**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=OZK_KR6BDl2XZM&tbnid=wFExYT4bil9EdM:&ved=0CAUQjRw&url=http://commons.wikimedia.org/wiki/File:Sports_divers.jpg&ei=FNmTUe_nEfT60gXQpIDYAg&psig=AFQjCNFLvM3yD5NL6W4eehO24aJbycYKSw&ust=1368730234688689)

Inspiring Clinical Excellence through Science

**FRIDAY 15TH SEPTEMBER 2017**

**ART 2 BUILDING, QUEEN MARY**

**MILE END ROAD**

**LONDON E1 4NS**

**CONFERENCE CHAIR:**

**DR NAT PADHIAR & DR SIMON LACK**

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**19th ANNUAL CONFERENCE IN SPORT & EXERCISE MEDICINE**

**CENTRE FOR SPORT & EXERCISE MEDICINE, QUEEN MARY, UNIVERSITY OF LONDON**

**in association with**

**EUROPEAN COLLEGE OF SPORT & EXERCISE PHYSICIANS**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=019J1vRiN6lYQM&tbnid=GdqMND_pWOfz4M:&ved=0CAUQjRw&url=http://commons.wikimedia.org/wiki/File:Barts_and_the_London_SMD_Crest.jpg&ei=LhyVUZeDG8Kc0wXakYH4DQ&psig=AFQjCNEIYMfscdfMIG2POZXvR1hm1vKMMA&ust=1368812859314834)[http://www.gene-quantification.de/logo-barts.gif](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=019J1vRiN6lYQM&tbnid=GdqMND_pWOfz4M:&ved=0CAUQjRw&url=http://www.webcitation.org/getfile?fileid=aa93c34f83ba9d98fb8e1fc468390f3b8652027b&ei=rRyVUdyRBqOR0AXYjYCQBQ&psig=AFQjCNEIYMfscdfMIG2POZXvR1hm1vKMMA&ust=1368812859314834)

**Centre for Sports and Exercise Medicine**

**William Harvey Research Institute**

**Barts and The London School of Medicine and Dentistry**

**Mile End Hospital, Bancroft Road, London. E1 4DG**

**Tel. 0208 223 8839**

[www.qmul.ac.uk/sportsmed](http://www.qmul.ac.uk/sportsmed)

**The Centre for Sports and Exercise Medicine** is based at the William Harvey Research Institute at Barts and The London School of Medicine and Dentistry. This year the team behind the Annual Sports and Exercise Medicine Conference has put together an exciting programme bringing together the very best of science and its application to clinical practice.

The aims of the Conference are to **share** the latest research developments in the field of Sports and Exercise Medicine, **discuss** the evidence and techniques relating to common sports injury management, and **develop** clinical skills in the assessment and management of common sporting injuries. Three, themed sessions, each include a Keynote, PhD or Post-Doctoral and post-graduate or undergraduate presentation. The themes include:

● Advances in Tendon Imaging

● Tailored Intervention in Managing Patellofemoral Pain

● Performing Arts Medicine

Development of your clinical skills is achieved through an afternoon of workshops, giving the attendee skills that can be used the next day in clinic. These workshops include;

● Imaging of the Tendon

● Managing Patellofemoral Pain

● Occlusion Therapy

The closing session will include four presentations from the winners of the abstract competition. We encourage you to submit abstracts for either poster or podium presentations (closing date Friday 31st July 2017 @ 5pm).

**THIS CONFERENCE IS OPEN TO ALL WHO WANT TO LEARN AND IMPROVE THEIR CLINICAL KNOWLEDGE THROUGH SCIENCE.**

**If you require more information please contact:**

**Sue Tracey**, Centre Administrator. T: 0208 223 8839, E: [s.tracey@qmul.ac.uk](mailto:s.tracey@qmul.ac.uk) or,

**Ola Birn-Jeffery**, Research Fellow and MSc in SEM Lead. T: 0208 223 8329, E: [a.birn-jeffery@qmul.ac.uk](mailto:a.birn-jeffery@qmul.ac.uk)

We have always heavily subsidised our annual conferences so as to keep it affordable for most delegates and free for the current and future students of CSEM QMUL. Delegate Fee structure is as follow:

CSEM QMUL incoming MSc & iBSc students   FREE

CSEM QMUL Current MSc & iBSc students                                    FREE

MSc & iBSc lecturers                                                                     £30.00.

CSEM QMUL alumni & alumnae                                      £20.00.

Students from other institutions                 £20.00.

