

# Sports Medicine Roadshow - Limerick

**Castletroy Park Hotel • 29 October 2019**

*Roadshow Chairman – Mr Patrick Carton*

*Programme Co-ordinator – Mr David Filan*

*UPMC Event Manager – Ms Claire Phelan*

Another day, another venue! Day 2 of our Roadshow found us in Limerick delivering another enjoyable evening of all things related to Sports Medicine.

Our 1<sup>st</sup> session addressed **Sporting Injury** and was delivered by 3 different health care practitioners. Dr Jamie Kearns (GP and Munster Rugby Doctor) opened up the session and spoke about treating contact shoulder injuries in professional rugby. Mr Shane Lawlor (Sports Chiropractor) addressed issues regarding managing repetitive injury in the elite golfer and Ms Emily Hayden (Sports Therapist) focused her presentation on managing common injury patterns in the female athlete.

**Player Welfare and Performance** was the focus of session 2, adding a multi-disciplinary team approach to important issues facing an athlete. Dr James Ryan (Consultant Endocrinologist and Limerick hurling Team Doctor) spoke about chronic illness affecting team performance. Dr Ciara Losty (Sports Psychologist) detailed the importance of using sports psychology support to maximise performance particularly after injury. The importance of nutrition following injury and its role in optimising recovery and rehabilitation was presented by Mr Richard Kelly (Munster Rugby Nutritionist).

The final session focused on **Hip and Groin**. Through the use of videos and detailed explanation the clinical examination of the athletic hip was outlined by Mr Patrick Carton (Consultant Hip Surgeon, Sports Medicine Network Chair). We then heard from a player's perspective and some of the issues associated with managing chronic injury – Mr Sean Tobin (Limerick Senior Hurler) gave an interesting overview. Results from her PhD work were delivered by Dr Karen Mullins who gave an overview on the effect of femoroacetabular impingement (FAI) on sports performance. Management of FAI was explained from both a conservative approach by Mr Derek O'Neill (Chartered Physiotherapist) and a surgical approach by Mr Patrick Carton. Mr David Filan (Clinical Research Assistant) then spoke about some of the available published research comparing the effectiveness of both conservative and surgical management of FAI.

A **Panel Debate & Open Floor Discussion** concluded the meeting with good interaction between faculty members and registered attendees.













