



**TWELFTH ANNUAL
SCIENTIFIC CONFERENCE**

PROGRAMME

*“Sports Injuries and Illness in Young
People — A Complete Picture”*

**Thursday, Friday & Saturday
17th, 18th & 19th September 2015**

Royal College of Surgeons in Ireland
123 St Stephen's Green, Dublin 2

CPD/CAS credits will apply

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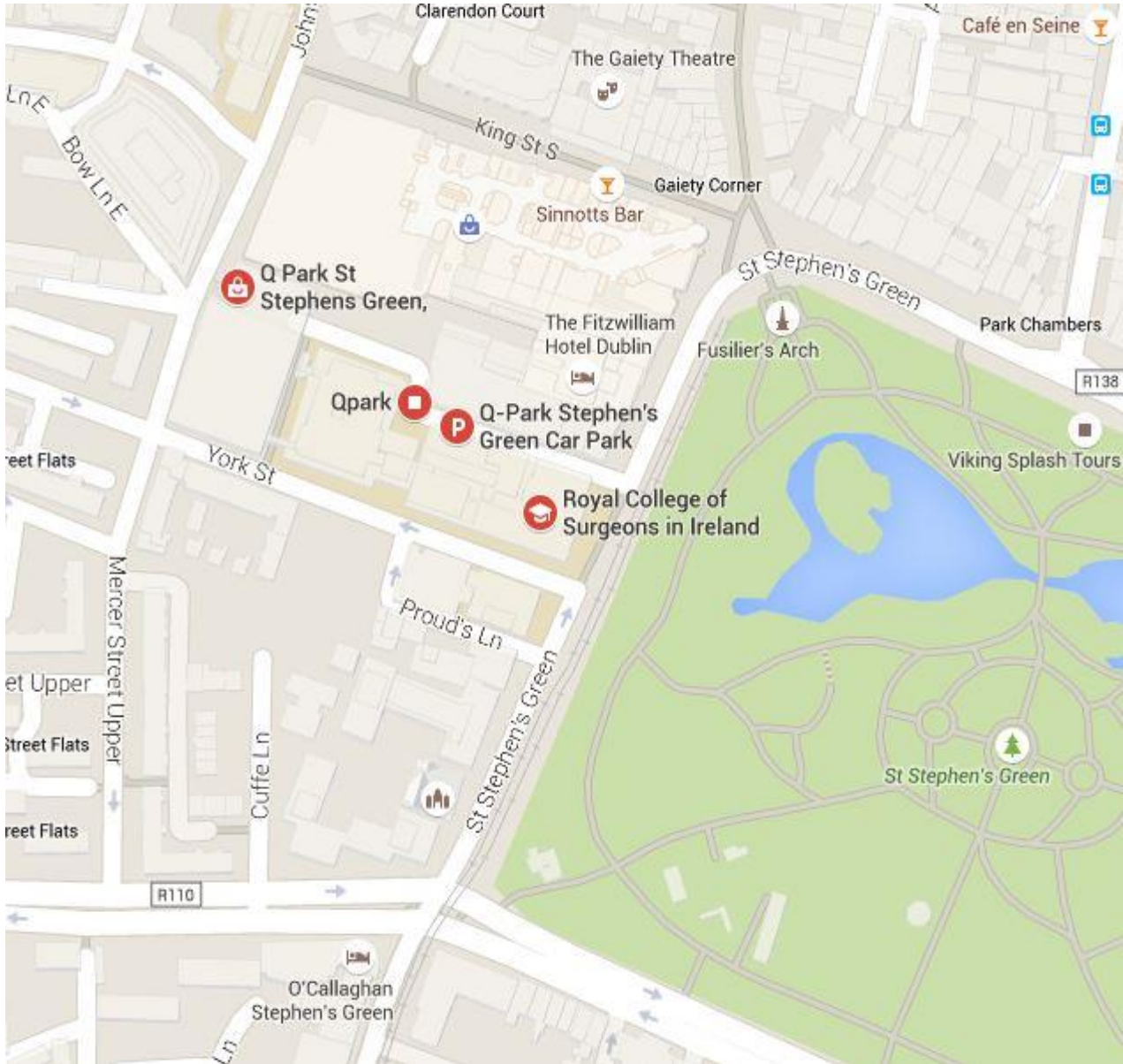
CONFERENCE COMMITTEE

Chair:	FSEM: Dr Nick Mahony		
Local Committee:	FSEM: Dr Adrian McGoldrick Prof John Ryan Prof Moira O'Brien Dr Philip Carolan Mr Kieran Collins	ARTI: Dr Siobhán O'Connor Ms Fiona McVeigh Mr Enda Whyte	ISCP: Dr Helen French Mr Stephen Swanton
Conference Organisers:	FSEM Office: Ms Stephanie Billault, Ms Annemarie Creighton Abbey Conference & Events: Ms Anja Fischer, Ms Danielle Devaney		

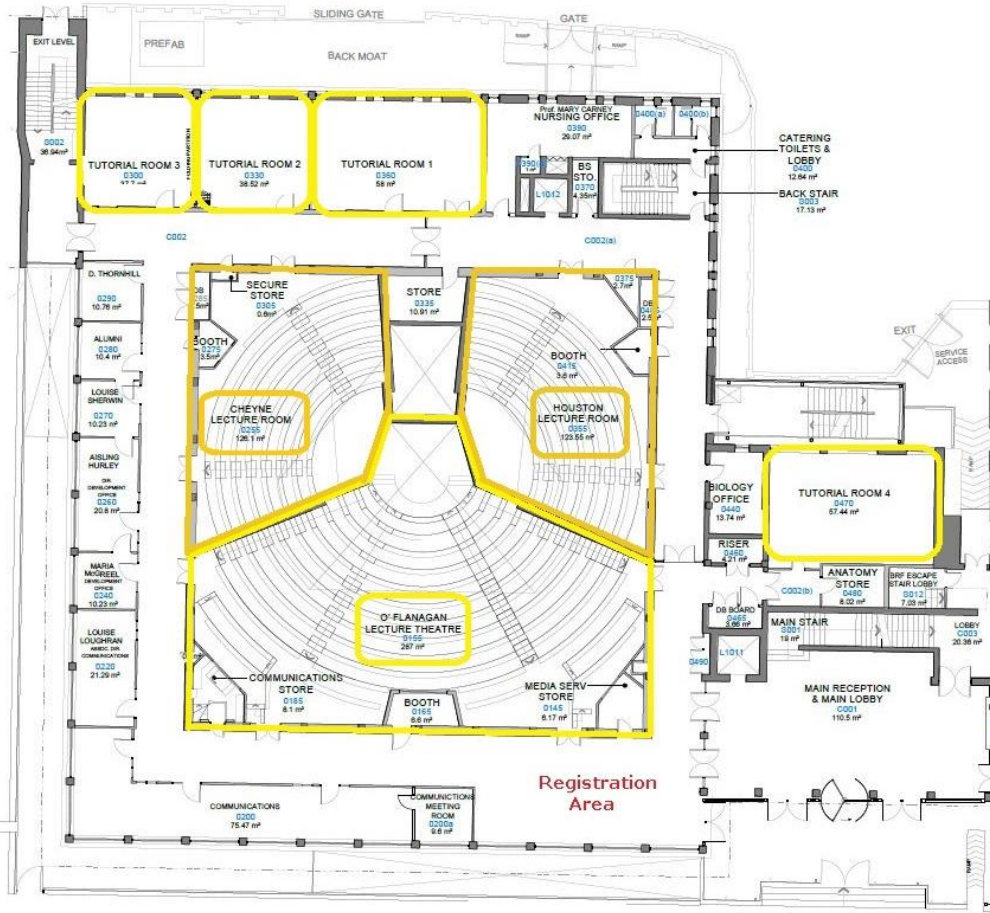
CPD APPROVED

Thursday 17th September: 3 Points
Friday 18th September: 6 Points
Saturday 19th September: 6 Points

