



Case Discussion:

The faculty would encourage the submission of interesting or difficult cases of recurrent groin or hip injury, from candidates, for discussion at the meeting. Please send all clinical information including investigations/scans/x-rays to Jacinta O'Sullivan before Friday March 20th.



Symposium Organiser:

Mr. Patrick Carton
Consultant Orthopaedic Surgeon,
Orthopaedic and Sports Surgery Centre, Whitfield Clinic



Cork Road, Butlerstown North
Waterford.

To secure a place please contact:

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CME Points applied for.



HIP AND GROIN SPORTS INJURY SYMPOSIUM WHITFIELD CLINIC 2009

March 28th 2009

Venue:

Waterford Institute of Technology (WIT), Cork Road, Waterford City.

Introduction:

The Orthopaedic and Sports Surgery Centre, at the Whitfield Clinic, is organising a 'sports injury symposium' to bring together international specialists in sports medicine, physiotherapy and surgery to discuss many of the difficulties surrounding sports injury and its management.

The symposium will focus on injuries to the groin and hip; providing detailed and up-to-date presentations on examination, investigation and treatment of acute and recurrent injury, in active sportsmen and women.

Venue:

The presentations will take place in the new Waterford Institute of Technology (WIT) Health Science facility, only minutes from the Whitfield Clinic. Following the meeting lunch will be served in 'the Atrium' of the Whitfield Clinic.

Who is the symposium designed for?

Sports physicians, general practitioners with an interest in sports injury and physiotherapists involved in the treatment of sports injury.

Aim of the symposium:

To create awareness of the recent advances in the diagnosis, investigation and management of both acute and chronic injury to the hip and groin, to present the outcome from surgery, and to address the importance of injury prevention and rehabilitation strategies.

Faculty:

Chairman:

Mr. Tadhg O'Sullivan
Clinical Director, Orthopaedic and Sports Surgery Centre, Whitfield Clinic

Mr Patrick Carton,
Consultant, Orthopaedic and Sports Surgery Centre, Whitfield Clinic

Invited Speakers:

1. Professor Ernest Schilders
Consultant Orthopaedic Surgeon, Bradford Royal Infirmary, UK
2. Professor Michael Cullen
Professor of Sports and Exercise Medicine
Musgrave Park Hospital, Belfast, NI
3. Niam Mohammed
Sports Physiotherapist, Celtic Football Club, Glasgow, UK.

Programme:

09.45 am

Greeting from Professor Kieran Byrne, WIT Director

Welcome and Introduction Mr. Tadhg O'Sullivan

Groin Injury

10.00 am

Diagnosis and conservative management

Professor Michael Cullen

10.30 am

Adductor injury

Professor Ernest Schilders

11.00 am

Coffee

Hip Injury

11.20 am

Diagnosis and surgical management (Impingement)

Mr. Patrick Carton

11.50 pm

Non-impingement conditions of the hip

Professor Ernest Schilders

12. 10 pm

Screening, prevention and rehabilitation

Niam Mohammed

12.40 pm

Questions and Case Discussion:

Mr. Tadhg O'Sullivan/Faculty

1.15 pm

Lunch - The Atrium, Whitfield Clinic

Symposium Overview:

Groin Injury:

Acute and chronic groin pain is a common and difficult problem facing doctors and physiotherapists involved in treating sports injuries.

Professor Michael Cullen, former Chairman of the British Association of Sports and Exercise Medicine, is an expert in the diagnosis and management of groin injury. With over 20 years of experience in treating professional sportsmen and women, he presents his methods of diagnosing and managing groin injury in athletes.

Professor Ernest Schilders, an internationally renowned expert in sports surgery, presents his experience in the conservative and surgical management of adductor injuries. He speaks about the excellent outcome following surgery, with rapid return to sport, for the many premiership football players and athletes under his care.

Hip Injury:

Hip related injury is becoming increasingly recognised as one of the most important causes of chronic and recurrent groin pain in sportsmen and women. Impingement and injury to the labrum (seal of the hip) are common among sportsmen and women and often misdiagnosed as groin injury. Delay in diagnosis can result in damage to the hip joint and early arthritis leading to early retirement from sports.

Mr. Patrick Carton, a specialist in sports surgery of the hip, utilises 'keyhole' surgery techniques to repair damage to the hip in sportsmen and women and presents the indications for, and outcome following, arthroscopic hip surgery.

Niam Mohammed, sports physiotherapist to Celtic FC for over 15 years, describes the major impact groin and hip injuries have on professional footballers, prevention strategies employed to reduce this burden, screening for hip related conditions and successful rehabilitation programmes for before and after the need for surgery.