

# Sports Medicine Roadshow - Waterford

**WIT Arena • 23 October 2019**

*Roadshow Chairman – Mr Patrick Carton*

*Programme Co-ordinator – Mr David Filan*

*UPMC Event Manager – Ms Claire Phelan*

Our Sports Medicine Roadshow kicked off in WIT Arena, Waterford on 23<sup>rd</sup> October 2019. We had a fantastic faculty of engaging speakers who delivered an array of interesting and informative talks on various areas of sports medicine.

Our 1<sup>st</sup> session focused on **Foot & Ankle**. Mr Niall Geoghegan (Chartered Physiotherapist) spoke about the conservative management and outcome of achilles tendonopathy/rupture while Mr Ian Kelly (Consultant Orthopaedic Surgeon) focused on the surgical management of this same issue.

The 2<sup>nd</sup> session was dedicated to **Knee** issues and we heard from Mr Tadhg O’Sullivan (Consultant Orthopaedic Surgeon) describing the surgical management of ACL injuries and supporting evidence while Mr Shane Walsh (Chartered Physiotherapist) described the rehabilitation after an ACL injury.

**Concussion** was the focus of Session 3 where we heard from Mr Derek O’Neill (Chartered Physiotherapist and UPMC Concussion Network Lead) who highlighted some of the signs and symptoms of a concussion. Dr Tadhg Crowley (GP and UPMC Concussion Network Clinical Lead) then spoke about concussion baseline testing and subsequent treatment.

The second half of our evening opened with a talk from Mr Joey O’Brien (S&C Coach) who introduced some of the evidence based approaches to strength and conditioning for the athlete focusing on **Sports Performance**.

Our final session focused on **Hip and Groin**. Mr Patrick Carton (Consultant Hip Surgeon, Sports Medicine Roadshow Chair) demonstrated a practical clinical examination of the athletic hip – Mr Craig Colliers, Theatre Nurse, and Mr Michael Morrissey assisted. Femoroacetabular Impingement (FAI) was then focused on for the subsequent 3 presentations from 3 different viewpoints: Ms Mary Gleasure (Chartered Physiotherapist) firstly spoke about the conservative management and outcome of FAI while Mr Patrick Carton described the surgical management of FAI. Mr David Filan (Clinical Research Assistant) spoke about some of the available research comparing the effectiveness of both conservative and surgical management of FAI.

The evening then finished up with a Panel Debate & Open Floor Discussion, with an interactive Q&A and exchange of thoughts between all faculty speakers and registered attendees.