RCSI Location and Parking Space



RCSI Floor Plan



GROUND FLOOR PLAN

**ENTRANCE
YORK STREET**



FIRST FLOOR PLAN

[DELEGATES MUST REGISTER FOR CPD EACH DAY]

Conference Overview

Thursday 17 th	Friday 18 th	Saturday 19 th
	Exam Hall RCSI 08:00 AM Registration Open <i>**Sign in for CPD daily**</i> O’Flanagan Lecture Theatre 08:55 AM Session Start	Exam Hall RCSI 08:00 AM Registration Open <i>**Sign in for CPD daily**</i> O’Flanagan Lecture Theatre 08:55 AM Session Start
	Sports Medicine Updates <i>Cartilage regeneration</i> <i>Mental Health</i> <i>Exercise Medicine</i> <i>WR Concussion</i>	Thematic 2 (SITR) <i>Child & Adolescent:</i> <i>Musculoskeletal Injury</i> <i>Regional Orthopaedics</i> <i>Adolescent Rehabilitation</i>
	<i>Coffee Break / Sponsors & Posters Exhibition</i>	
	Thematic 1 (Background) <i>Physiology</i> <i>Injury Epidemiology</i> <i>Overview of Clinical Presentation</i>	Thematic 3 (EX.SCI) <i>Overtraining & Burnout</i> <i>Sports Nutrition</i> <i>Strength and Conditioning</i>
Main Concourse RCSI 01:00 PM Registration open <i>for pre-conference workshops</i> <i>**Sign in for CPD daily**</i>	EXAM HALL RCSI 01:00 PM Lunch & Sponsors Exhibition	
02:55 PM Session Start <i>See programme for venues</i> Pre-conference workshops Sports Trauma Course Research Methodology Clinical Examination Skills	<i>Poster Presentations</i> 01:15-01:45 PM Poster Judging 1	<i>Poster Presentations</i> 01:15-01:45 PM Poster Judging 2
02:55 PM Session Start <i>See programme for venues</i> Pre-conference workshops Sports Trauma Course Research Methodology Clinical Examination Skills	01:55 PM Session Start O’Flanagan Lecture Theatre Main Scientific Session Pre-Selected Delegate Oral Scientific Presentations Clinical case presentations	01:55 PM Session Start <i>See programme for venues</i> Parallel Sessions Delegate Oral Scientific Presentations Workshops 1, 2 & 3 FSEM/ARTI/ISCP Student Symposium
<i>Coffee Break – Exam Hall</i> <i>Conference Registration – Main</i> <i>Concourse</i>	Coffee Break Sponsors/Posters Exhibition O’Flanagan Lecture Theatre Keynote 2 Professor Tim Noakes <i>“Why I changed to Low Carb High Fat”</i>	Coffee Break Sponsors/Posters Exhibition O’Flanagan Lecture Theatre Thematic 4 (Pop. Health) Panel Debate <i>“Solving Childhood Obesity Crisis in Ireland”</i>
	05:45 PM College Hall RCSI FSEM Honorary Fellowship Conferring Ceremony	Closing Ceremony Presentation of Prizes
06:45 PM O’Flanagan LT Opening Ceremony Mr Mark Pollock & Keynote 1 Professor Tim Noakes <i>“Challenging dogma in SEM”</i>	07:00 PM Conference Dinner Hibernian Club St Stephens Green	

WELCOME NOTES



Dr Nick Mahony

CHAIR FSEM Annual Scientific Committee

On behalf of the Faculty of Sports and Exercise Medicine in Ireland I welcome you all to the 12th Annual Scientific Conference, this year supported by ARTI and ISCP.

Following on from the success of last year's format the conference again starts with a pre-conference programme of workshops on Thursday afternoon, the FSEM Honorary Fellows Conferring Ceremony and then the official opening by Mr Mark Pollock, athlete, blind adventurer and now spinal cord injury rehabilitation advocate and ambassador. The world renowned Professor Tim Noakes from South Africa, will then challenge us all to question current scientific thinking with his opening keynote address and then we end Thursday evening with a welcome reception in the Exam Hall.

On Friday morning, as usual, the conference programme begins with the Sports Medicine Updates session, a regular feature of FSEM conferences in recent years, with presentations in areas of SEM which continue to grab the headlines. Exercise and chronic disease, concussion and mental health issues in sport remain controversial topics but added to this we have an update on cartilage regeneration and repair.

Our main thematic sessions this year are focussed on 'Musculoskeletal injury and illness in Children, Adolescents and Young People' we aim to cover the topic systematically through epidemiology, physiology, clinical presentation, management and rehabilitation. Hopefully this approach will provide some of the answers and challenges that face MSK practitioners dealing with this special population. In this endeavour we welcome keynote speakers, from South Africa, Australia, America, and the UK, as well as our local experts to give both an Irish and global perspective on problems affecting young athletes.

The FSEM annual conference continues to encourage and support presentation of SEM research and clinical experiences of our delegates; and this year the collaboration between FSEM, ARTI and ISCP, has again seen our delegate submission numbers exceed expectations. The main and parallel scientific sessions will give all our delegates the opportunity to make oral presentations of research and clinical cases.

This year we continue to provide workshops and breakout sessions; giving delegates an ideal opportunity to ask the questions directly and see the skills of our expert speakers first hand. We encourage you, our delegates, to make these sessions as interactive as possible and we have instructed our workshop presenters to do likewise! In a first for our conference this year, we have also introduced an SEM student symposium on Saturday afternoon, I am sure that many non-students will find the student programme interesting and will also be in attendance!

Finally, I would like to sincerely thank our new and returning sponsors, and I would encourage delegates to support our sponsors by visiting the sponsors' exhibition, all those visiting our sponsor exhibitors will be entered into a prize draw. I hope you enjoy all aspects of the conference and I look forward to meeting you at the welcome reception, in refreshment breaks, and at the gala dinner.

A handwritten signature in black ink, appearing to read 'N Mahony', written in a cursive style.

WELCOME NOTES



Mr Paul Berry

PRESIDENT – Association of Athletic Rehabilitation Therapy Ireland (ARTI)

Paul Berry

On behalf of ARTI I would like to welcome you to the FSEM Annual Scientific Conference 2015. We are delighted to partner with the ISCP and the FSEM in bringing you this auspicious event.

We believe that the programme: "Sports Injuries and Illness in Young People - A Complete Picture" offers a comprehensive view of the injuries and illness faced by young people in sport in 2015. We are proud to present such a distinguished panel of speakers and hope that you enjoy the lectures and workshops.

This weekend will offer an opportunity to create some new friendships and strengthen existing ones. We hope you enjoy the facilities at RCSI and we would like to extend our thanks to our hosts and sponsors.

We thank you for choosing FSEM 2015 and hope you enjoy our programme.



Mrs Jill Long

PRESIDENT – Irish Society of Chartered Physiotherapists (ISCP)

Jill Long

I am delighted to welcome you to the 12th FSEM Annual Scientific Conference. With the changing profile of sport in Ireland the theme of this year's conference is more relevant than ever.

"Sports Injuries and Illness in Young People - A Complete Picture" features an excellent line up of presentations, posters and key note speakers that is sure to stimulate discussion. It is a tremendous opportunity to share information and collaborate with all our colleagues working in sport.

On behalf of the Society we are honoured to be involved in this year's conference and I wish to thank the members of the Conference Organising Committee for their hard work in designing and developing this programme.

I hope that you enjoy this conference and leave with new ideas that will benefit your practice.

