

# Running 2014

## Managing Running Related Hip and Groin Injuries

Early Booking Rate valid until  
November 30th 2013

£100 +vat (£120)

Bookings after  
December 1st 2013

£125 +vat (£150)

### March 19th, Kettering Conference Centre, Northants

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.

#### Programme

9.30	<b>Craig Ranson</b> <i>Sports Physiotherapist</i>	<b>Hip &amp; Groin Pain in Running Athletes: Introduction &amp; Overview</b>
10.10	<b>Damian Griffin</b> <i>Hip &amp; Groin consultant</i>	<b>The role of medical &amp; surgical management of hip &amp; groin pain in running sports</b>
11.00	Break	
11.20	<b>Frans Bosch</b> <i>Sprint Coach &amp; Motor Learning Lecturer</i>	<b>Incorporating robust running into rehabilitation programmes</b>
12.20	Lunch	
13.00	<b>Isabel Moore</b> <i>Sports Scientist</i>	<b>Barefoot &amp; shod running technique - implications for economy &amp; injury</b>
13.40	<b>Andy Horwood &amp; Lee Short</b> <i>Podiatrists</i>	<b>Podiatric considerations in managing the painful hip or groin</b>
14.20	Break	
14.40	<b>Prav Mathema</b> <i>Sports Physiotherapist</i>	<b>Groin Rehab &amp; Prevention: Hip and groin injury case examples</b>
15.30	<b>Duncan French</b> <i>EIS S&amp;C Coach</i>	<b>Strength &amp; Conditioning in hip &amp; groin injury prevention &amp; rehabilitation</b>

6 Hours of CPD

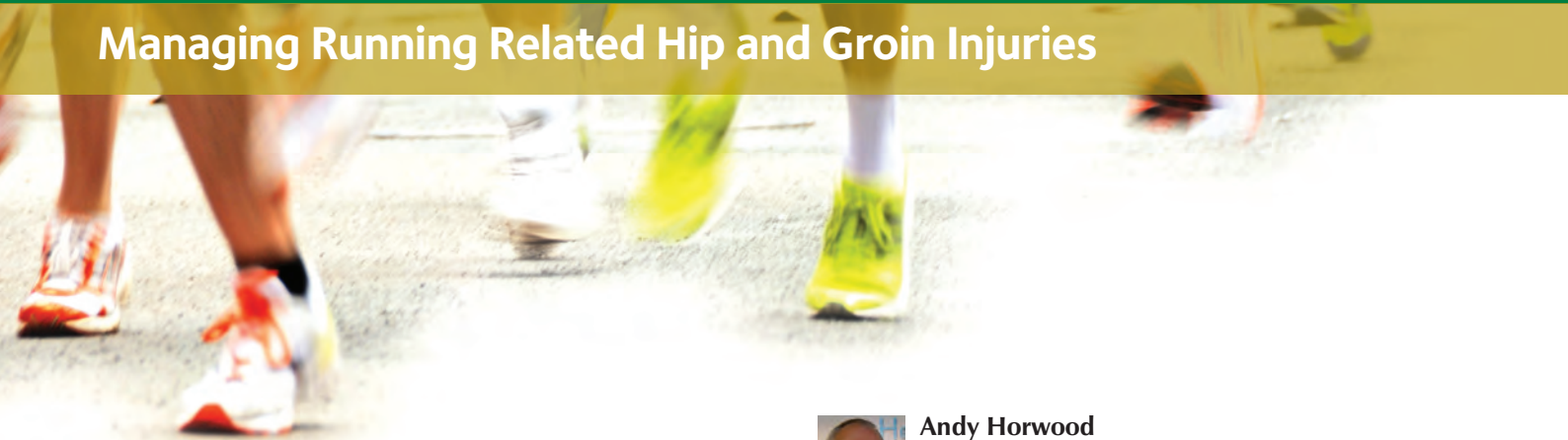
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Speakers biographies overleaf

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### Speakers Biographies



#### Craig Ranson

Craig has over 20 years Sports Physiotherapy experience and is a consultant to a variety of UK and International sporting organisations, including the Wales Rugby Team and the International Cricket Council. He is co-author of the textbook 'Atlas of Living and Surface Anatomy for Sports Medicine' and has completed a PhD in risk factors for lower back injury in sport. Craig is a Senior Lecturer at Cardiff Metropolitan University and his previous posts include being Head Physiotherapist for the England and Wales Cricket Board, and UK Athletics.



