

# THE ROYAL COLLEGE OF PODIATRY IN ASSOCIATION WITH THE BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE



## 11<sup>TH</sup> PODIATRIC SPORTS MEDICINE CONFERENCE

THURSDAY 7<sup>TH</sup> - FRIDAY 8<sup>TH</sup> DECEMBER 2023  
HALLAM CONFERENCE CENTRE, LONDON

REGISTRATION  
[CLICK HERE](#)

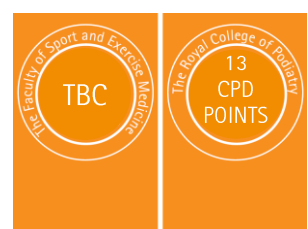
### CONFERENCE CHAIRS

Prof Nat Padhiar

Consultant Podiatric Surgeon and Honorary Clinical Professor | UK

Mr Graham Holloway

Past President of BASEM and Consultant Orthopaedic Surgeon | UK



## THURSDAY 7<sup>TH</sup> DECEMBER 2023

08:00 Registration, refreshments and exhibition

08:50 Welcome and introduction Prof Nat Padhiar

### SESSION 1 - PAIN IN SPORTS 1

CHAIR: Mr Graham Holloway

09:00 Pain pathways and CRPS - Evidence-based management Dr Dean Halfpenny

09:30 Is it all in my head? Making sense of pain perception in sport Mr Mike Stewart

09:50 Principle of biopsychosocial assessment of pain Prof George Georgoudis

10:20 Questions and discussion

10:30 Refreshments and exhibition

### SESSION 2 - PAIN IN SPORTS 2

CHAIR: Prof George Georgoudis

11:00 Chronic pain in elite athletes - Update: Pain, perception and physiology Prof George Georgoudis

11:20 I feel so stupid because I can't tell you how I feel Mr Mike Stewart

11:40 Prescribing in elite and professional sports Dr Toby Longwill

12:00 Acupuncture for pain relief, western or traditional? What is the evidence? Mr Steve Kriss

12:20 Questions and discussion

### JOHN KING MEMORIAL LECTURE I

CHAIR: Prof Nat Padhiar

12:30 Ancient history of sports medicine - Galen: The pioneer of sports medicine and a homo universalis Dr Nikos Keramaris

13:00 Lunch, refreshments and exhibition

### SESSION 3 - MEDICAL CONDITIONS THAT COMPLICATE PARTICIPATION IN SPORT

CHAIR: Ms Olga Jones

14:00 Podiatric management of Classical Ehlers-Danlos Syndrome in a paediatric sports patient - Case Report Ms Sophie Roberts

14:20 An overview of Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder and the importance of sport and activity in this patient group Ms Sophie Roberts

14:40 Endocrine status and injury Dr Nicky Keays

15:00 Questions and discussion

15:10 Refreshments and exhibition

**SESSION 4 – REHAB, ORTHOTICS, BRACES AND PEMF**

**CHAIR: Mr Dhruv Jogia**

15:40 Assessing and principle of rehabbing paediatric sports patient

Ms Juncal Roman

16:00 Foundational principles in designing podiatric prescription foot orthoses - Why and how?

Mr Martin McGeough

16:20 Prescribing braces and foot orthoses in paediatric sports patients

Ms Maddie Tait

16:40 Is there a place for Pulsed Electromagnetic Field (PEMF) in the management of foot and ankle problems? - Case Histories

Dr Cristian Indino

17:00 Questions and discussion

17:10 Closing remarks

Mr Graham Holloway

17:15 **Networking reception**

## FRIDAY 8TH DECEMBER 2023

08:00 Registration, refreshments and exhibition

08:50 Welcome and introduction

Mr Graham Holloway

### SESSION 5 – PAEDIATRIC SPORTS INJURIES 1

CHAIR: Mr Dominic O'Dowd

09:00 Incidence and distribution of paediatric sports-related injuries

Prof Nic Maffulli

09:20 Imaging modalities in paediatric sports patients

Dr Rosy Jalan

09:40 Nutritional considerations for young female exercisers

Dr Nicky Keays

10:00 Tarsal coalition

Mr Dominic O'Dowd

10:20 Questions and discussion

10:30 Refreshments and exhibition

### JOHN KING MEMORIAL LECTURE II

CHAIR: Mr Graham Holloway

11:00 TOYA study

Prof Nicola Maffulli

### SESSION 6 – PAEDIATRIC SPORTS INJURIES 2

CHAIR: Prof Nicola Maffulli

11:30 Congenital oblique talus

Mr Dominic O'Dowd

11:50 Flat feet when to intervene?

Mr Dominic O'Dowd

12:10 Lower limb apophysitis

Ms Suzanne Hamilton

12:30 Stress fractures of the foot and ankle in paediatric patients

Mr James Welch

12:50 Questions and discussion

13:00 Lunch, refreshments and exhibition

### SESSION 7 – INNOVATIONS, SCIENCE & APPLICATION

CHAIR: Mr Alex Flanagan

14:00 Arthrozeal in the treatment of refractory diabetic foot wounds

Prof Anand Pillai

14:20 My road to recovery

Ms Kate Reed

14:40 Congenital Clubfoot – Beating the odds

Mr Gary Bamforth

15:00 Managing pain, injury and performance

Ms Nina Anderson

15:20 Questions and discussion

15:30 Refreshments and exhibition

SESSION 8 – PODIATRIC SPORTS MEDICINE		CHAIR: Mr Trevor Prior
16:00	My experience in teenage football - Thinking beyond the foot and ankle	Mr Abid Hussain
16:15	Hyaluronan for the treatment of plantar fasciitis: A systematic review and audit of findings	Mr Joseph Olivelle
16:30	CRPS in a triathlete with posterior ankle pain – Case Hx	Mr Victor Sowunmi
16:45	London Marathon and Ultra Challenge events – My experience	Mr Jonathan Barber
17:00	Reflections on 50 years of medical practice	Mr Graham Holloway
17:15	Podiatric Sports Medicine – 11 years on	Prof Nat Padhiar
17:30	Questions and discussion	
17:45	Closing remarks	Mr Graham Holloway and Prof Nat Padhiar