

**2ND CONGRESS OF ECOSEP
&
12TH SCIENTIFIC CONFERENCE IN SEM, CSEM, QMUL**

9TH – 11TH SEPTEMBER 2010

FRANCIS BANCROFT BUILDING, QUEEN MARY UNIVERSITY OF LONDON

MASON LECTURE THEATRE THURSDAY – AM - 9TH SEPTEMBER 2010

SESSION 1: CSEM QMUL - MSc in SEM PRESENTATIONS

CHAIR: DR TA CRISP

EVENT	TIME	TITLE	SPEAKER	MINS
REGISTRATION	08.00	REGISTRATION		50
WELCOME	08.50	INTRODUCTION AND WELCOME	PROF N MAFFULLI	10
Paper 1	09.00	Establishing practical guidelines in Type 1 Diabetes	Dr A Redgrave	10
Paper 2	09.10	Troponin levels in marathon runners	Dr S Mohan	10
Paper 3	09.20	Palmer pressures in Handball Volleyball players	Dr M Zhang	10
Paper 4	09.30	Metatarsal fractures in professional footballers	Dr G Steinbergs	10
Paper 5	09.40	Absinthe study	Dr A Pillai	10
Paper 6	09.50	Squeeze test as predictor of groin pain in rugby players	Matt Lee	10
Paper 7	10.00	Current practices in determining return to play following head injury in professional football.	Dr J Price	10
Paper 8	10.10	A prospective study to assess the effectiveness of prolotherapy in the management of unresponsive and painful MTSS.	Dr M Curtin	10
Paper 9	10.20	Physiology of channel swimmers. A prospective case control study	Sakura Hingley	10
Paper 10	10.40	Clinical reasoning in physiotherapy: lateral elbow pain	Dr S Busfield	10

10.50 – 11.20 TEA/COFFEE REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

SESSION 2: CSEM QMUL - MSc in SEM PRESENTATIONS

CHAIR: DR P MALLIARAS

Event	Time	Title	Speaker	Mins
Paper 11	11.20	Observational analysis of golf swing	Babatunde Tobun	10
Paper 12	11.30	A qualitative study on the attitudes and beliefs concerning exercise of 11 - 13 year old school children in Slough.	Dr A Dosanjh	10
Paper 13	11.40	Career outcomes and satisfaction among SEM graduates	Dr T Longwill	10
Paper 14	11.50	Correlation between physical assessment of hip range measured clinically and with three-dimensional kinetic analysis during kicking in elite footballers	Alistair Nowell	10
Paper 15	12.00	The immediate and short term effects of marathon running in the Achilles tendon	Dr A Tardioli	10
Paper 16	12.10	An evaluation of the drinking strategies of runners in the 2010 London Marathon	Dr J Williams	10
Paper 17	12.20	The effect of resvaratrol on inflammatory response and DOMs in marathon runners	Dr M Laupheimer	10

CHAIR: MR WD GOODIER

KEYNOTE LECTURE	12.30	GAZA – NOT THE FOOTBALL VARIETY	MS SWEE ANG	30
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13.00 – 14.00 LUNCH REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

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SESSION 3: CSEM QMUL – MSc & iBSc in SEM PRESENTATIONS

CHAIR: DR D MORRISSEY

EVENT	TIME	TITLE	SPEAKER	MINS
Paper 18	14.00	The effect of IGF-1 and Anabolic Steroids on Gene Expression in Bovine Tendon	Dr S Bullar	10
Paper 19	14.10	The rate, types and causes of golf injuries in Male and Female Professional Golfers.	Dr C Barclay	10
Paper 20	14.20	Vitamin D and its effect on boxers performance	Dr A Mitra	10
Paper 21	14.30	EMG in groin pain	Jennifer Graham	10
Paper 22	14.40	Hamstring activation during running using low density high surface area EMG	Sreekanth Sakthibalan	10
Paper 23	14.50	Achilles injections: neovascularisation change and pain with 4D ultrasound	Mr Ben Booth	10
Paper 24	15.00	Doppler flow in Achilles tendinopathy: influence of activity and ankle position	Mr S Grewal	10
Paper 25	15.10	Shoulder high volume injection: a retrospective and prospective study of effect	Assar Ghozlan	10
Paper 26	15.20	Perceptions of a multimedia resource for inter-professional teaching of MSK examination	Christopher Griffin	10