THURSDAY 17TH SEPTEMBER

[CONFERENCE REGISTRATION MAIN CONCOURSE FROM 01:00 PM]

AFTERNOON

PRE-CONFERENCE WORKSHOPS 03:00-05:00 PM			
PRE-CONFERENCE PROGRAMME	03:00 PM	W 1 TR 2	FSEM Sports Trauma course: Sideline Care / Airway & Spine Management Mr Brian Carlin & Mr Declan O'Farrell [FSEM]
	03:00 PM	W 2 TR 1	Research Methodology – Dr Conor Gissane [ARTI] Chair: Dr Siobhan O'Connor
	03:00 PM	W 3 TR 3	Shoulder assessment of the overhead athlete Workshop Ms Clare Gilsonan [ISCP] Chair: Dr Helen French

EVENING

[CONFERENCE REGISTRATION - MAIN CONCOURSE FROM 05:00 PM]

[COFFEE - EXAM HALL FROM 05:00 PM]

CONFERENCE OPENING CEREMONY			
Opening Ceremony	05:45 PM	FSEMI Conferring College Hall	Gowning and assembly of Citators and Honorary Fellows elect Conferring ceremony for FSEM Honorary Fellow 2015 International Honorary Fellow Professor Tim Noakes Presentation ICGP FSEM MSK diplomas
	06:45 PM	Opening Ceremony O'Flanagan	Conference opening ceremony Speaker: Mr Mark Pollock - Adventurer, SCI Advocate, Entrepreneur Chairs: Dr Nick Mahony, Dr Padraig Sheeran
	07:00 PM	Keynote 1 O'Flanagan	PUBLIC LECTURE O'FLANAGAN LT – Professor Tim Noakes "Challenging Scientific Dogma in Sports and Exercise Medicine" Chair: Dr Nick Mahony
	07:45 PM	CONFERENCE OPENING RECEPTION - Exam Hall	

FRIDAY 18TH SEPTEMBER

MORNING 08:50 AM – 01:00 PM – O’Flanagan Lecture Theatre

[COFFEE & CONFERENCE REGISTRATION EXAM HALL FROM 08:00 AM]

SHORT UPDATES IN SPORTS AND EXERCISE MEDICINE		
SEM UPDATES	08:55 AM	Chair: Dr Adrian McGoldrick [15 min + 5 Q&A]
	09:00 AM	Update on Cartilage Replacement Prof Cathal Moran - TCD/SSC
	09:20 AM	Update on Exercise programs for chronic illness Dr Noel McCaffrey - MEDEX
	09:40 AM	Update on Mental Health issues in sport Mr James Matthews - UCD
	10:00 AM	Update on concussion and CTE Dr Martin Raftery - Chief Medical Officer WR
10:30 AM COFFEE BREAK + SPONSORS EXHIBITION + POSTER PRESENTATIONS - EXAM HALL		
T1 INTRODUCTION: BACKGROUND TO INJURY AND ILLNESS IN YOUNG PEOPLE		
THEMATIC SESSION 1	Background: Physiology / Epidemiology / Clinical Presentation Session Chair: Mr Enda Whyte	
	11:00 AM	Physiological considerations in Child and Adolescent athletes/activity Speaker: Dr Rhodri Lloyd - University of Cardiff
	11:40 AM	Epidemiology of sports injury in young people [Child/Adolescent/Young] Speaker: Dr Siobhan O’Connor – AIT & ARTI
	12:20 PM	Clinical presentation of injury/illness in young athletes Speaker: Dr Sean Walsh - OLCHC
01:00 PM LUNCH + SPONSORS EXHIBITION + DELEGATE POSTER PRESENTATIONS - EXAM HALL [ADJUDICATED POSTER PRESENTATIONS 01:15 – 01:45 PM]		

AFTERNOON 01:55 PM – 06:00 PM – O’Flanagan Lecture Theatre

SELECTED DELEGATE ORAL SCIENTIFIC AND CLINICAL CASE PRESENTATIONS		
Main scientific session	01:55 PM	Chair: Dr Nick Mahony [Oral Scientific Talks 7+3 min Q&A / Clinical Cases 3+2 min Q&A]
	02:00 PM	Sports and exercise medicine and population health Sports injury rehabilitation and treatment
	03:15 PM	SHORT REFRESHMENT BREAK <i>Main Concourse</i>
	03:30 PM	Sports and exercise science and physiology Trauma, orthopaedics, and radiology
04:30 PM COFFEE BREAK POSTER AND SPONSORS EXHIBITION EXAM HALL		
Keynote 2	FSEM International Honorary Fellow Invited Guest Lecture Chair: Dr Helen French	
	05:00 PM	“Why I converted from carbo-loading to carbo-avoiding. The science of low carbohydrate eating” Professor Tim Noakes University of Cape Town SA
07:00 PM RECEPTION AND GALA DINNER - Hibernian Club, St Stephen’s Green		

FRIDAY 18TH SEPTEMBER

AFTERNOON 02:00 PM - 04:30 PM – O’Flanagan Lecture Theatre

DELEGATE SCIENTIFIC PRESENTATIONS & CLINICAL CASE PRESENTATIONS				
	Time	#	Short / Running title [7&3min Q&A / CCP 3&2min Q&A]	Author
Injury treatment rehabilitation/ Sports & exercise medicine	01:55 PM		Introduction: Dr Nick Mahony	
	02:00 PM	SEM 70	Exploring the prevalence of musculoskeletal impairments in children and adolescents attending an obesity management service.	Nicola Sheridan
	02:10 PM	SEM 46	High prevalence of vitamin D deficiency in Gaelic athletes: implications for health and use of an oral spray to optimise status over 12-weeks	Joshua Todd
	02:20 PM	SEM 44	The Prevalence of Abnormal Hip MRI Findings in Gaelic Football Players	Aine Lucey
	02:30 PM	CCP 5	Suspected osteoporosis and osteomalacia with atraumatic bilateral neck of femur fractures in a 53-year-old man without apparent risk factors	Raazi Bajwa
	02:35 PM	ITR 19	Athletic groin pain –review of athletes undergoing fluoroscopically guided pubic symphysis injection and outcomes to MRi findings	Patrick Fahy-Browne
	02:45 PM	ITR 81	Does the GAA15 improve neuromuscular control in adolescent hurlers and camogie players?	Catherine Blake
	02:55 PM	ITR 53	Marathon running injuries and illness presenting to a medical support unit	Ui May Tan
03:15 PM - 03:30 PM SHORT REFRESHMENT BREAK – MAIN CONCOURSE				
Trauma Ortho Radiol / Exercise Science	03:30 PM	SCI 33	Comparison of laboratory versus field-based tests of aerobic fitness in elite female soccer players	Catherine Simpson
	03:40 PM	SCI 66	Nutrient intakes and eating habits of Irish elite adolescent boxers	Laura Mahony
	03:50 PM	TOR 31	Changes in athletic performance measures following the arthroscopic treatment of femoroacetabular impingement: preliminary (12 week) data	Karen Mullins
	04:00 PM	CCP 47	Pyogenic infection of the sacroiliac joint, in a female lifeguard with lower back pain.	Siobhan Graham
	04:05 PM	TOR 27	ACL injury prevention in elite underage womens’ gaelic games; time to engage?	Padraig McGillicuddy
	04:15 PM	TOR 89	Chondrogenesis of mesenchymal stem cells in healthy and diseased knee joints	Richard Downey
	04:25 PM	CCP 68	A painful finger in a 15 yr old climber	James O’Donovan
04.30 PM COFFEE BREAK POSTER AND SPONSORS EXHIBITION EXAM HALL				

