



Running 2010

Cumulative Microtrauma Injuries & their Treatment

September 14th • Kettering Conference Centre

Following on from the success of Running 2009 we are pleased to announce the new programme for 2010.

The aim is to facilitate sharing of current evidence and innovative ideas; this can be used in practice to maintain the health of the runner and promote optimal rehabilitation in the event of injury.

Who Should Attend?

Professionals involved in the training and rehabilitation of runners at all levels of fitness. This may include:

- Physiotherapists
- Sports Therapists/Sports Rehabilitators
- Podiatrists
- Coaches
- Trainers
- Sports Physicians
- Sports Scientists
- Sports Lecturers/Teachers



professional
events





Running 2010

Cumulative Microtrauma Injuries & their Treatment

To include the clinical management of common injuries associated with running

Presentations will include the management of common running injuries and speakers will incorporate relevant case studies where appropriate

Programme

- 8.30 – 9.15 Registration & Trade Exhibition
- 9.15 – 9.20 Introduction and welcome by Chair
Malcolm Brown, Performance Advisor to British Triathlon Federation
- 9.20 – 9.55 Anterior Knee Pain
Lee Herrington
- 9.55 – 10.30 Ham String Injuries
Mark Gillett
- 10.30 – 10.45 Q & A
- 10.45 – 11.15 BREAK**
- 11.15 – 11.50 Metatarsalgia
Fergus Ross
- 11.50 – 12.15 Plantar fasciitis; a top down approach to treatment
Ramsay Sloss
- 12.15 – 1.45 LUNCH & Trade exhibition**
- 1.45 – 2.30 Recognition, Rehabilitation and Prevention of Stress Fracture in Runners
Craig Ranson
- 2.30 – 3.00 Case Study; Navicular stress fracture of a sprinter
Anne Marie O'Connor
- 3.00 – 3.15 BREAK**
- 3.15 – 4.00 The injured runner; the role of coaches during recovery and rehabilitation
Tommy Yule
- 4.00 – 4.45 Achilles Tendonitis -
Lee Herrington
- 4.45 – 5.00 Expert panel Q & A

Collection of CPD Certificates

Speakers' Biographies

Lee Herrington

Senior Lecturer in Sports Rehabilitation University of Salford, lead physiotherapist Great Britain Women's Basketball team and physiotherapist at the English Institute of Sport (North West region). He is also involved in consultative work for a number of professional football and rugby clubs and individual elite level sportspersons from a multitude of sports including archery, athletics, swimming, triathlon, sailing, boxing and martial arts. Has produced over fifty peer reviewed articles published in the field of exercise rehabilitation and a similar number of international conference presentations.

Mark Gillett

Dr Mark Gillett holds a Masters degree in Sports Medicine and has been the lead Physician at the English Institute of Sport in the West Midlands. He was the Chief Medical Officer to the GB team at the last two World University Games. He is a member of the British Olympic Medical Committee, and a member of the Football Association Medical Committee. He is currently the Chief Medical Officer to the GB basketball team, and is a club Doctor at Chelsea Football Club.

Fergus Ross

Fergus Ross has worked as Podiatrist in elite sport for over 15 years. He is currently in charge of Education and Training at Salts Tech Step in Birmingham. He divides his time between this role, working in professional rugby and football and researching the uses of composites in sport in the Department of Metallurgy and Materials at the University of Birmingham and the Department of Mechanical Engineering at Edinburgh University.

Ramsay Sloss

Ramsay, a graduate from Glasgow College of Podiatry holds the Diploma in Biomechanics from Strathclyde University and more recently an MSc in Clinical Podiatric Biomechanics from Staffordshire University. Working within the private sector he has several years experience treating athletes from many types of sports. He has a special interest in sports injuries, descending biomechanical problems and in particular the relationship between foot and jaw mechanics. He is author of a recent publication "Foot Orthoses and dental appliances - Is there a relationship". A close liaison with dentists, physiotherapists and other specialities as part of a team makes this possible. Ramsay also works in Glasgow NHS as an Extended Scope Practitioner in Orthopaedics triaging patients for foot and ankle surgery.

Craig Ranson

Dr Craig Ranson completed his studies at Curtin University, Western Australia including a Post Graduate Diploma in Sports Physiotherapy and a PhD. He has over 15 years Sports Physiotherapy experience and is co-author of the textbook 'Living and Surface Anatomy for Sports Medicine'. Craig was appointed UK Athletics Chief Physiotherapist in 2009 and is a member of the International Cricket Council Medical Panel. He was National Lead Physiotherapist for the England and Wales Cricket Board for four years prior to his current appointment. Craig is also a Special Lecturer in Sports and Exercise Medicine at the University of Nottingham and has current research interests in the areas of lower back injury in fast bowlers and injury prevention practices in athletics.

Anne Marie O'Connor

Anne Marie is a Musculoskeletal Podiatrist working within the private sector. She specialises in biomechanics and gait analysis, working in a multidisciplinary musculoskeletal sports injury clinic in BUPA Barbican, London where she treats both recreational and professional injuries. She has a vast experience working with professional athletes and currently works with numerous professional football and rugby clubs and UK athletes involved with the English Institute of Sport.

Tommy Yule

After completing a Masters at Oxford University, Tommy Yule went on to be a Biomechanics researcher at Manchester Metropolitan University. Tommy was employed by the EIS for 6 years and since August has been employed by UK Athletics as Head of Olympic and Paralympic Conditioning.



How to book

Booked before 30th June 2010 **£100**

Booked after 30th June 2010 **£125**

PLEASE BOOK ONLINE

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