injury and Repair'. He is also an Honorary Lecturer at Salford University, Manchester.

#### Ken MacEwen

Ken MacEwen is **National Fitness Coordinator for the Scottish Rugby Union**. Ken, who is a former Scottish international hurdler, began his working career as a PE teacher where he stayed for over 20 years. During that time he coached rugby, athletics, basketball, rowing and alpine-skiing. Ken spent seven years as Head Strength & Conditioning Coach with Edinburgh Rugby Pro Team from 1998-2005. For four years from 1997-2001 he combined his job at Edinburgh with the role of Scotland Team Fitness Coach and was able to share in a piece of Scottish history as they won the last ever Five Nations Trophy in 1999. In 2005 Ken took up the post of National Fitness Coordinator for the Scottish Rugby Union. He currently leads and manages 12 full-time and 25 part-time Strength and Conditioning Coaches and one Sports Nutritionist.

#### Professor Nicola Maffulli MD MS PhD FRCS(Orth)

Nicola Maffulli is **Centre Lead and Professor of Sport & Exercise Medicine and Consultant Trauma and Orthopaedic Surgeon, Mile End Hospital**. Originally a free-style Olympic wrestler, his sporting endeavours have included middle distance running, judo and sambo wrestling. 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. Nicola Maffulli is also Professor of Trauma and Orthopaedic Surgery at Keele University School of Medicine. 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 randomised controlled trials in trauma and orthopaedics, and tissue engineering of tendons.

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### SPEAKERS (continued)

#### Holly Silvers MPT

Holly Silvers is **Director of Research, Santa Monica Orthopaedic and Sports Medicine Research Foundation**, with a primary focus on ACL Prevention, Articular Cartilage injury prevention and rehabilitation, sports hernia prevention and head injury prevention in athletes. Holly graduated from Western University of Health Sciences (Masters Degree of Physical Therapy) and Rutgers University (BS: Biological Sciences and Communications). She is a member of the United States Soccer Federations Men's and Women's National Medical Team, a member of FIFA's F-Marc Medical Research Committee, and the International Cartilage Research Society's Rehabilitation Committee. She is also the director of rehabilitation for Major League Soccer's Chivas USA and the Los Angeles Galaxy. Holly also sits on the editorial board of the British Journal of Sports Medicine and has published several peer reviewed articles including the prevention of ACL injury and ACL epidemiology.

#### Dr. Scott E. Urch, MD

Dr Scott Urch is **based at the world famous Shelbourne Knee Center**. After graduating with a BA degree from the University of Virginia, Dr Urch played professional football (American) before heading for Temple University, Philadelphia, PA. where he completed his medical degree. He then returned to the University of Virginia to complete residency training. He joined the Shelbourne Knee Center at Methodist Hospital in September 2006 following 7 years in a sports medicine practice in Virginia. Dr. Urch did his post-graduate fellowship under the direction of Dr. Shelbourne and was a co-investigator for the research on contralateral ACL reconstruction. Dr. Urch has dedicated his practice solely to knee care including surgery and non-operative knee rehabilitation. He is currently involved with 6 ongoing research studies and has recently published several articles. He is the team orthopaedist for Wabash College and is an orthopaedic consultant for local area high schools.

#### Professor Graham N. Smith GradDipPhys FCSPT DipTP CertED

Professor Graham N. Smith is a **rehabilitation and sports injury consultant**, a Fellow of the Chartered Society of Physiotherapy and Chairman of The Society of Sports Therapists. He has an extensive background in the treatment, management and rehabilitation of injuries at all levels of the sporting spectrum. He is a visiting professor at Teesside University and an external Lecturer for the MSc in Sports Medicine at Trinity College, Dublin. He was responsible for setting up and running the Football Association National Rehabilitation Centre at Lilleshall and he has also worked with British Olympic and representative teams, as well as in professional football. Now, alongside working in his clinic in Glasgow and consultancy commitments, he lectures extensively nationally and internationally on the rehabilitation of musculoskeletal injuries and sports injury management.

## “From Pain To Performance 2010”™ A ONE-DAY INTERNATIONAL SPORT & EXERCISE MEDICINE KNEE SYMPOSIUM

Saturday 8th May 2010  
London Heathrow Marriott Hotel

### APPLICATION FORM

Please reserve \_\_\_\_\_ places at “From Pain to Performance 2010”™ 'A One Day International Sport & Exercise Medicine Knee Symposium' on Saturday 8th May at the London Heathrow Marriott Hotel.