SATURDAY 19TH SEPTEMBER

MORNING 08:00 AM - 01:00 PM

[COFFEE & CONFERENCE REGISTRATION EXAM HALL FROM 08:00 AM]

T2 Sports Injury Treatment and Rehabilitation		
THEMATIC SESSION 2	08:55 AM	Co-Chairs: Professor John Ryan & Dr Padraig Sheeran [25 + 5 min Q&A]
	09:00 AM	Hip and knee problems in young people Speaker: Mr Pat O'Toole - OLCHC
	09:30 AM	Foot and ankle problems in young people Speaker: Ms Paula Kelly - OLCHC
	10:00 AM	Acute chronic spine issues in paediatric patients Speaker: Mr Pat Kiely - OLCHC
	10:30 AM	Injury prevention in the adolescent athlete Speaker: Mr Steve Kemp - The Football Association / Spire Perform
11:00 AM COFFEE BREAK - POSTER AND SPONSORS EXHIBITION		
T3 Exercise Science and Exercise Physiology		
THEMATIC SESSION 3	11:25 AM	Chair: Mr Kieran Collins [25 + 5 min Q&A]
	11:30 AM	Overtraining and Burnout in Young Athletes Speaker: Dr Giles Warrington - University of Limerick
	12:00 PM	Nutritional requirements for growing athletes Speaker: Dr Sharon Madigan - Irish Institute of Sport
	12:30 PM	Strength and Conditioning for Young Athletes Speaker: Prof Avery Faigenbaum – The College of New Jersey
01:00 PM LUNCH + SPONSORS EXHIBITION + DELEGATE POSTER PRESENTATIONS		
[ADJUDICATED POSTER PRESENTATIONS 01:15 – 01:45 PM]		

SATURDAY 19TH SEPTEMBER

AFTERNOON 02:00 PM - 05:30 PM

[DELEGATES MUST REGISTER FOR CPD EACH DAY]

Parallel Delegate Oral Scientific Presentations			
DELEGATE PRESENTATIONS	02:00-04:00 PM	Parallel 1 Cheyne	Sports and Exercise Medicine / Exercise and Population Health Delegate Oral Scientific and Clinical Case Presentations Chair: Mr Joe Conway
	02:00-04:00 PM	Parallel 2 Houston	Trauma, Orthopaedics, & Radiology Delegate Oral Scientific Presentations Chair: Mr Patrick Carton
	02:00-03:00 PM	Parallel 3 &	Sports Injury Rehabilitation and Treatment Delegate Oral Scientific Presentations Chair: Ms Louise Keating
	03:00-04:00 PM	Parallel 4 TR1	Sports and Exercise Science / Physiology Delegate Oral Scientific Presentations Chair: Dr Giles Warrington
Clinical & Practical Skills Workshops			
WORKSHOPS	02:00 PM	W1 Venue TR2	Practical treatment, rehabilitation & prevention: managing the adolescent athlete- a clinical perspective - Ms Sinead Murphy Chair: Mr Stephen Swanton ISCP
		W2 Venue TR3	Assessment and management of the hip and groin in the adolescent athlete Mr Steve Kemp Chair: Mr Paul Berry ARTI
		W3 Venue TR8	Musculoskeletal Ultrasound in SEM Prof David Kane Chair: Dr Peter Kavanagh <i>supported by RSL Medical</i>
Sports and Exercise Medicine Student Symposium			
Student Symposium	02:00 PM	"Inspiring the next generation" Venue: O'Flanagan Lecture Theatre Chairs: Dr Nick Mahony, Dr Siobhan O'Connor, Dr Helen French	
	02:00 PM	My career in sports and exercise medicine Prof Tim Noakes	
	02:30 PM	Concussion assessment tools Dr Conor Gissane	
	03:00 PM	How I treat a hamstring tear from SL to R2P Mr Karl Denvir	
	03:30 PM	Practical pitch-side preparation: What to have and how to use it! Mr Andrew Watson	
4:00 PM COFFEE BREAK POSTER AND SPONSORS EXHIBITION			
T4 Sports and Exercise Medicine & Population Health O'Flanagan LT			
THEMATIC SESSION 4	Panel & Delegate Debate: "How to solve Ireland's childhood obesity epidemic" Session Chair & Opening Address: Professor Donal O'Shea		
	04:30 PM	Panel Contributors: Prof Tim Noakes/Prof Niall Moyna/Dr Sharon Madigan/Prof Avery Faigenbaum	
	05:30 PM	PRESENTATION OF PRIZES AND CLOSING ADDRESS: Chair FSEM ASC / Dean of FSEM / President ISCP / President ARTI	

SATURDAY PM PARALLEL ORAL PRESENTATIONS

P1 Sports Medicine & Population Health (+TOR)			Cheyne
Time	#	Short / Running Title [OP 7&3 min CCP 3&2 min]	Author
01:55 PM		Introduction by session chair. Dr Joe Conway	
02:00 PM	SEM 1	Nutritional supplementation practices in ulster schools rugby.	Gavin Heyes
02:10 PM	SEM 12	Neuromuscular training effects on musculoarticular variables in female athletes	Dan Wang
02:20 PM	SEM 14	Thigh muscle strength imbalance and hamstring injury risk in elite Gaelic footballers	Stephen Gilmartin
02:30 PM	SEM 24	Pilot study reviewing cases of concussion presenting to an adult university hospital ed	Jessica Abrahams
02:40 PM	SEM 48	Physical activity teaching on the Irish undergraduate medical school curricula	Barry O'Flanagan
02:50 PM	SEM 65	Violence in Irish underage sports- a growing problem in a growing population	Matthew Mullins
03:00 PM	SEM 69	Audit of the football association of Ireland's cardiac screening programme	James O'Donovan
03:10 PM	SEM 80	Vaccine status of a group of elite international rugby players in Ireland	Mortimer O'Connor
03:20 PM	TOR 6	Equestrian injury presentations to a regional trauma centre: a retrospective study	Raazi Bajwa
03:30 PM	TOR 16	Ulster schools rugby injury surveillance study: fracture demographics 2014/2015	Gavin Heyes
03:40 PM	TOR 39	Epidemiology of field hockey injuries presenting to an adult emergency department.	Andrew Rowe
03:50 PM	TOR 52	Medical services at the UEFA regions cup final round tournament 2014-2015	Conal Hooper
04:00 PM		Session Finish / Run over time 5 min max into coffee break	Chair

P2 Trauma Orthopaedics & Radiology			Houston
Time	#	Short / Running Title [OP 7&3 min CCP 3&2 min]	Author
01:55 PM		Introduction by session chair: Mr Patrick Carton	
02:00 PM	TOR 20	The outcomes of mini-open decompression for patellar tendinopathy	Abdullah Nouri
02:10 PM	TOR 21	Arthroscopy for medical meniscal tears. How well do they recover?	Darrell Martin
02:20 PM	TOR 22	Relationship between underlying FAI and anterior cruciate ligament rupture.	Derek O'Neill
02:30 PM	TOR 97	Putting Hip/Groin Under Pressure: A Prospective epidemiological study of injury incidence in the Irish Women's U16 and U17s International soccer squads 2014/15.	Lise-Ann O'Neill
02:40 PM	TOR 29	Prevalence of FAI in the asymptomatic athlete: a screening study	David Filan
02:50 PM	TOR 30	The Effect of Femoroacetabular Impingement on Athletic Performance Measures	Karen Mullins
03:10 PM	TOR 42	Adolescent rugby injuries presenting to an ED over a 2-year period	Stuart O'Flanagan
03:20 PM	TOR 43	Women's rugby-related injuries presenting to an ED over a 2-year period	Stuart O'Flanagan
03:30 PM	TOR 63	Childhood obesity as a risk factor for upper extremity fractures	Ali Abdulkarim
03:40 PM	TOR 75	Familial predisposition for injury to the anterior cruciate ligament	Stephen Brennan
03:50 PM		Session Finish / Run over time 10 min max	Chair

