

Conference Programme

UK SEM Conference 2010,
ExCel, London.



The inaugural Conference of UK SEM -
The British Association of Sport & Exercise Medicine.

Day 1 - Wednesday 24th November 2010

8:30 am - 9:35 am	Delegate Registration	
9:35 am - 9:45 am	Welcome & Introduction - Dr Richard Budgett - BASEM Chair	
9:45 am - 10:30 am	Keynote Lecture: Dr Eddie Coyle, Texas, US The Limits On Human Performance	
	Capital Suite - Hall A	Capital Suite - Hall B
10:30 am - 11:00 am	Physiology - Aspects of Performance Oxygen uptake kinetics: an under-appreciated determinant of exercise performance - Prof Andy Jones, UK	Rehabilitation & SEM High Performance Outcomes After Amputation - Dr John Etherington, UK
11:00 am - 11:30 am	Muscle As An Endocrine Organ - Prof Bengt Saltin, Denmark	Functional Outcome Measures Of Musculoskeletal Rehabilitation - Dr Nick Carter, UK
11:30 am - 12:00 pm	Coffee Break & Exhibition	
12:00 pm - 12:45 pm	Keynote Lecture: Lord Sebastian Coe, UK London 2012 - Delivering The Vision	
12:45 pm - 1:45 pm	Lunch Break & Exhibition	
1:45 pm - 2:15 pm	Biomechanics Pelvic & Knee Stability & Co-ordination In Quasi-static & Dynamic Movements Dr Siobhan Strike, UK	Spine & Sport Spondyloarthropathy In Athletes - Dr Alex Bennett, UK
2:15 pm - 2:45 pm	Biomechanics Of Maximum Velocity Running Dr Cassie Wilson, UK	Spinal Injections - The Way Forward - Mr Phil Sell, UK
2:45 pm - 3:15 pm	A Clinical Biomechanical Approach To The Groin - Dr Eanna Falvey, IRE	Advances In OA Prof Phil Conaghan, UK

Poster Exhibition Open

Wed 24 Nov cont.. 3:15 pm - 3:45 pm	Tea Break & Exhibition	
3:45 pm - 4:20 pm	Workshops; - running concurrently - Workshop 1 - Writing The Perfect Paper - Prof Michael Kjaer Workshop 2 - Neurocognitive Assessment; Post Concussion- Prof Paul McCrory Workshop 3 - Exercise Prescription - Prof William Haskell Workshop 4 - TBC. Workshop 5 - The Groin Triangle; A Clinical Assessment Tool - Dr Eanna Falvey Workshop 6 - Muscle Sarcopenia - Prof Gordon Lynch Workshop 7 - Tendinopathy; A Workshop - Prof Bengt Saltin	
4:20 pm - 4:50 pm	Oral Presentations - Sports Medicine 3 x 10 min presentations	Oral Presentations - Sports Science 3 x 10 min presentations
4:50pm - 5:00 pm	Comfort Break	
5:00 pm - 6:00 pm	BASEM Open Forum - including Debate Doctors Working At The Olympics Should Be Volunteers - Dr Richard Budgett Doctors Working At The Olympics Should Be Paid - Dr Ralph Rogers	
6:00 pm	Close with Evening Drinks Reception & Entertainment from The Chris Allard Band.	
6:00 pm	BOA MC Meeting	

Day 2 - Thursday 25th November 2010

8.30 am - 9:30 am	Capital Suite - Hall A	Capital Suite - Hall B
	Technological Innovations & Cutting Edge Frontiers 8.30 - 9.00 am Title TBC - Prof Chris Hewitt, UK 9.00 - 09.30 am Title TBC Prof Stamatiou Theocharis, Greece	Sports Medicine - Lower Limb 9:00 - 9:30 am The Science Behind Tendon Pathology - Prof Michael Kjaer, Den
9:30 am - 10.30 am	9.30 - 10.00 am "Stop Testing & Legalise The Lot" - TBC Prof Ellis Cashmore, UK 10.00 - 10.30 am Red Blood Cell Mimicking Prof Giuseppe Banfi, Italy	9:30 - 10.00 am Nerve Entrapments Of The Lower Limb - Prof Paul McCrory, AUS 10:00 - 10:30 am Hip Snapping & Clicking In The Adolescent Athlete - Prof Damian Griffin, UK
10:30 am - 11:00 am	Coffee Break & Exhibition	
11:00 am - 11:40 am	Keynote Lecture: Prof Paul McCrory, AUS Exercise Health In Australia, LEAP & Beyond.	
11:40 am - 12:20 pm	TBC	TBC
12:20 pm - 1:20 pm	Lunch Break & Exhibition	

