

 **EDINBURGH ORTHOPAEDICS
& SPORTS MEDICINE CONFERENCE**

**1-2 June 2023
Edinburgh, UK**



**< PITCH SIDE
> WINNING SIDE**

THE JOURNEY OF THE INJURED ELITE ATHLETE

- ▶ KNEE INJURIES**
- ▶ SHOULDER INJURIES**
- ▶ HIP INJURIES**
- ▶ HAMSTRING INJURIES**
- ▶ CONCUSSIONS**

MORE INFORMATION

www.rcsed.ac.uk/Ortho-Sports-Conference

Thursday 1 June Edinburgh Orthopaedics & Sports Medicine Conference

07:30	ARRIVAL AND REGISTRATION
08:00	WELCOME AND INTRODUCTION <i>Iain Murray (United Kingdom) and Jan Cutting (United Kingdom)</i>
SESSION 1: HAMSTRINGS <i>Moderated by: Marc Safran (United States) and Jo Larkin (United Kingdom)</i>	
08:05	ACUTE ASSESSMENT AND MANAGEMENT <i>Jo Larkin (United Kingdom)</i>
08:15	HOW TO APPROACH HAMSTRING IMAGING <i>Rowena Johnson (United Kingdom)</i>
08:25	EVIDENCE BASED APPROACH TO ACUTE HAMSTRING INJURY MANAGEMENT <i>Anne Van der Made (Netherlands)</i>
08:40	SURGICAL MANAGEMENT: WHEN AND HOW? <i>Per Holmich (Denmark)</i>
08:55	PANEL DISCUSSION
09:10	REHABILITATION APPROACH AND RETURN TO SPORT <i>Enda King (Qatar)</i>
09:25	RECURRENT HAMSTRING INJURIES <i>Marc Safran (United States)</i>
09:40	INJURY PREVENTION STRATEGIES IN RUGBY AND FOOTBALL <i>Carly McKay (United Kingdom)</i>
09:55	COLLABORATIVE IOC PROJECT: SHARP STUDY <i>Per Holmich (Denmark)</i>
10:05	PANEL DISCUSSION
10:20	COFFEE BREAK
SESSION 2: SHOULDER <i>Moderated by: Babette Pluim (Netherlands) and Joshua Dines (United States)</i>	
10:50	ACUTE ASSESSMENT AND MANAGEMENT OF ACUTE SHOULDER INJURIES <i>Christopher Dodson (United States)</i>
11:00	RISK OF RECURRENCE FOLLOWING 1ST TIME SHOULDER DISLOCATION <i>Christopher Michael Robinson (United Kingdom)</i>
11:15	SURGICAL MANAGEMENT OF THE 1ST TIME DISLOCATION <i>Ruth Delaney (Ireland)</i>
11:30	RECURRENT SHOULDER DISLOCATIONS <i>Geoff Abrams (United States)</i>
11:45	PANEL DISCUSSION
12:00	SPORTS SPECIFIC INJURY PATTERNS IN THROWING ATHLETES <i>Joshua Dines (United States)</i>
12:15	POSTERIOR SHOULDER INSTABILITY IN THE ELITE ATHLETE <i>Christopher Dodson (United States)</i>
12:30	REHABILITATION AND RETURN TO SPORT PROTOCOLS <i>Tracy McAdam (United Kingdom)</i>

Thursday 1 June Edinburgh Orthopaedics & Sports Medicine Conference

12:45	INJURY PREVENTION STRATEGIES IN OVERHEAD ATHLETES <i>Babette Pluim (Netherlands)</i>
13:00	PANEL DISCUSSION
13:10	LUNCH
14:05	TENDINOPATHY TREATMENT: PAST, PRESENT AND FUTURE <i>Neal Millar (United Kingdom)</i>
14:20	BIOLOGIC INJECTABLES: AN OVERVIEW <i>Iain Murray (United Kingdom)</i>
SESSION 3: CONCUSSION <i>Moderators: Carolyn Emery (Canada) and John MacLean (United Kingdom)</i>	
14:35	CONCUSSION DEFINITION AND PREVENTION <i>Carolyn Emery (Canada)</i>
14:50	SIDE LINE DETECTION AND INITIAL EVALUATION IN THE NFL <i>Allen Sills (United States)</i>
15:05	NOVEL DIAGNOSTIC TOOLS <i>Antonio Belli (United Kingdom)</i>
15:20	RETURN TO SPORT: CURRENT GUIDELINES IN 2023 <i>James Robson (United Kingdom)</i>
15:35	PANEL DISCUSSION
15:50	HEAD INJURY AND COGNITIVE RISKS <i>Keith Stokes (United Kingdom)</i>
16:05	BRAIN HEALTH AND CONCUSSION <i>Stephanie Adams (Canada)</i>
16:15	MULTI-MODAL APPROACH TO CONCUSSION DETECTION AND PREVENTION <i>Stephen West (United Kingdom)</i>
16:25	PANEL DISCUSSION
16:35	INJURY AND ILLNESS PREVENTION AT THE OLYMPICS <i>Debbie Palmer (United Kingdom) and Lars Engebretsen (Norway)</i>
17:00	DRINKS RECEPTION
19:00	PANEL DISCUSSION: ATHLETE'S VOICE <i>Chairs: Babette Pluim (Netherlands) Andrew Murray (United Kingdom) Niall Elliot (United Kingdom)</i>
19:30	CONFERENCE DINNER