#### Damian Griffin

Damian Griffin is the Professor of Trauma and Orthopaedic surgery at the University of Warwick. He trained in Cambridge, Oxford and the United States. He now leads one of the largest orthopaedic research groups in the UK, testing the clinical effectiveness of surgery. Damian's clinical interest is in hip and groin surgery in young adults. He has a particular passion for hip preservation surgery, including hip arthroscopy and osteotomy around the hip, and provides the largest specialised service in this field in the UK. Focusing entirely on these problems, he treats a wide range of professional and recreational athletes.



#### Frans Bosch

Frans Bosch has over 30 years experience as an athletics coach/trainer, working with elite sprinters and high jumpers. He is also a teaching instructor for several Dutch national sport federations teaching anatomy and biomechanics. Since 2005, Frans has taught at the Fontys University in the Department of Applied Science, teaching anatomy, biomechanics and motor learning. Together with Ronald Klomp he wrote the highly regarded book "Running, biomechanics and exercise physiology applied in practice" and over the last two years Frans has been a consultant coach to the Wales Rugby Team.



#### Isabel Moore

Dr Isabel Moore has recently completed her interdisciplinary PhD in the biomechanics and physiology of running, with a specific focus on how runners naturally self-optimize their running mechanics. This excellent work gained her the 2013 Nike award for footwear research. Izzy is now a member of the Sports Injury Research Group at Cardiff Metropolitan University, conducting injury prevention and management projects with several Sports Governing Bodies.



#### Andy Horwood

A leading authority musculoskeletal podiatry, Andy qualified from Plymouth School of Podiatry in 1988. He has worked both in the NHS and in the Primary Fellowship with the Podiatry Association in 1996, and Fellowship of the Faculty of Podiatric Medicine of the Royal College of Physicians and Surgeons in 2012. In addition to his clinical practice, Andy was responsible for developing the module. "Principles of Clinic Podiatric Biomechanics" for the groundbreaking MSc at Staffordshire University and continues as a part time lecturer and Visiting Fellow at Staffordshire. He is also product designer at "Healthstep Ltd" ([www.healthstep.co.uk](http://www.healthstep.co.uk)) - a company that has been designing, developing, and manufacturing insoles/orthotics & footbeds for the healthcare market, and is one of the largest suppliers to the NHS and MoD. Andy has interest in evolutionary biology, and footwear design and is a member of the Society for the Study of Human Biology and the Footwear Biomechanics Group. Andy runs clinics here in Guiseley and also at the Good Health Centre in Leeds.

#### Lee Short

Lee Short, has over 15 years' experience as an Extended Scope Podiatry Practitioner and has 18 years' experience working in the field of musculoskeletal podiatry working in private practice, the National Health Service and Ministry of Defence. Lee currently divides his time between his Advanced Practitioner Musculoskeletal Podiatry role in the Ministry of Defence and Podiatry Clinics (York) Ltd within York and Wetherby. Lee was one of the first 20 people in the country to possess an MSc Master's degree in clinical podiatric biomechanics the first course of its kind leading to a specific qualification in biomechanics for podiatrists. Lee has a special interest in exertional lower limb pain and hopes to embark on a research project on the subject in the near future.



#### Prav Mathema

Prav is currently the National Medical Manager of the Welsh Rugby Union; he has previously held positions as Head of Medical Services at Queens Park Rangers FC and London Wasps Rugby Club. In addition to his duties as the National Medical Manager, he is also a Senior Physiotherapist within the WRU Men's National Squad.



#### Duncan French

Duncan is a strength and conditioning coach and sports scientist. He has worked throughout the world, training athletes, delivering clinics, and giving presentations, he has offered his advice and methods to thousands of athletes, young and old.

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