

LONDON SPORTSCARE – BMI LONDON INDEPENDENT HOSPITAL
are proud to present this 3rd in the series of mini-symposium in
Sports & Exercise Medicine

ACL INJURY IN SPORT

BMI The London
Independent Hospital


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



FSEM awaiting confirmation

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

Date & Time: 7th June 2018 @ 17:30.

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

To reserve a place please send an email to nat.padhiar@londonsportswise.co.uk

CPD: Awaiting confirmation from FSEM.

Symposium Chair: Dr Nat Padhiar & Mr Michael Clements

18:00 The ACL deficient knee - SEM perspective. Dr Arjun Rao – Consultant in SEM, Perth, Australia.

18:30 ACL injury - Surgical v Conservative. Mr WD Goodier – Consultant Orthopaedic & Trauma Surgeon, UK.

19.00 Rehabilitation following ACL injury. Ms Anna Green - Senior MSK Physiotherapist, SixPhysios, UK.

19:30 Questions & Discussion

19:40 **Hot buffet. Please indicate in your email if you will be joining us. This will help us cater for the correct number and prevent waste or, disappointment.**

BIOGRAPHY OF SPEAKERS

Ms Anna Green

Anna Green qualified as a Physiotherapist in 2005 from Leeds Metropolitan University.

She started her career working in the NHS and over the 5 years she gained core foundations in Musculoskeletal and Orthopaedic physiotherapy. After her first skiing holiday she fell in love with the sport and the mountains and therefore left the NHS to work as a physiotherapist in a ski resort. Working in this environment she developed an interest in sports injuries, especially knees.

On returning to the UK she continued to pursue this interest and worked with the 1st team and academy Rugby League players at Hull FC. During this time, she gained great experience rehabilitating players from pitch side to return to play.

Anna went on to complete a studentship at Sheffield Hallam University, where she completed an MSc in Sports Injuries. She continued to work with a wide variety of sports including GB Freestyle Skiing, GB Slalom Canoeing, GB Rowing, Women's Rugby Union and England Table Tennis. Inspired by the collaborative team approach in sports, she researched the importance of applying S&C principles to Physio rehabilitation.

After moving to London, she joined Six Physio and is currently working at the Fitzrovia clinic as a rehabilitation specialist.

Dr Arjun Rao

Dr Arjun Rao is a Consultant Physician in Sport and Exercise Medicine being a Fellow of the Australasian College of Sports Physicians and the Faculty of the Royal College of Physicians of London and the Royal College of Surgeons of Edinburgh. He works in private practice (Inglewood Perth WA) and is the Medical Director of Specialist SportsCare WA and the Perth Glory Football Club. He also works at the WA Institute of Sport and oversees the State Sailing programme. as well as being a Senior Clinical Research Fellow at the University of WA with a specific interest in chronic recalcitrant tendinopathy and OA.

Dr Rao has extensive experience managing professional sporting teams at a State, National and International level. Specifically, he has been involved with local WAFL (West Perth & Swan Districts Football Clubs), Cricket Australia, the NSL/Hyundai A-League and Football Federation Australia.

Dr Rao has also been appointed as a member of the RACGP Curriculum Working Group for Sports Medicine in Australian General Practice and was part of the Clinical Specialist Medical Group for the Polyclinic at the London Olympic Games in 2012.

He is also CMO for Football West and Chairman of the CMO's for the FFA as well as part of the Elite Regional Medical Advisory and Doping Control Panel for FIFA.

Mr David Goodier

Mr Goodier qualified from The Royal London Hospital in 1985 and has worked there and at St Bartholomew's Hospital as lead consultant for trauma orthopaedics for 15 years, and as Head of Department for 3 of those years. The Royal London is the home of the Helicopter Emergency Medical Service, giving him an unparalleled experience of the management of the most severely injured patients. It was this experience that led to an interest in the management of 'problem fractures' including complex fracture patterns, non-unions, multiple injuries and infected fractures. He has pioneered Limb Reconstruction treatment using the Ilizarov and other external fixators and is a member of council of the British Limb Reconstruction Society as well as lecturing throughout the UK and the world on these techniques.

His interest in the overall management of trauma extends to Sports Injuries through which he sees many high level and professional athletes for knee, foot & ankle problems. He performs arthroscopic and ligament surgery on both the knee and the ankle joint, as well as other lower limb and foot surgery. He still teaches regularly on Sports Medicine courses and is a key member the multidisciplinary Sports Medicine team at The London Independent Hospital which includes Consultants in Podiatric Surgery, Sports and Exercise Medicine, Rheumatology, Radiology and Physiotherapy.