Friday 2 June Edinburgh Orthopaedics & Sports Medicine Conference

07:30	ARRIVAL AND COFFEE
SESSION 1: KNEE <i>Moderators: Clare Ardern (Canada) and Iain Murray (United Kingdom)</i>	
08:00	INITIAL ASSESSMENT OF THE ACUTE KNEE <i>Carrie McCrea (United Kingdom)</i>
08:10	THE ROLE FOR NONOPERATIVE MANAGEMENT OF THE ACL <i>Clare Ardern (Canada)</i>
08:25	ACL RECONSTRUCTION: WHEN AND HOW? <i>Andy Williams (United Kingdom)</i>
08:40	CONCOMITANT PATHOLOGIES WITH ACL TEARS THAT YOU SHOULD NOT MISS <i>Robert LaPrade (United States)</i>
08:55	PANEL DISCUSSION
09:10	ANTEROLATERAL LIGAMENT: IS IT IMPORTANT? <i>Andrew Geeslin (United States)</i>
09:20	ALIGNMENT CONSIDERATIONS IN ACL INJURIES <i>Nick Kennedy (United States)</i>
09:30	MENISCUS RADIAL, RAMP AND ROOT TEARS: WHEN AND HOW TO FIX THEM <i>Tim Spalding (United Kingdom)</i>
09:45	PCL INJURIES: OPTIMIZING TREATMENT IN 2023 <i>Robert LaPrade (United States)</i>
10:00	MULTI-LIGAMENT KNEE INJURIES IN ATHLETES <i>Gilbert Moatsche (Norway)</i>
10:15	PANEL DISCUSSION
10:30	COFFEE BREAK
11:00	OPTIMISING KNEE HEALTH AFTER TRAUMATIC KNEE INJURIES <i>Clare Adern (Canada)</i>
11:15	REHAB AND RETURN TO PLAY CRITERIA POST ACL INJURY <i>Enda King (Qatar)</i>
11:30	GENDERED ENVIRONMENTAL APPROACH <i>Sheree Bekker (United Kingdom)</i>
11:40	ACL INJURY PREVENTION STRATEGIES <i>Lars Engebretsen (Norway)</i>
11:55	PANEL DISCUSSION
12:10	HUMAN FACTORS & LESSONS FROM NASA <i>Steven Yule (United Kingdom) and Emma Howie (United Kingdom)</i>

12:30	LUNCH
<p>SESSION 2: HIP <i>Moderators: Clare Ardern (Canada) and Per Holmich (Denmark)</i></p>	
13:30	<p>CLINICAL ASSESSMENT THE ATHLETE WITH HIP PAIN <i>Marc Safran (United States)</i></p>
13:40	<p>IMAGING AND INVESTIGATIONS OF THE INJURED HIP <i>Rowena Johnson (United Kingdom)</i></p>
13:50	<p>NATURAL HISTORY OF FAI <i>Paul Dijkstra (Qatar)</i></p>
14:05	PANEL DISCUSSION
14:20	<p>TREATMENT CONSIDERATIONS <i>Paul Gaston (United Kingdom)</i></p>
14:35	<p>DEBRIDE, REPAIR OR RECONSTRUCT? <i>Per Holmich (Denmark)</i></p>
14:50	<p>HIP INSTABILITY <i>Marc Safran (United States)</i></p>
15:05	<p>HIP DYSPLASIA AND THE ATHLETE <i>Callum McBryde (United Kingdom)</i></p>
15:20	PANEL DISCUSSION
15:35	COFFEE BREAK
16:05	<p>RETURNING TO SPORT AFTER ARTHROPLASTY <i>Edwin Su (United States)</i></p>
16:20	<p>REHABILITATION PROTOCOLS <i>TBC</i></p>
16:35	<p>COLLABORATIVE IOC SESSION: YAHIR <i>Paul Dijkstra (Qatar)</i></p>
16:45	PANEL DISCUSSION
17:00	<p>CONFERENCE CLOSE <i>Heather Binnington (United Kingdom) and Iain Murray (United Kingdom)</i></p>