


# LONDON SPORTSCARE – BMI LONDON INDEPENDENT HOSPITAL

are proud to present this first in series of mini-symposium in  
Sports & Exercise Medicine

## ACHILLES TENDON UPDATE

 The London  
Independent Hospital

  
London  
**SPORTSCARE**  
Specialist Centre for Sports and Exercise Medicine



FSEM Awarded 2.5 CPD Points



ECOSEP Awarded 2.5 CPD Points

**Venue:** BMI London Independent Hospital, 1 Beaumont Square, London E1 4NL

**Date & Time:** 14<sup>th</sup> September 2017 @ 16:30.

**Admission:** Free. Spaces are limited to 30 and will be allocated on first come first basis.

To reserve a place please send an email to [nat.padhiar@londonsportswise.co.uk](mailto:nat.padhiar@londonsportswise.co.uk)

**CPD:** 2 CPD points awarded by ECOSEP, awaiting confirmation from FSEM.

### Symposium Chair: Dr Nat Padhiar & Mr Michael Clements

**16:30** Registration

**16:50** Welcome – **Mr Sunny Chada**

Executive Director, BMI London Independent Hospital.

**17:00** **ECOSEP Travelling fellow lecture.**

**Dr Guillermo Recatero Rude**

Sports Medicine Physician, Barcelona, Spain.

**17:20** **Update on chronic recalcitrant tendinopathy including the tendo-Achilles.**

**Dr Arjan Rao**

Consultant in Sports & Exercise Medicine, Perth, Australia.

**18:00** **Current concept in rehabilitation programme for Achilles tendinopathy.**

**Mr Romain Haym**

Senior MSK & Sports Physiotherapist, BMI London Independent Hospital.

**18:30** **Questions & Discussion**

**18:45** **Refreshments – Cheese & Wine**