SATURDAY PM PARALLEL ORAL PRESENTATIONS

P3 Sports Injury Treatment & Rehabilitation 02:00-03:00 PM			TR 1
P4 Exercise Science & Exercise Physiology 03:00-04:00 PM			
Time	#	Short / Running Title [OP 7&3 min CCP 3&2 min]	Author
01:55 PM		Introduction by session chairs Ms Louise Keating & Dr Giles Warrington	
02:00 PM	ITR 23	Plantaris muscle: an observational cadaveric study	Paul Kirwan
02:10 PM	ITR 51	A marker-less motion capture system to enhance injury monitoring in sports	Susan Giblin
02:20 PM	ITR 55	Pre and mid-season FMS and injury risk factors in elite club gaelic footballers	Martin McIntyre
02:30 PM	ITR 56	Correlation of isokinetics and single leg bridge test in elite u21 gaelic footballers	Martin McIntyre
02:40 PM	ITR 58	Reduction in running impact accelerations with an audio biofeedback app ("SoftRun")	Kieran Moran
02:50 PM	ITR 96	Hip range of motion in elite male Gaelic footballers and elite male track runners.	Donal Breathnach
03:00 PM	SCI 7	Run kinematics with and without a jogging stroller	Rory O'Sullivan
03:10 PM	SCI 11	Effects of acute sleep deprivation on testosterone and cortisol levels in games players	Ciaran McDonald
03:20 PM	SCI 15	Effect of reduced gravitational load running on lower limb kinematics	Neil Fleming
03:30 PM	SCI 45	Effects of acute sleep deprivation on aerobic and skills performance	Alan McIntyre
03:40 PM	SCI 73	Effect of acute sleep deprivation and caffeine on anaerobic performance.	Joss Moore
03:50 PM	SCI 79	The reliability of a multi-directional hurling simulation protocol	Kieran Collins
04:00 PM	SCI 90	Effect of anticipation on trunk / lower limb kinematics during side-cutting manoeuvre	Ryan Worden
04:10 PM	Finish of session + Run over time 5 min max		Chair

ADJUDICATED POSTER PRESENTATIONS [EXAM HALL]

Ab # Theme	Presentations & Preliminary Judging: Friday 01:15 PM - 01:45 PM 2 min & 1 min Q&A	Author	Judge [Time]	PB
2 ITR	Effects of caudal mobilisation with movement (MWM) and self-mobilisation with movement (SMWM) in restricted internal rotation in the hip: a randomised control trial	Richie Walsh	J1 [1:15]	1
3 ITR	Preventing sports injuries among young footballers	Dominic Ikwuagwu	J1 [1:18]	2
4 TOR	Cycling Injuries and Concussion. The view from an Irish Emergency Department.	James Foley	J1 [1:21]	3
8 ITR	A comparative analysis exploring the utility of post-operative ACL outcome measure utility between peer professionals nationally and internationally	Joanne Mulrooney	J1 [1:24]	4
9 SEM	Technology use in phase four cardiac rehabilitation: an exploratory study into technology needs of a cardiovascular disease cohort.	Kieran Moran	J1 [1:27]	5
10 SEM	<i>Withdrawn</i>		J1 [1:30]	6
13 SEM	Isokinetic thigh muscle strength of Elite GAA Footballers and similar elite sport cohorts	Stephen Gilmartin	J1 [1:33]	7

17 ITR	<i>Withdrawn</i>		J2 [1:15]	8
18 ITR	Use of Inertial Sensors and Depth Cameras to Aid with the Development of an Automated Athletic Screening Tool	Darragh Whelan	J2 [1:18]	9
25 SEM	A pilot study reviewing cases of concussion presenting to an adult university hospital emergency department	John Ryan	J2 [1:21]	10
28 TOR	The organisation of medical care at major soccer matches in the Aviva Stadium	Conal Hooper	J2 [1:24]	11
32 ITR	Accuracy of Clinical Diagnosis compared with Diagnostic Ultrasound for Plantar Fasciitis	Helen French	J2 [1:27]	12
36 SEM	The effectiveness of the Functional Movement Screen as a prediction of injury in Gaelic Football	Jason Joyce	J2 [1:30]	13
34 SCI	Analysis of pre-season Functional Movement Screening (FMS) scores in a senior inter county Gaelic team	Bernie McGowan	J2 [1:33]	14

35 SCI	Possible correlation between seasonal body composition changes in a senior Gaelic football team and macro nutrient intake values.	Bernie McGowan	J3 [1:15]	15
37 SEM	Endurance training induces muscle-type specific regulation of mitochondrial stasis	Marcus Colon	J3 [1:18]	16
38 SEM	Do flip-flops increase the risk of tripping when walking? A cross-sectional study using three-dimensional gait analysis	Helen French	J3 [1:21]	17
40 TOR	The epidemiology of field hockey injuries presenting to an adult emergency department.	Andrew Rowe	J3 [1:24]	18
41 TOR	Rugby-related head and neck injuries presenting to an Emergency Department / 2-year period	Stuart O'Flanagan	J3 [1:27]	19
49 SEM	Use of analgesics in endurance athletes; prevalence, reason for consumption, awareness and incidence of adverse associated effects	Louise Jackman	J3 [1:30]	20
54 SCI	Hydration strategies and fluid consumption in dehydrated marathon runners	Ui May Tan	J3 [1:33]	21

ADJUDICATED POSTER PRESENTATIONS [EXAM HALL]

Ab # Theme	Presentations & Preliminary Judging: Friday 01:15 PM - 01:45 PM 2 min & 1 min Q&A	Author	Judge [Time]	PB
57 ITR	Does running surface affect tibia and pelvis impact accelerations?	Kieran Moran	J4 [1:15]	22
59 ITR	Are impact acceleration asymmetries present 18 months following ACL reconstruction?	Kieran Moran	J4 [1:18]	23
60 TOR	Compliance with Rehabilitation in Anterior Cruciate Ligament Reconstruction	Jane Campbell	J4 [1:21]	24
61 SEM	Physical activity levels in chartered physiotherapists in Britain and Ireland.	Jennifer Daly	J4 [1:24]	25
62 SEM	Head injury in sports. Evaluation of 12 different sports of FC Barcelona over eight seasons	Franchek Drobnic	J4 [1:27]	26
64 SEM	“Wreckage on Reek”, a study on safety of climbing Ireland’s golden mountain- ‘Croagh Patrick’	Matthew Mullins	J4 [1:30]	27

67 TOR	Impact of a pre-operative physiotherapy education programme on the number of rehabilitation days required post primary total hip and knee replacement surgery.	Edel Madden	J5 [1:15]	28
71 SEM	The relationship between balance and quality of life in youth who are obese.	Nicola Sheridan	J5 [1:18]	29
72 SEM	Pediatric Obesity and Perceived Exertion: Difference Between Weight-Bearing and Non-Weight-Bearing Exercises.	Nicola Sheridan	J5 [1:21]	30
76 ITR	An Investigation into the Relationship between Hip Joint Range of Motion and Magnetic Resonance Imaging in Elite Male Gaelic Footballers	Órlaith Durkan	J5 [1:24]	31
77 ITR	Quadriceps and hamstring muscle strength and endurance in patients who underwent anterior cruciate ligament reconstruction using a hamstring tendon graft.	Edel Madden	J5 [1:27]	32
78 SEM	A pilot trial of “TickerFit”: A smartphone application developed to increase physical activity	Andrea Tou	J5 [1:30]	33