TITLE: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL NO: \_\_\_\_\_

EMAIL: \_\_\_\_\_

#### COSTS PER DELEGATE:

Registration before 30th April 2010 - £98.00

Registration after 30th April 2010 - £125.00

The registration fee includes VAT, refreshments, lunch, car parking and CPD Certificate

I enclose a cheque for £ \_\_\_\_\_ in respect of this application\*

Please make remittance payable to:

**SPORTS REHAB & EDUCATION**

and forward with this application to:

**Sports Rehab & Education**

**16 Royal Terrace, Glasgow G3 7NY**

**Tel: 0844 800 3417 Fax: 0141 332 5335**



\*A RECEIPT WILL BE SENT BY RETURN

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## APPLICATION FORM

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“From Pain To Performance 2010”™

# A ONE DAY INTERNATIONAL SPORT & EXERCISE MEDICINE KNEE SYMPOSIUM

Saturday 8th May 2010  
London Heathrow Marriott Hotel

**SPORTS REHAB & EDUCATION**



Sports Rehab & Education, 16 Royal Terrace, Glasgow G3 7NY

Tel: 0844 800 3417 Fax: 0141 332 5335  
Email: [admin@sports-rehab-and-education.co.uk](mailto:admin@sports-rehab-and-education.co.uk)  
[www.sports-rehab-and-education.co.uk](http://www.sports-rehab-and-education.co.uk)

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## TRAVEL DIRECTIONS TO THE LONDON HEATHROW MARRIOTT HOTEL

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### BY CAR

Take junction 4 off the M4 motorway. Follow signs for Heathrow Terminals 1, 2 & 3 via the M4/Heathrow Airport access road. Turn left at the roundabout onto Bath Road sign-posted A4/London. The Marriott Hotel is half a mile on the left after passing through two sets of traffic lights.

### BY LONDON TRANSPORT

Take the underground Piccadilly Line train to Heathrow Central for Terminals 1, 2 & 3 (50 minutes from Central London) and then the frequent shuttle (Hotel Hoppa) bus\* to the hotel.

### BY TRAIN

Take the Heathrow Express train from London Paddington Station to Heathrow Central for Terminals 1, 2 & 3 (15 minutes) and then the frequent shuttle (Hotel Hoppa) bus\* to the hotel.

### IF ARRIVING BY AIR

Take the frequent Hotel Hoppa shuttle bus\* from all Terminals to the hotel.

### CAR PARKING

Free car parking is included in the delegate rate. If the Marriott Hotel car park is full, delegates will be directed to the adjacent Radisson Hotel car park for complimentary parking.

**SPORTS REHAB & EDUCATION**



\*NB: There is a small charge for this bus

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## SPORTS REHAB AND EDUCATION MANUAL THERAPY & MOBILISATION COURSES 2010

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### FOR YOUR DIARY

#### INTRODUCTION TO VERTEBRAL MOBILISATIONS & MANUAL THERAPY

■ 29th – 31st May 2010. Holiday Inn, Glasgow Airport  
The aims of this course are to introduce the basic concepts and techniques of manual therapy mobilisations for the cervical, thoracic, lumbar vertebrae and sacroiliac joints. Comprehensive examination and assessment strategies for each of the above areas are also taught. The course is predominately practical with sessions devoted to problem solving and treatment/technique practice.

#### MANUAL THERAPY & MOBILISATIONS FOR THE LOWER LIMB

■ 18th & 20th June 2010. Novotel Nottingham  
The aims of this course are to provide the participant with the understanding, knowledge, ability and expertise to apply safe and effective manual therapy and mobilisation techniques to the joints of the lower limb. The course is predominately practical with sessions devoted to problem solving and treatment/technique practice. Common clinical presentations, as well as detailed examination and assessment techniques for each of the lower limb joints, are also covered.

#### MANUAL THERAPY & MOBILISATIONS FOR THE UPPER LIMB

■ 2nd – 4th July 2010. Novotel Nottingham  
The aims of this course are to provide the participant with the understanding, knowledge, ability and expertise to apply safe and effective manual therapy and mobilisation techniques to the joints of the upper limb. The course is predominately practical with sessions devoted to problem solving and treatment/technique practice. Common clinical presentations, as well as examination and assessment techniques for each of the lower limb joints, are also covered.

#### CLINICAL IMPLICATIONS OF VERTEBRAL MOBILISATIONS & MANUAL THERAPY

■ 28th – 30th August 2010. Holiday Inn, Glasgow Airport  
The aims of this course are to revise and build upon the basic concepts of manual therapy and mobilisation techniques, taught on the Introduction to Vertebral Mobilisations & Manual Therapy Course. Additional mobilisation techniques are also taught and practised during the course. Clinical reasoning and the relevance and choice of techniques are addressed during the problem solving sessions. The course is, once again, predominantly practical with sessions devoted to treatment/technique practice.

**NB:** Delegates must have completed the Introduction to Vertebral Mobilisations & Manual Therapy course, or equivalent, before undertaking this course.

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Further information and application forms for the above can be obtained from:  
Course Administrator, Sports Rehab & Education, 16 Royal Terrace, Glasgow G3 7NY  
Tel: 0844 800 3417 Fax: 0141 332 5335  
Email: [admin@sports-rehab-and-education.co.uk](mailto:admin@sports-rehab-and-education.co.uk)

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