Delegates – all non-students rate                                                  £60.00.

**To book online please follow this link:**

[**http://eshop.qmul.ac.uk/conferences-and-events/conferences-events/conferences-events/sports-exercise-medicine-scientific-conference-2017**](http://eshop.qmul.ac.uk/conferences-and-events/conferences-events/conferences-events/sports-exercise-medicine-scientific-conference-2017)

**ECOSEP – EUROPEAN COLLEGE OF SPORTS & EXERCISE PHYSICIANS**

The ECOSEP is a medical specialty society comprised of physician members within the European community. The mission of the College is to (1) advance the competency of sports physicians and the best possible care for their athletes and the citizens of Europe by providing continuing education & publishing research, (2) to collaborate with other sports medicine organizations and, (3) to serve as a source of information to the public.

For more information visit the website and join on-line. <http://www.ecosep.eu/>

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19TH ANNUAL SCIENTIFIC MEETING IN SPORT & EXERCISE MEDICINE In association with ECOSEP

**ART 2 BUILDING, QUEEN MARY, MILE END ROAD, LONDON E1 4NS**

**15TH SEPTEMBER 2017**

**CONFERENCE CHAIR: DR NAT PADHIAR & DR SIMON LACK**

**08:30 - 09:00 REGISTRATION & COFFEE**

**09.00 - 09:10 WELCOME – Prof Nic Goulding**

**09:10 – 10:20 THEME 1 ADVANCES IN TENDON IMAGING AND MANAGEMENT.**

Chair: Dr Dylan Morrissey

09:10 Keynote – Dr Hazel Screen “*Advances in the tendon imaging – current state of play and future directions"*

09:40 Post-Doc – Dr Seth O’Neil *“The use of imaging to guide diagnosis/treatment”*

10:00 PhD Student – Igor Snacho *“Advances in the management of tendinopathy”*

10:10 Questions & Discussion

**10:20 – 10:50 REFRESHMENTS & EXHIBITION**

**10:50 – 13:00 THEME 2 TAILORED INTERVENTION IN MANAGING PATELLOFEMORAL PAIN.**

Chair:

10:50 Keynote – TBC “Tailored intervention for the management of PFP – moving beyond one size fits all”

11:20 PhD – Mark Mathews *“Delivering Tailored intervention in the management of patellofemoral pain”*

11.40 iBSc Student – Conor Murphy *“Identifying predictors of biomechanical responses to inshoe foot orthoses”*

11.50 Questions & Discussion

**12:00 – 13:00 LUNCH, EXHIBITION & POSTER COMPETITION**

**13:00 – 15:00 \*PRACTICAL WORKSHOPS & STUDENT PRESENTATIONS - 3 PARALLEL SESSIONS.**

13:00 W1 - Imaging the Tendon W2 – Occlusion Therapy SP1

13:10 SP2

13:20 SP3

13:30 SP4

13:40 SP5

13:50 SP6

14:00 W3 – Patellofemoral Pain W4 – Imaging the Tendon SP7

14:10 SP8

14:20 SP9

14:30 SP10

14:40 SP11

14:50 SP12

**15:00 – 16:10 THEME 3 PERFORMING ARTS MEDICINE.**

Chair:

15:00 Keynote – Nick Allen *“The delivery of medical services at the Birmingham Royal Ballet”*

15:30 Post-Doc – Karen Sheriff *“Research activity in dance medicine – combining science and art”*

15:50 MSc Student – Amal Hasan *“*The association between benign joint hypermobility syndrome and low bone mineral density;

applications to dancers*”*

16:00 Questions & Discussion

**16:10 – 16.30 REFRESHMENTS & EXHIBITION**

**16:30 – 15:00 \*PRACTICAL WORKSHOPS & STUDENT PRESENTATIONS - 3 PARALLEL SESSIONS.**

16:30 W5 – Occlusion Therapy W6 – Patellofemoral Pain SP13

16:40 SP14

16:50 SP15

17:00 SP16

17:10 SP17

17:20 SP18

17:30 SP19

17:40 – 18:10 **ABSTRACTS COMPETITION, PRIZES AND CLOSING ADDRESS**

\*Practical Workshops – Imaging the Tendon – Participants will be getting hands on experience using Ultrasound to image superficial tendons of the upper and lower limb; Occlusion Therapy – Participants will be instructed on the safe application of Occlusion Therapy, its rationale and have the opportunity to practice its delivery; Patellofemoral Pain – Participants will be introduced to assessment and interventions delivered above and below the knee for individuals with PFP