82 SEM	The Relation Between Number of Comorbidities and Functional Capacity	Aaron McLoughlin	J6 [1:15]	34
84 SEM	Physiological, Perceptual, and Affective Responses during Community-Based Cardiac Rehabilitation	Nicola Hurley	J6 [1:18]	35
85 SEM	MedEx Move On: Community-based Exercise Rehabilitation for Cancer Survivors	Fiona Skelly	J6 [1:21]	36
86 SCI	Work-Rate of Elite International Female Field Hockey Players During Competitive Match-Play.	Kieran Collins	J6 [1:24]	37
87 SEM	Validity and Reliability of the 6 Minute Walk Test in a Group and Unsupervised Setting in a Clinical Population	James Mclaughlin	J6 [1:27]	38
88 SEM	Validity of Assessing Memory and Attentional Functioning in a Group Setting	Terry McElvaney	J6 [1:30]	39
98 SEM	The Rocky Road to Recurrent Injury: A Prospective epidemiological study of injury incidence in the Dublin FAI Emerging Talent Program (ETP) for the 2014/15 season.	Lise-Ann O’Neill	J6 [1:33]	40

Delegates who wish to be included in the poster competition must attend their posters for judging at the times listed on Friday lunchtime. Posters will be shortlisted to the final six on Friday, judges will do a second walk-around on Saturday lunchtime 01:15 PM to 01:45 PM to decide the prize winner from the top six determined by Friday presentation.

Speaker Biographies in order of appearance

Workshop Instructors and Presenters:



Mr Brian Carlin DipIMC FPHC RCSEd, MSc MedEd. Brian is currently the clinical lead for the Football Association (FA) in England responsible for the Advanced Resuscitation & Emergency Aid (AREA) course programmes. One of 3 Senior Medical Educators for the International Rugby Board (IRB) worldwide, with responsibility for raising the standards of pitch-side care in all union playing countries. Brian has a keen interest in medical education and was part of the curriculum development group for the sub-specialty in pre-hospital care in UK, amongst some of academic programmes he has been involved with. These include being the author and Course Director of the RCSI FSEM Standard Principles of Resuscitation & Trauma in Sports (SPoRTS) and the ICGP Immediate Medical & Emergency Care (IMEC) Courses. Brian is a Senior Examiner for the Faculty of pre-hospital care at the Royal College of Surgeons of Edinburgh (RCSEd) and is the all-Ireland advisor for the DIMC/FIMC exams in Immediate Medical Care.



Mr Declan O'Farrell Advanced Paramedic EMT, is a seasoned pre-hospital provider. He is proficient and professional in the delivery of pre-hospital care at an advanced level. Innovation, integration and education are values that have driven him throughout his career. By adopting this approach Declan now wears many hats on his journey through his career as an educator, preceptor, mentor and course developer. As a result of this he has a unique ability to manage multidisciplinary projects and to navigate complex challenges.

Opening Ceremony Speakers:



Dr Pdraig Sheeran MB ChB, FFARCSI, FRCSEd., FFSEM, DTM&H, FJFICMI, Dip MSK is a Consultant in Paediatric Anaesthesia and Intensive Care in Dublin and the current Dean of the Faculty of Sports and Exercise Medicine (RCPI & RCSI) of Ireland. He is a Fellow of the College of Anaesthesia in Ireland, a Fellow of the College of Surgeons in Edinburgh and holds Diplomas in Musculoskeletal Medicine and Tropical Medicine. Pdraig played rugby in the UK with Waterloo RFC, London Irish RFC, England Medicals 1984 and Great Britain Students RL 82-84. He has been pitch-side doctor for Connacht Rugby for 10 years and Ireland U18 more recently. He has climbed Kilimanjaro 4 times and is Medical Director of Kilimanjaro Achievers. He was Medical Lead when taking 116 people to the top of Kilimanjaro in August 2012 (new unofficial world record), an expedition led by the late Ian McKeever. Pdraig is trained in practice of medicine in remote areas (WEMSI Wilderness Physician).



Mr Mark Pollock, Collaboration Catalyst & Explorer. Unbroken by blindness in 1998, Mark went on to compete in ultra endurance races across deserts, mountains, and the polar ice caps including being the first blind person to race to the South Pole. He also won silver and bronze medals for rowing at the Commonwealth Games and set up a motivational speaking business (www.markpollock.com). In 2010, Mark was left paralysed after falling from a second story window. He is now exploring the frontiers of spinal injury recovery as the world's leading test pilot of Ekso robotic legs combined with aggressive physical therapy and innovative electrical stimulation.

Through the Mark Pollock Trust (www.markpollocktrust.org) he is on a mission to find and connect people around the world to fast-track a cure for paralysis.

Selected by the World Economic Forum as a Young Global Leader and appointed to the Board of the Christopher and Dana Reeve Foundation (USA), Mark is co-Founder of the global running series called Run in the Dark (www.runinthedark.org) and is an ambassador for Wings for Life (UK). He also holds an honorary doctorate from Queens University Belfast, a diploma in Global Leadership and Public Policy for the 21st Century from Harvard University and degrees from Trinity College Dublin and The Smurfit Business School.

Speaker Biographies in order of appearance

International Honorary Fellow & Keynote Speaker



Professor Tim Noakes studied at the University of Cape Town (UCT), obtaining a MBChB degree and an MD and DSc (Med) in Exercise Science. He is rated an A1 scientist by the National Research Foundation of South Africa and received the Order of Mapungubwe, Silver, from the President of South Africa for his “excellent contribution in the field of sports and the science of physical exercise”.

He has authored many books, but since 2011 he has written his autobiography entitled *Challenging Beliefs: Memoirs of a Career* and in 2012 he published *Waterlogged: The serious problem of overhydration in endurance sports*. In 2013 *The Real Meal Revolution* was published, co-authored with Jonno Proudfoot, David Grier and Sally-Ann Creed. Most recently he co-wrote *Always Believe in Magic* with Kevin Musikanth and Jonathan Kaplan. Noakes has published more than 500 scientific publications and in 2003 received the UCT Book Award for *Lore of Running* (4th Edition), considered to be the “bible of the sport”.

He is highly acclaimed in his field and, at age 65, is still physically active, taking part in races up to 21kms.

Sports Medicine Updates



Professor Cathal Moran is a Consultant Orthopaedic Surgeon at Sports Surgery Clinic and the Professor and Chair of Orthopaedics and Sports Medicine at Trinity College Dublin. His special interest is in sports surgery of the knee and shoulder, including ligament, cartilage and instability surgery.

Professor Moran completed his training in the Orthopaedic Sports Medicine and Shoulder Fellowship at Hospital for Special Surgery and Cornell Medical College in New York, the Cartilage Repair Centre at Harvard Medical School and Brigham and Women’s Hospital in Boston, and Antwerp Orthopaedic Centre in Belgium.

He has worked extensively with professional athletes and teams across Ireland, the US and Europe. He is a Principal Investigator with a special interest in cartilage and ligament research at Trinity Centre for Bioengineering, RCSI Bioengineering and AMBER research centres.



Dr Noel McCaffrey is a sports and exercise medicine specialist and lecturer in DCU’s School of Health and Human Performance, where he is Chair of the BSc (Athletic Therapy and Training) degree programme and Medical Director of the MedEx (chronic illness rehabilitation) programme. MedEx offers exercise-based rehabilitation to individuals with a range of chronic illnesses (lung, cardiac peripheral vascular disease, diabetes and cancer). He is a Foundation Fellow of the Faculty of Sports and Exercise Medicine (RCPI & RCSI), and runs a sports injury clinic in Cappagh National Orthopaedic Hospital.



