Saturday 19th May 2018
Module 4
Management of Soft Tissue Injuries in Sport

Venue: Royal College of Surgeons in Ireland,
123 St Stephens Green, Dublin 2

Faculty of Sports and Exercise Medicine, RCPI & RCSI
121 St Stephen’s Green, Dublin 2, Ireland
Tel +353 1 402 2780
Fax +353 1 402 2781
Email: sportsfac@rcsi.ie
www.rcsi.ie/fsem

Twitter: @FSEM_IRL
LinkedIn: Faculty of Sports and Exercise Medicine, RCPI & RCSI
Dear Delegates,

On behalf of the Faculty Board, I would like to welcome you to the Royal College of Surgeons today for the fourth Module in our Sports and Exercise Medicine Structured Educational Programme (SEMSEP) 2017/2018. The objective of the SEMSEP programme is to provide additional educational opportunities in the new specialty of Sports and Exercise Medicine to our Fellows and Members, but also to medical practitioners and other allied healthcare professionals who are interested to learn more about Sports and Exercise Medicine.

This module will deal with management of soft tissue injuries of the upper and lower limbs. It will give good insight on how to provide management of these very common injuries.

I hope everyone will derive significant information from today’s module and I would like to thank you again for supporting the Faculty and we look forward to your continued support in the future.

I wish to sincerely acknowledge and thank Premier Medical for the Sponsorship of this year’s SEMSEP Modules.

Mr Cliff Beirne
Dean of the Faculty of Sports and Exercise Medicine, RCPI & RCSI
Module 4 – Management of Soft Tissue Injuries in Sport

Programme
Co-Chairs: Dr Martin Daly & Dr Adrian McGoldrick
Venue: Royal College of Surgeons Ireland, Cheyne Lecture Theatre

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30am</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>9.00am</td>
<td>Welcome Address from Dean</td>
<td>Mr Cliff Beirne</td>
</tr>
<tr>
<td>9.10am</td>
<td>Radiological Diagnosis of Tendonopathies</td>
<td>Dr Anthony Ryan</td>
</tr>
<tr>
<td>9.35am</td>
<td>Upper Limb Tendonopathies – A surgeons Perspective</td>
<td>Mr Fergal McGoldrick</td>
</tr>
<tr>
<td>10.00am</td>
<td>Practical assessment of the shoulder and common rehab strategies for some common shoulder presentations</td>
<td>Ms Aileen Flynn</td>
</tr>
<tr>
<td>10.25am</td>
<td>Management of Muscle Contusions</td>
<td>Dr L Joe Conway</td>
</tr>
<tr>
<td>10.50am</td>
<td>Discussion Panel</td>
<td></td>
</tr>
<tr>
<td>11.10am</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>11.30am</td>
<td>Lower Limb Tendonopathies – A Sports Physician Perspective</td>
<td>Dr Andy Franklyn - Miller</td>
</tr>
<tr>
<td>11.55am</td>
<td>Lower Limb Tendonopathies – A Surgeons Perspective</td>
<td>Mr Gavin Mc Hugh</td>
</tr>
<tr>
<td>12.20pm</td>
<td>Managing Achilles Tendonopathy</td>
<td>Mr Colin Griffin</td>
</tr>
<tr>
<td>12.45pm</td>
<td>Discussion Panel</td>
<td></td>
</tr>
<tr>
<td>1.00pm</td>
<td>Close - Mr Cliff Beirne (Dean)</td>
<td></td>
</tr>
</tbody>
</table>

This module is approved for 4 CPD credits

Sponsored by

HEALTH AND SCIENCE PROMOTION OF PHYSICAL ACTIVITY AND EXCELLENCE IN SPORT PERFORMANCE
WE ARE COMMITTED TO BE THE LEADER AND PRIME REFERENCE IN EDUCATION, ETHICS AND SCIENCE FOR SPORTS AND EXERCISE MEDICINE IN IRELAND
Speakers’ Biographies

**DR ANTHONY G RYAN**
Anthony G. Ryan, MB BCh BAO, FRCSI, MSc (Engineering and Physical Sciences in Medicine, Imperial College London), DIC, FRCR, FFR RCSI, H Dip (Clinical Teaching). Anticipated conferring with the FFSEM in July 2018. Fellowship trained in Interventional, Musculoskeletal and Abdominal Radiology. Interventional and Musculoskeletal Radiologist, University Hospital Waterford, Ardkeen, Dunmore Road, Waterford. Clinical Senior Lecturer, University College Cork, Honorary Clinical Lecturer, Royal College of Surgeons, Dublin. Immediate past president of the Irish Society of Interventional Radiology and immediate past Honorary Secretary of the Faculty of Radiologists, RCSI.

**DR FERGAL MCGOLDRICK**
Fergal McGoldrick MCh, FRCSEd Orth, FRSI, FFSEM. Orthopaedic and Hand Surgeon. Fergal is a graduate of UCD. He initially trained in the Specialist Orthopaedic program in Ireland, subsequently undertaking Sub Specialist Fellowships in Trauma, Hand and Upper limb surgery, in United Kingdom, France and USA. He has a special interest in Sports and Degenerative related soft tissue/joint injury, coupled to Upper and Lower limb Arthroplasty.

