



10TH PODIATRIC SPORTS MEDICINE CONFERENCE

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2012 was the first occasion that podiatry services were available in the Olympic games. They proved very successful and as a result their clinical lead, Nat Padhiar founded a podiatric sports medicine group within the College of Podiatry.



The first Sports Medicine conference for Podiatrists was organised in London by the London branch of the (now Royal) College of Podiatry to improve education in this area and inspire the next generation of podiatrists. BASEM is proud to have been associated with this conference for many years. For their 10th anniversary, the conference was held at the Royal College of Physicians and Surgeons of Glasgow on the 8-9th December 2022. This was a highly appropriate venue because this college had, quite independently, founded a faculty of Podiatric Medicine earlier in 2012.

For this conference, Nat pulled together an excellent international faculty of multidisciplinary speakers to address a similarly international audience with delegates coming from as far as Singapore and Australia. There was plenty of valuable information for everyone to take away to improve their own clinical practice. The sessions were wide-ranging, covering anatomy, prescription-only medicines used by podiatrists, and the medical emergencies that could result, with lectures followed by practical workshops on Ultrasound assessment, and the injections of the foot and ankle, using latex limbs. 10th anniversary was celebrated with guests piped into the Great Hall of the College for a sumptuous Gala Dinner. This was a fitting end to day one.



Clockwise from top left: US workshop; the shoes in question; Nachi at the podium; Graham manipulating and the evening dinner



DAY TWO HIGHLIGHTS

The second day started with a keynote lecture given by Prof Nachi Chockalingam, a highly qualified engineer, physicist, and professor of clinical biomechanics. He told us how to make lab-based research relevant to frontline clinical practice in sports medicine and was the first highlight of the day. Lectures on phlebotomy, cannulation, strapping, and foot manipulations were also followed by practical workshops. Treatment options for various MSK pathologies were discussed including the use of hyaluronic acid, Arthrozeal, I-ONE therapy, and the use of laser.

THE JOHN KING MEMORIAL LECTURE

The John King Memorial Lecture was delivered by Prof Toni Arndt, from Sweden, on the advanced footwear technology that was leading to world records in Athletics, like the Nike Alphafly shoes worn by Eliud Kipchoke in his sub-2-hour marathon. The effects of



the thin carbon plate in the insole on energy recovery certainly improved performance in runners who run more than 17km/hr, but in those running less than 14km/hr, there was no advantage and there is a theoretical risk of increased injury rates. Whether these performance-enhancing shoes should be illegal, just like drugs, was debated. Toni has a role to examine and test the shoes used after any athletics world record to ensure that they comply with the existing regulations, which are not onerous and perhaps should be tightened. There is no doubt that John King would have loved this lecture and would have been very proud to have it delivered in his name.

Next year the conference will return to the Hallam Conference Centre in London on 7-8th December 2023 and the theme is Paediatric injuries and Pain Management in sport. Save these dates in your diary now, you will not regret it.