Mr James Mathews PhD, Reg. Psychol., Ps.S.I is a College Lecturer in the School of Public Health, Physiotherapy and Population Science at UCD. He is a registered Sport and Exercise Psychologist who received Irish Research Council funding for his doctoral research completed under the mentorship of Prof Aidan Moran.

His current research interests and publications centre on the motivational and social cognitive aspects of sport and exercise and how we can develop interventions aimed at enhancing sport performance and increasing exercise behaviour.

James consults with international athletes within the UCD Ad Astra Elite Sport Scholarship Programme and has additional consulting experience in the energy industry designing mental skills training programmes for teams that work in high risk environments.

Speaker Biographies in order of appearance



Dr Martin Raftery is currently Chief Medical Officer for World Rugby having been appointed in August 2011. Prior to this appointment he was Chief Medical Officer of the Australian Rugby Union from 2004-2011. Dr Raftery has a Fellowship from the Australasian College of Sports Physicians awarded in 1992.

Team Physician experience includes the Wallabies from 2002-2008, NSW State of Origin Rugby League team in 2011, St George Illawarra Dragons, professional Rugby League team (1990-2006), Sydney Kings basketball (1994-98) and personal physician to a boxer who held two world titles.

Dr Raftery has also worked extensively in private sports medicine practice in Australia since 1987. Dr Raftery currently provides injury prevention consultancy advice to teams within Rugby Union, Rugby League and Australian Football.

Thematic Session 1



Dr Rhodri Lloyd PhD, ASCC, CSCS*D is currently a senior lecturer in strength and conditioning at Cardiff Metropolitan University. His research interests surround the impact of growth and maturation on long-term athletic development, and the neuromuscular mechanisms underpinning resistance training adaptations in youth. Dr Lloyd has published extensively on the topic of athletic training for youth and was recently lead author for the 2014 International consensus statement on youth resistance training.

He has served as a Board Director and paediatric lead for the UKSCA and as an Executive Council member for the National Strength and Conditioning Association (NSCA) Youth Training Special Interest Group since 2011. Dr Lloyd is a qualified physical education teacher, accredited strength and conditioning coach with both the UKSCA and NSCA and has consulted on the long-term athletic development pathways of professional sports organisations including the Irish Rugby Football Union and the Lawn Tennis Association.



Dr Siobhán O Connor MSc, ARTC, is the Vice President of ARTI since its foundation in 2009 and is the current chair of the Ethics committee. She developed, and is the course director of the BSc. (Hons) in Athletic and Rehabilitation Therapy, and also lectures on the BSc. (Hons) in Sports Science and Exercise Physiology in Athlone Institute of Technology. Her research interests include epidemiology and risk factors for injury in various populations, particularly in adolescents, fundamental movement skills improvement in children and adolescents and the therapeutic effects of latent dry needling. She is currently co-coordinating a whitepaper for the World Federation of Athletic Therapy and Training on "Global Clinical Education Teaching".



Dr Sean Walsh qualified with a Medical Degree from University College Dublin in 1981. Having trained in Dublin hospitals, including OLCHC, Crumlin (1983), he gained his Membership of the Royal College of Physicians in 1985. He subsequently started his training in the United Kingdom, from 1986. He completed his training in the Yorkshire Deanery and was appointed as a Consultant in Accident and Emergency Medicine with special interest in Paediatrics in 1995 in Leeds. As part of his consultancy he was the Clinical Lead for Emergency Medicine in his NHS Trust. He commenced duties as a Consultant in Emergency Medicine in OLCHC in August 2003.

He holds Diplomas in Child Health, in Obstetrics/Gynaecology and in Quality and Leadership. He holds a Master of Science in Clinical Epidemiology and is a Fellow of the Royal College of Emergency Medicine (UK).

Sean has served on several Management Committees within the hospital and is currently the Interim Chief Executive of OLCHC.

Speaker Biographies in order of appearance

Thematic Session 2



Mr Patrick O'Toole, Consultant Paediatric Orthopaedic Surgeon (FRCS Tr & Orth) is currently a consultant paediatric orthopaedic surgeon working in Our Lady's Children's Hospital, Crumlin, Dublin. Patrick completed a paediatric orthopaedic clinical fellowship at the Children's Hospital of Philadelphia, USA, which included a comprehensive paediatric sports medicine department. He is the director of the Children's Sports Institute, Ireland (CSI, Ireland) and has a special interest in paediatric sports injuries especially those involving the knee and hip.



Ms Paula Kelly graduated from UCD in 1994. She completed Basic Surgical Training and became a Fellow of the Royal College of Surgeons in 1997. She went on to Higher Surgical Training in Orthopaedic and Trauma Surgery in Ireland and was awarded with the F.R.C.S (Orth & Trauma) in 2005. She completed a 2 year sub-speciality Fellowship in Montpellier, France in Paediatric Orthopaedic Surgery and Adult Foot and Ankle Surgery.

She was added to the Specialist Register for Orthopaedics and Trauma Surgery in 2008. She has been appointed as a Consultant Orthopaedic Surgeon in Our Lady's Hospital for Sick Children, the Adelaide and Meath incorporating the National Childrens Hospital and the Coombe Women and Infants University Hospital. Ms Kelly has an interest in all aspects of Foot and Ankle surgery including Hallux Valgus correction (percutaneous and open techniques), ankle arthroscopy, ankle arthrodesis and paediatric foot deformity correction.



Mr Pat Kiely, Consultant Paediatric Trauma & Orthopaedic & Spinal Surgeon

Mr Kiely was awarded his medical degree from UCC in 1993, and completed the postgraduate Irish Higher Surgical Training Scheme in Trauma and Orthopaedic Surgery between 1999 and 2004. He did a Fellowship in Paediatric Orthopaedic Surgery in the Children's Hospital, Westmead, Sydney, NSW, Australia. He then completed a Fellowship in Spinal surgery in 2005-2006 in the Centre for Spinal surgery, QMC, Nottingham, UK, followed by a consultant position in spinal surgery in 2006 in the Centre for Spinal surgery, QMC, Nottingham, UK. In 2007, Mr Kiely took a Consultant in Paediatric, Orthopaedic and Spinal surgery position in the Children's Hospital, Westmead, Sydney, NSW, Australia, before finally returning to Dublin. He is currently based in Our Lady's Children Hospital Crumlin (OLCHC), AMNCH Tallaght, the Blackrock Clinic and the Sports Surgery Clinic in Santry. His areas of interest are: paediatric orthopaedic surgery, paediatric and adolescent sports injury, minimally invasive Musculoskeletal surgical strategy, minimally invasive spinal surgery, and spinal deformity surgery (adult and paediatric).



Mr Stephen Kemp is the Elite Football Physiotherapist for Perform at St George's Park. Steve leads the rehabilitation of all elite athletes at Perform including the residential rehabilitation of professional footballers attending on the PFA scheme, which has seen over 600 weeks of rehabilitation delivered to professional footballers over the last two years. Steve is also a physiotherapist for the Football Association assisting with all of the 24 England team when they attend St Georges Park and is one of the physiotherapists with the Senior England team and will be part of the medical team who travelled to the World Cup in Brazil last summer.

Prior to working with Perform and the Football Association Steve was Head of Medical Services for Wolverhampton Wanderers, he has over 15 years experience as a physiotherapist working in a sports environment. He was worked extensively with football teams both in the UK and worldwide, including stints at Leeds United, Preston North End and Busan Icons in South Korea. He has additionally worked as a private physiotherapist with athletes from numerous sporting professions.

Steve has two first class degrees in both physiotherapy and Sport Rehabilitation, a Masters in the Science of Sports Injury and a Diploma in Manipulation. He is a member of the Musculoskeletal Association of Chartered Physiotherapists (MACP) and is a Gold accredited member of the Association of Chartered Physiotherapists in Sports Medicine (ACPSM).

