

Sports Medicine Roadshow - Carlow

Talbot Hotel • 01 November 2019

Roadshow Chairman – Mr Patrick Carton

Programme Co-ordinator – Mr David Filan

UPMC Event Manager – Ms Claire Phelan

Tonight brought us to Carlow, where the hot topic of Sports Medicine was well received by all in attendance. Another excellent night of discussion and knowledge sharing from experienced professionals in this area.

Our 1st session had speakers discussing varied and important issues associated with **Player Welfare**. First up was Mr John Sugrue (Chartered Physiotherapist and former Laois Football Manager 2017-2019), who gave an overview of the impact of injury on team performance from a manager's perspective. Dr Ken Patterson (Interventional Pain Consultant) then spoke about the evidence-based use of biologics in sports medicine followed by a talk on the importance of nutrition in optimising sports performance which was presented by Ms Rebecca Mellett (Chartered Physiotherapist).

Session 2 focused on **Sport Related Injuries** and in particular hamstring and shoulder. Mr Noel Mallon (Chartered Physiotherapist) presented a talk on the conservative management of hamstring injuries. Two approaches to managing instability and impingement of the shoulder was then discussed. Ms Deirdre Woods (Physiotherapist) gave an overview on the conservative management approach while Mr Greg Heffernan (Consultant Orthopaedic Surgeon) gave an overview on the surgical management approach.

Session 3 brought to the evening a discussion on **Hip and Groin** as it related to athletes. The session opened up with a practical demonstration by Mr Patrick Carton (Consultant Hip Surgeon, Sports Medicine Roadshow Chair) detailing a clinical examination of the athletic hip – assisted by Mr Craig Colliers, Theatre Nurse. The conservative management and outcome of femoroacetabular impingement (FAI) was presented by Mr William Power (Chartered Physiotherapist) followed by the surgical management of same by Mr Patrick Carton. An overview of some of the most recent comparative research of FAI management techniques and the important role of patient-reported outcomes was discussed by Mr David Filan (Clinical Research Assistant).

The evening ended with a **Panel Debate and Open Floor Discussion** with some fantastic interaction between the faculty speakers and audience.