1:20 pm - 1:50 pm	Exercise Immunology & Metabolism Immunology & Nutrition - Current Thinking - Dr Neil Walsh, Wales	Muscle, Fascia, Injury & Sport Muscle Injury & Advances In Repair - Prof Gordon Lynch, AUS
1:50 pm - 2:20 pm	Metabolic & Inflammatory Markers Of Adaptation To Exercise Training - Dr James Bilzon, UK	Role Of Fascia In Injury, Proprioception & Soft Tissue Pain - Dr Robert Schleip, Ger
Thur 25 th Nov cont... 2:20 pm - 2:50 pm	3 x 10 min presentations - PhD Students	Platelet Rich Therapies - Update On The UKA Approach & Experience - Dr Paul Dijkstra
2:50 pm - 3:30 pm	Keynote Lecture: Prof Michael Kjaer, Den What Is Current In SEM On A Worldwide Stage? What Should We Research? - Hot Topics!	
3:30 pm - 3:40 pm	The FSEM Research Programme Update - Prof Greg Whyte.	
3:40 pm - 4:10 pm	Tea Break & Exhibition	
4:10 pm - 4:45 pm	Workshops 1 to 7 running concurrently - Workshop 1 - Writing The Perfect Paper - Prof Michael Kjaer Workshop 2 - Neurocognitive Assessment - Prof Paul McCrory Workshop 3 - Exercise Prescription - Dr William Haskell Workshop 4 - TBC Workshop 5 - The Groin Triangle; A Clinical Assessment Tool - Dr Eanna Falvey Workshop 6 - TBC - Prof Gordon Lynch Workshop 7 - TBC - Prof Bengt Saltin	
4:45 pm - 5:15 pm	Oral Presentations - Sports Medicine 3 x 10 min presentations	Oral Presentations - Sports Science 3 x 10 min presentations
5:15 pm - 5:45 pm	BASEM Sir Roger Bannister Medal Presentation	
5:50 pm - 6:20 pm	BASEM AGM	
7:45 pm	Pre-Dinner Drinks Reception	
8:15 pm	Conference Black Tie Dinner With Guest After Dinner Speaker	

Day 3 - Friday 26th November 2010

	Capital Suite - Hall A	Capital Suite - Hall B
9:00 am - 9:35 am	Keynote Lecture: Mr Kelvin Giles, UK Getting A Nation To Exercise - Only 5 In 5	Developments In Defence Rehabilitation - Director of Defence Rehabilitation - Surgeon General (TBC)
9:35 am - 10.10 am	The Secret Illness - Eating Disorders In Sport Dr Alan Currie, UK	Conflict Rehabilitation:- In Afghanistan - TBC
10:10 am - 10:45 am	Coping With Expectation; The Athlete, The Coach, The Parents Dr Sarah Cecil, UK	In UK - TBC
10:45 am - 11:15 am	Coffee Break & Exhibition	

11:15 am - 12:00 noon	Poster Exhibition Open	Keynote Lecture: Prof Edzard Ernst, UK Has Complementary Therapy A Place In Sport & Exercise Medicine?	Best Practice Guidelines In Musculo-Skeletal Management- Chair Lt Col D Minden. :Exertional Lower Limb Pain :Hip Pain :Back Pain :Exercise Therapy for Rehabilitation
12:00pm - 1:00 pm		Prize Awards & Presentations For abstract submissions	Defence Rehabilitation Abstract Presentations Chair - Wg Cdr Nick Carter
1:00 pm - 2:00 pm		Lunch Break & Exhibition	
Fri 26 Nov cont... 2:00 pm - 2:40 pm		Injury Prevention Athletic Development Mr Kelvin Giles, UK	2.00 -2.30pm Physical Thermal Demands Of Parachute Regt Training - Dr James Bilzon
2:40 pm - 3:20 pm		Designing A Return To Sport Programme Mr Vern Gambetta, USA	2.30 - 3.00pm Management Of Peripheral Nerve Injuries - Mr Rod Dunn, Cons Plastic & Orthopaedic Sugeon
3:20 pm - 4:00 pm		Hamstring Rehabilitation and dynamic system theory Mr Frans Bosch, NL	3.00 - 3.30pm The Rehabilitation of Ankylosing Spondylitis - Dr Tim Jones 3.30 - 4.00pm - TBC
4:00 pm - 4:30 pm		Tea Break & Exhibition	
4:30 pm - 5:15 pm		Keynote Lecture: Prof William Haskell, USA Exercise Is Medicine	
5:15 pm		Closing Address - Dr Richard Budgett, BASEM Chair.	Prize Giving - Director of Defence Rehabilitation

Saturday 27th November 2010 -½ Day Workshop*

This will take place in the South Gallery Rooms at ExCel, London.

9:00 am - 9:30 am	Registration
9:30 am - 1:00 pm	From Athlete Functional Screening To Rehabilitation Of Injury A workshop for physiotherapists, coaches, Strengthening & Conditioning Coaches and Physicians. Speakers Mr Frans Bosch, NL Mr Kelvin Giles, UK Mr Vern Gambetta, US

- **NB: There is a separate registration fee for the half day workshop - see booking form.**

Conference Venue Details:

The conference is to be held in the Capital Suite, ExCel, Royal Victoria Dock, London.

Full Address:-
 ExCel, London

Royal Victoria Dock
1 Western Gateway, London E16 1XL
Tel: 020 7069 5000

Link to ExCel - <http://www.excel-london.co.uk/>

Full registration, booking and accommodation details now available at the UK SEM 2010 dedicated website. You can register & submit an abstract **now** at <http://www.uksem.org/>

Alternatively, you can obtain details by contacting the BASEM Central Office on
T: +44 (0)1302 833200 E: basemcentral@basem.co.uk or Basemadmin@basem.co.uk