Speaker Biographies in order of appearance

Thematic Session 3



Dr Giles Warrington PhD, FACSM is a Senior Lecturer in Sport and Exercise Physiology in the Department of Physical Education and Sports Science (PESS) at the University of Limerick. He previously worked for 9 years in the School of Health and Human Performance at Dublin City University where he was a Senior Lecturer, Deputy Head of School and Coordinator of the Applied Sports Performance Research Group. Giles is also a Fellow of the American College of Sports Medicine. His research interests focus on performance physiology in particular weight category sports, environmental physiology and chronobiology.

He is an Irish Institute of Sport accredited performance physiologist and is also sports physiologist and sports science advisor to the Olympic Council of Ireland and was a member of the Irish medical team at the Athens, Beijing and London Olympic Games. Prior to taking up his academic role at DCU in 2006, Dr Warrington worked for 12 years at the National Coaching and Training Centre. Giles was also previously employed by the British Olympic Association where he worked as a sport and exercise physiologist at the British Olympic Medical Centre. Over the past 25 years, Giles has gained a wealth of experience having worked with and advised developmental and elite athletes and coaches from a range of individual and team sports, both Olympic/Paralympic and non-Olympic.



Dr Sharon Madigan graduated from the University of Ulster with a MSc / PGD in dietetics and commenced work in the Belfast Trust as a community dietician in 1995. She has a Phd in Nutrition Education. From 2003-present she has been the performance nutritionist with the Irish Boxing Team working with young right up to the elite international team.

From 2002-2009 Sharon delivered services at the Sports Institute Northern Ireland. Part of this role included the provision of nutrition education to the Ulster Rugby Academy, Hockey, Sailing, Triathlon, swimming. From 2008-2011, she was the performance dietician with the Senior Ulster Rugby Team.

In 2010 she started work with the Irish Institute of Sport. She is responsible for delivery and aids coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports. She is currently a member of the science and medical team of the Olympic Council of Ireland and was the performance nutritionist with the Irish Team in London.

Thematic Session 3 & Keynote Speaker



Prof Avery Faigenbaum is a Full Professor in the Department of Health and Exercise Science at The College of New Jersey, USA. His research interests focus on pediatric exercise science, athletic performance, and preventive medicine. As an active researcher and practitioner, he has co-authored over 200 peer-reviewed publications, 39 book chapters and nine books including Youth Strength Training, Strength and Power for Young Athletes, and Progressive Plyometrics for Kids. He has been an invited speaker at more than 300 regional, national and international conferences. He currently serves as an associate editor of Pediatric Exercise Science and the Journal of Strength and Conditioning Research.

Speaker Biographies in order of appearance

Workshop Presenters Saturday



Ms Sinead Murphy MISCP is a Chartered Physiotherapist with the Irish Institute of Sport working at their Cork Hub and the clinic lead at Performance Physiotherapy Cork. Sinead completed an MSci in Physiotherapy at Kings College London and a Post-Graduate Dip. in Sports Physiotherapy at University College London graduating both with distinction. She has fifteen years experience working with elite and development athletes across a range of sports with an ongoing special interest in the young athlete.

She has worked for prolonged periods with sports overseeing the long term development of athletes particularly in hockey, GAA, rowing, swimming and athletics. She has worked at major sporting events including the Athens Paralympic Games (GB Wheelchair Basketball), London 2012 and various European and World Championships (Irish Men's Hockey, Swimming, Rowing) and Youth Olympic Games (2013/14).



Prof David Kane is Consultant Rheumatologist & General Physician at the Adelaide and Meath Hospital, Tallaght and Clinical Professor of Rheumatology at Trinity College Dublin. His principal clinical and academic interests are Musculoskeletal Ultrasound Imaging of Inflammatory Arthritis and Musculoskeletal Ultrasound guided Intervention. He has authored over 100 peer reviewed original articles and book chapters.

He has lectured on the EU League Against Rheumatism (EULAR), American College of Rheumatology, Asian Pacific LAR League Against Rheumatism and British Society for Rheumatology musculoskeletal ultrasound courses since 2003 and is an active member of the EULAR working group on musculoskeletal ultrasound in Rheumatology and the OMERACT special interest group in musculoskeletal ultrasound. He is currently President of the Irish Society for Rheumatology.

Student Symposium Saturday



Dr Conor Gissane is a reader in Sport Rehabilitation at St Mary's University, Twickenham. He is the current chair of the University Ethics committee. Conor completed his PhD in 2003 at Brunel University investigating the epidemiology of rugby league injury. Since then, his research has continued with a research portfolio of over 90 research articles. Epidemiological and statistical skills have enabled the branching out into several different sports, for example, rowing, rugby union and Gaelic games, and to investigate concussion in community and youth sports.

Conor is also interested in statistics and statistics education, research design and the academic writing style. Knowing statistical processes and clear direct writing are important skills to present research effectively. Conor has acted for a reviewer for over 16 peer reviewed journals and is a member of two editorial boards.



Mr Karl Denvir completed his undergraduate degree at the University of Brighton in 2007 before going to study for a masters in Sports and Exercise Medicine at Trinity College Dublin. He has since worked exclusively in professional rugby with Worcester Warriors and Leinster Rugby where he is currently Senior Physiotherapist. Karl lectures on the undergraduate and postgraduate program at Trinity and is also involved in research investigating the role of biomarkers and cervical spine kinematics in concussion.



Mr Andrew Watson Certified Athletic Therapist BSc (Hons) MSc (Sports Med) HCert (Human Phys & Health Sci) GSR ARTC CSCS, is the founder, owner and lead practitioner of Raglan Sports Medicine and a Certified Athletic Rehabilitation Therapist with ARTI. He graduated with honours from a BSc Sports and Exercise Rehabilitation degree in IT Carlow in 2008 after completing his internship in Texas A&M University in College Station, USA. He received his MSc of Medical Science in Sports and Exercise Medicine from the University of Glasgow in 2011. Andrew is also a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association (NSCA) and an accredited member of BASRaT. In 2012, Andrew became one of the first Athletic Therapists in the country to be accredited by the Irish Sports Council and accepted on to the High Performance Panel of Performance Sports Services. He has experience treating and training people from all walks of life including several athletes who competed in the Beijing Olympics in 2008.

Speaker Biographies in order of appearance

Thematic Session 4



Professor Donal O'Shea MD, FRCPI, FRCP (UK) qualified in Medicine from University College Dublin in 1989. Prof O'Shea moved to Hammersmith Hospital in London and was awarded a Wellcome Trust Training Fellowship to study how the brain controls appetite. In 1999, he moved to his current position in Dublin where he runs a hospital based multidisciplinary treatment unit for the management of adult obesity. He is a member of the Department of Health special action group on obesity established in 2011 chaired the health impact assessment group on the potential benefits and harms of a tax on sugar sweetened drinks. He is also a member of the Healthy Ireland Council. Research interests include immune effects of obesity, diabetes, steroid metabolism, gender identity disorder and thyroid disorders.



Professor Niall Moyna is a Professor in the School of Health and Human Performance and a member of the Centre for Preventive Medicine in DCU. He received his Master's degree from Purdue University, Indiana, PhD from the University of Pittsburgh, and completed a three year Post- Doctoral Research Fellowship in immunology at the University of Pittsburgh Medical Centre. He has worked as Director of the Clinical Exercise Research Laboratory in the Division of Cardiology at the University of Pittsburgh Medical Centre and as a Senior Research Scientist in Nuclear and Preventive Cardiology at Hartford Hospital in Connecticut. His research focuses on exercise and cardiovascular disease and the role of genetic polymorphisms in explaining interindividual heterogeneity in response to exercise training.



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