

**DIRECTORATE OF PODIATRIC MEDICINE, COLLEGE OF PODIATRY, LONDON.**  
**7<sup>th</sup> ANNUAL PODIATRIC SPORTS MEDICINE CONFERENCE**  
In association with  
**EUROPEAN COLLEGE OF SPORTS & EXERCISE PHYSICIANS**  
*INSPIRING CLINICAL EXCELLENCE – THINKING BEYOND BIOMECHANICS*

**PROVISIONAL PROGRAMME**

**DATE:** 13<sup>TH</sup> SEPTEMBER 2018

**VENUE:** HALLAM CONFERENCE CENTRE, 44 HALLAM STREET, LONDON W1W 6JJ.

**CONFERENCE CHAIR:** DR NAT PADHIAR & DR NIKOS MALLIAROPOULOS

**08.00** REGISTRATION

**08.50** WELCOME **Dr Nat Padhiar**

**SESSION – 1      ACHILLES TENDINOPATHY**

**09.00** Achilles tendon Update – terminology and aetiology. **Dr Tom Crisp**

**09.20** Achilles tendon – looking through the microscope to investigate disrepair. **Prof Hazel Screen**

**10.00** Imaging Achilles tendon USS or MRI? **The London MSK Radiology Team**

**10.20** Progressive loading in tendon rehabilitation: Achilles tendon loads are increased at slower than preferred walking speed. **Prof Scott Wearing**

**10.50** Questions & Discussion

**11.00** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**SESSION – 2      PLANTAR FASCIOPATHY**

**11.30** Plantar fasciopathy update – terminology and aetiology. **Mrs Diane Nicholl**

**11.50** Functional & Biomechanical properties of tendon and fascia – is it the same? **Prof Dan Bader**

**12.20** Is there presence of neovascularisation in plantar fasciopathy? **Dr Dawn Thompson**

**12.40** Conservative treatment of Achilles tendinopathy and plantar fasciopathy. **Dr Nat Padhiar**

**13.00** Questions & Discussion

**13.00** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**SESSION – 3      ESWT LECTURES & WORKSHOP**

**14.00** History and physics of ESWT. **Mr Jonny Wride**

**14.20** Is ESWT an effective treatment modality in Achilles tendon disorders and plantar heel pain?  
**Mr Matthew Fitzpatrick**

**14.40** **Workshops : Dr Nikos Malliaropoulos, Mr Jonny Wride, Mr Matthew Fitzpatrick**

**16.00** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**16.30** **KEYNOTE LECTURE:** How, and where, to get your paper published? **Mr Guy Kenyon**

**16.50** Questions & Discussion

**17.10** CLOSING REMARKS – **Dr Nat Padhiar & Dr Nikos Malliaropoulos**

**Conference organisers**

Aesculap Academia, Thornccliffe Park, Brookdale Road, Sheffield, South Yorkshire, S35 2PW.

Tel: +44 (0) 114 2259036

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**08.00** REGISTRATION

**08.50** WELCOME **Dr Nikos Malliaropoulos**

**SESSION – 4**

**09.00** Pitch side cardiac arrest – Case Hx. **Dr Shabaaz Mughal**

**09.20** CRY. **Prof Sanjay Sharma**

**09.40** Questions & Discussion

**09.50** Cuboid Syndrome. **Dr Nat Padhiar**

**10.00** Case Hx. **Dr Nikos Malliaropoulos**

**10.10** Case Hx. **Mr Liam Stapleton**

**10.20** Keynote lecture: From London to Arctic – a sportsmen perspective. **Mr Julian Hall**

**10.50** Questions & Discussion

**11.00** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**SESSION – 5** **WORKSHOPS**

**11.30** Ultrasound scan workshop. **Mr Matt Fitzpatrick, Dr Nikos Malliaropoulos, The London MSK Radiology Team.**

**13.00** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**SESSION – 6** **REGENERATIVE MEDICINE**

**Chair:** Mr Ali Noorani

**14:00** What is Regenerative Medicine? **Prof Adrian Wilson**

**14:30** Application in osteoarthritis? **Mr Nima Heidari**

**15:00** Autologous Tenocyte Implantation in treatment of Achilles Tendinopathy. **Dr Arjun Rao.**

**15:30** Questions and discussion. **Prof Adrian Wilson, Mr Nima Heidari & Dr Arjun Rao.**

**15.40** **REFRESHMENTS & COMMERCIAL EXHIBITION**

**SESSION – 7**

**16.10** **KEYNOTE LECTURE:** Gut dysbiosis and MSK problems Part III. **Dr Ese Stacey**

**16.50** Questions & Discussion

**17.00** CLOSING REMARKS. **& Dr Nat Padhiar & Dr N Malliaropoulos**

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**SPEAKERS**

<b>Dr Nat Padhiar</b>	UK	Consultant Podiatric Surgeon & Honorary Reader
<b>Dr Nikos Malliaropoulos</b>	GREECE	Honorary Consultant in SEM & Honorary Senior Lecturer
<b>Mr Matt Fitzpatrick</b>	UK	Consultant Podiatrist & Provost, College of Podiatry
<b>Dr R Jalan</b>	UK	Consultant MSK Radiologist
<b>Dr Muaaze Ahmad</b>	UK	Consultant MSK Radiologist
<b>Dr Susan Cross</b>	UK	Consultant MSK Radiologist
<b>Dr James Sarkodieh</b>	UK	Consultant MSK Radiologist
<b>Dr Ese Stacey</b>	UK	Consultant in SEM
<b>Dr Tom Crisp</b>	UK	Consultant in SEM
<b>Prof Hazel Screen</b>	UK	Professor of Biomedical Engineering.
<b>Prof Scott Wearing</b>	Australia	Professor of Human Movement and Sports Science.
<b>Mrs Diane Nicholls</b>	UK	Consultant Podiatric Surgeon
<b>Prof Dan Bader</b>	UK	Professor of Bioengineering
<b>Dr Dawn Thompson</b>	UK	FY2 Junior Doctor, Research Fellow.
<b>Mr Jonny Wride</b>	UK	MSK Physiotherapist & Ultrasonographer
<b>Mr Guy Kenyon</b>	UK	Consultant ENT Surgeon
<b>Dr Shabaaz Mughal</b>	UK	Consultant in SEM and Medical Director, THFC
<b>Prof Sanjay Sharma</b>	UK	Consultant Cardiologist
<b>Mr Julian Hall</b>	UK	Elite Sportsman
<b>Mr Liam Stapleton</b>	UK	Podiatric Sports Medicine Podiatrist
<b>Prof Adrian Wilson</b>	UK	Consultant Orthopaedic Surgeon
<b>Mr Nima Heidari</b>	UK	Consultant Foot & Ankle Reconstructive Surgeon
<b>Dr Arjun Rao</b>	Australia	Consultant in SEM
<b>Mr Ali Noorani</b>	UK	Consultant Upper Limb Orthopaedic Surgeon

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