

Sports Medicine Roadshow - Galway

Galmont Hotel • 30 October 2019

Roadshow Chairman – Mr Patrick Carton

Programme Co-ordinator – Mr David Filan

UPMC Event Manager – Ms Claire Phelan

Into the West!

Mid-way through the Roadshow and we are bringing the discussion to Galway.

This evening's meeting opened up with a discussion on **Sports Performance and Injuries**. Ms Maeve Gacquin (Performance Nutritionist) presented a great insight into the importance of nutrition in optimising sports performance. Professor John Carey (Consultant Physician in Rheumatology) spoke about common injuries in former athletes. Mr David Hanly (Chartered Physiotherapist Connacht Rugby) spoke about upper limb injuries, specifically contact injuries in rugby.

Our 2nd session focused on **Concussion**, with two of the UPMC Concussion Network Clinical Leads providing an overview into this area of sports medicine. Dr Sean Moffatt (GP, Mayo GAA Doctor) spoke about general assessment and signs/symptoms to look out for while Dr Enda Devitt (GP, Galway GAA Doctor) spoke about baseline testing and treatment.

Session 3 saw speakers discussing issues related to the **Hip and Groin**. Mr Patrick Carton (Consultant Hip Surgeon, Sports Medicine Roadshow Chair) gave an overview on the optimal clinical examination of the athletic hip. An interview with Damien Joyce (Galway Hurler) provided the room with an insight into managing chronic hip injury from a player's perspective. Mr Noel Burke (Chartered Physiotherapist) then spoke about the conservative management of femoroacetabular impingement (FAI) followed by a presentation on the surgical management approach to managing FAI, delivered by Mr Patrick Carton. Some of the latest published research comparing the effectiveness of both these FAI management techniques was then presented by Mr David Filan (Clinical Research Assistant).

The final session for this evening was an interactive Panel Debate and Open Floor Discussion offering registered delegates the opportunity to discuss in more detail any of the preceding topics presented throughout the night