**MS AILEEN FLYNN**
Aileen is a Clinical Specialist in Musculoskeletal Care in Beacon Hospital. She graduated from Trinity College Dublin in 1999 with honours and received a Masters in Sports Physiotherapy from UCD in 2005. She has 18 years of experience working in a variety of areas ranging from sports rehab, orthopaedics, neurosurgical rehab, rheumatology, and acute accident and emergency caseloads. Aileen’s areas of interest are spinal pain and rehabilitation, shoulder rehabilitation, sports rehab and biomechanics. She has worked closely with elite sports teams throughout her years spent as the team physiotherapist to the UCD rugby 1st XV and her work in private practice with the Irish U19 Rugby team. Aileen has developed her skills in the area of acupuncture, dry needling, Pilates and biomechanical gait scan analysis which she incorporates into her patient care in Beacon Hospital. She is a keen Triathlete and has firsthand experience in the best methods of injury prevention and biomechanics of movement in swimming, cycling and running. She is the 2014 National Middle Distance Triathlon Champion and competes internationally at Ironman and half ironman distance events where she has won her age group and competed on a par with the professionals of the sport.

**DR L. JOE CONWAY**
Following 2 years in General Practice, Dr L. Joe Conway did a fulltime MSc at Trinity College Dublin in Sports Medicine. Post MSc, he travelled to New Zealand to do further training in Sports and Exercise Medicine spending 2 years in Christchurch before entering the Australasian College of Sports Physician Training Scheme to do a further 3 years training in Australia between Townsville (Qld) and Sydney (NSW) as a registrar,
completing his exams with ACSP in 2007. Joe has worked with a variety of teams and sports; New Zealand International and UCD League of Ireland Soccer teams, Professional Rugby League in Australia, Australian U-19s Rugby Union, Canterbury and Crusaders Rugby Union, Canterbury Basketball. He has also worked with individual international athletes in a wide variety of sports (Athletics, Paralympic Sports, Swimming, Cricket, Tennis, Squash, to name a few). Joe has worked with Athletics Ireland and Paralympics Ireland from 2007-2017, as Chief Medical Officer and Manager of Paralympics Medical and Science Services.

**DR ANDY FRANKLYN-MILLER**
Dr Andy Franklyn-Miller is Head of SSC Sports Medicine. Having trained at Imperial College, London in 1998 he joined the Royal Navy serving with the Royal Marines. He specialized in Sports Medicine and completed CCT in the UK and Australia. His final post before leaving the Military was as Head of Research and Director of the Centre for Human Performance, Sports Medicine and Rehabilitation at The Defence Medical Rehabilitation Centre Headley Court. He has worked as Team doctor to British Olympic Rowing, England Rugby, Melbourne Storm Rugby League and the New Zealand Black Ferns. He is Associate Editor of the British Journal of Sports Medicine and author of Clinical Sports Anatomy, and over 35 peer reviewed publications. He and his family have moved to Dublin full time since August 2017.

**MR GAVIN MCHUGH**
Gavin is a consultant orthopaedic surgeon based in the Sports Surgery clinic and Tullamore Regional Hospital. His subspecialty interests include soft tissue knee reconstruction and hip and knee arthroplasty. He has a particular interest in partial knee replacements and computer navigation. Gavin is a graduate from Trinity College and completed his specialist registrar training in Ireland after completing a medical doctorate in UCD. He spent a year on fellowship in Christchurch in New Zealand where he developed his subspecialty interests.

**MR COLIN GRIFFIN**
Colin is a Strength and Conditioning Coach at SSC Sports Medicine specialising in the Foot & Ankle rehabilitation stream. He holds an MSc in Coaching & Exercise Science (UCD) and accredited with the UK Strength and Conditioning Association. Colin is currently undertaking a PhD in Achilles tendinopathy rehabilitation and biomechanics registered with University of Nice under the co-supervision of JB Morin and Dr Andy Franklyn-Miller. He is a former international athlete who represented Ireland at the 2008 and 2012 Olympic Games.
FSEM Annual Scientific Conference

RETURN TO PLAY THE SHOULDER
SEPTEMBER 15 2018

Abstract submission opens April 16th, closes July 31st.
Booking and Program link coming soon.

In association with:

www.fsem2018.com
FACULTY OF SPORTS AND EXERCISE MEDICINE
INTERESTED OR INVOLVED IN SPORTS AND EXERCISE MEDICINE?!

Become part of this new and exciting multidisciplinary specialty and join our Faculty!

FSEM

Member

Student Member

Associate Member

Fellow

*New Criteria & application packs* now available on our website: www.rcsi.ie/fsem
Follow us on:

@FSEM_IRL

FSEM

FSEM

For enquiries, contact the FSEM office on: 01 402 2780 or by e-mail at: sportsfac@rcsi.ie

Health and Science Promotion of physical activity and excellence in sport performance. We are committed to be the leader and prime reference in Education, Ethics and Science for Sports and Exercise Medicine in Ireland.