The Seventh Annual Scientific Conference of the Faculty of Sport and Exercise Medicine of the Royal College of Physicians and Royal College of Surgeons in Ireland was held on the 17th and 18th of September 2010, at the Royal College of Surgeons in Ireland, St Stephen’s Green, Dublin 2.

We were honoured to welcome Micheál O Muircheartaigh, broadcaster and sporting personality and author, who performed the Official Opening of the Conference. In his address, he highlighted the importance of exercise and sport in our society, describing the evolution of sports and exercise medicine over the many years from the days of the ‘Croke Park Knee’ to present times.

We started on the Friday with a team physician day with talks on a variety of issues.

Dr Gary O’Driscoll, Arsenal Team Doctor, spoke on the roles and responsibilities of the sports physician.
Dr Sharon Madigan, Nutritionist, talked about the place hydration and supplementation in team sports.
Gerry Hussey, Sports Psychologist, discussed the role of the sports psychologist in team sport.
Dr Una May, Manager of the Irish Sports Council (ISC) Anti-Doping Unit, talked on the latest issues in anti-doping.

The Friday afternoon was completed by original research and case presentations of high quality. Ms Ailbhe McMahon was awarded the O’Flanagan Prize for the best original Scientific Paper for her paper “Exercise prescription in an Irish Setting: Preliminary findings from a Irish Cardiovascular Disease Prevention Program”. Book tokens were also awarded to Dr Dara Lundon for “A case of rugby injury to right knee and query of DVT” and Dr Eamon Spillane, for the best Poster presentation entitled ”Effect of General Practitioner-lead Intervention Programme on Cardiovascular Fitness and Health Markers in Overweight Male third-level Students”.
Prof Peter Fowler, Honorary-Fellow designate, delivered a Guest Lecture about issues relating to Leg Alignment in knee problems and surgical issues related to this.

Keynote lectures continued on the Saturday 18th September 2010.
Dr Bruce Hamilton, Sports Medicine Physician, spoke on the treatment of acute posterior thigh pain and hamstring injury.
Dr Johnson McEvoy, Physiotherapist, spoke on the initial rehabilitation of hamstring injury, and Mr Derek Malone, Strength and Conditioning Coach, talked about the strength and conditioning perspective of prevention and final stage rehabilitation of the hamstring.
Dr Frank McGrath, Consultant Radiologist, gave us a summary of the imaging changes of the hamstring and spine, along with potential therapeutic injections available to us.
Prof Gary Allison talked about the findings of his research team in Perth concerning the muscle activation patterns seen in normal people and those with back pain.
Mr Keith Synnott, Orthopaedic Surgeon, talked about the place for surgery in the spine for people presenting.
Mark McCabe, Physiotherapist, gave us examples of function-based rehabilitation of athletes with back pain under his care.
Dr Lorenzo Masci, Sports Physician, talked about Spondylolysis and spondylo-listhesis in athletes.
Dr Conor McCarthy talked about issues relating to rheumatology related back problems in an active population.
The Faculty of Sports & Exercise Medicine, RCPI & RCSI conferred Honorary Fellowships on Prof. Peter Fowler, an international figure in Sports and Exercise Medicine world and a renowned Orthopaedic and Sports Surgeon from London, Ontario. The Faculty also conferred Mr John Treacy, CEO Irish Sports Council and international athlete of renown, with an Honorary Fellowship, in recognition of his contribution to Irish Sport.

**Dr Joe Conway & Dr Martin McConaghy.**
Conference Committee Co-Chairmen

Conference Organising Committee
Dr Mary Archer
Dr Philip E Carolan (Dean)
Dr Nick Mahony, FFSEM
Dr Frank McGrath (*ex officio*)

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