15.30 – 16.00 TEA/COFFEE REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

SESSION 4: CSEM QMUL – iBSc in SEM PRESENTATIONS

CHAIR: DR V TZORGIUO

EVENT	TIME	TITLE	SPEAKER	MINS
Paper 27	16.00	EMG mapping of the lower leg using low density high surface area EMG during concentric and eccentric loading	Jenny Douglas	10
Paper 28	16.10	Spinal range of movement in golfers with low back pain	Ching Leung	10
Paper 29	16.20	Are asymptomatic US abnormalities in the Achilles tendons of elite soccer players risk factors for symptoms one year later? A longitudinal study.	Sachin Jhingan	10
Paper 30	16.30	Changes in symptoms and US signs of Achilles Tendinopathy during a twelve week course of loaded eccentric training	Arun Jangra	
Paper 31	16.40	Vascular Stiffness in Elite Athletes.	Rajdip Singh Dulai	
Paper 32	16.50	Controlled Trial of Vitamin D Supplementation in Patients with Chronic Obstructive Pulmonary Disease: an analysis of impact on quadriceps strength	Jonathan Fenn	
Paper 33	17.00	Evidence of Ethnic Differences in Cardiovascular Risk: Cross-sectional comparison of British South Asian and white children: A pilot study	Adrian Conner	
Paper 34	17.10	Physical Activity Levels of Adolescents in Tower Hamlets - the Role of Body Composition, Ethnicity and Socioeconomic Status	Rebecca Kandasamy	

17.20

**DJO JOHN KING PRIZE
DJO PROFESSORS PRIZE
PERRY SHIELD
CLOSE**

**MR JB KING AND MR P SCOTT
PROF N MAFFULLI & MR P SCOTT
DR JD PERRY
PUB & CURRY & BEER**

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MASON LECTURE THEATRE FRIDAY – AM - 10TH SEPTEMBER 2010

**SESSION 5 & 6: LONDON 2012 OLYMPIC & PARALYMPIC GAMES
WADA- ECOSEP – UK GUIDELINES ON ANTIDOPING
CHAIR: DR TA CRISP & DR SPILIOPOULOU**

EVENT	TIME	TITLE	SPEAKER	MINS
REGISTRATION	08.00	REGISTRATION		
WELCOME	08.50	INTRODUCTION & WELCOME	MR JB KING	10
Lecture 1	09.00	UK preparations for medical support for London Olympic & Paralympic Games 2012	Dr R Budgett	15
Lecture 2	09.15	TBC –London 2012 title	Dr P Venning	15
Lecture 3	09.30	Medical support of Paralympic athletes, lessons from Vancouver and preparation for London 2012.	Dr N Webborn	15
Lecture 4	09.45	TBC - Antidoping title	Dr M Petrou	15
Lecture 5	10.00	TBC - Antidoping title	Dr TA Crisp	15
Lecture 6	10.15	TBC – Antidoping title	Prof L Horta	15
Q&A	10.30	Discussion	ALL	15

10.45 – 11.15 TEA/COFFEE REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

CHAIR: DR N MALLIAROPOULOS

KEYNOTE LECTURE	11.15	Lessons Learned from Vancouver 2010	Dr P Schamash	30
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**SESSION 7 & 8: ECOSEP STUDY GROUP – GENES & SPORTS MEDICINE
CARDIOLOGY**

CHAIR: PROF S HILLIS & PROF N MAFFULLI

EVENT	TIME	TITLE	SPEAKER	MINS
Lecture 7	11.45	TBC – Gene title	Dr M Kambouris	15
Lecture 8	12.00	TBC – Gene title	Prof N Maffulli	15
Lecture 9	12.15	TBC – Cardiology title	Prof S Hillis	15
Lecture 10	12.30	Death in Sports	Prof S Sharma	15
Lecture 11	12.45	Marathon Medicine	TBC	15
Q&A	13.00	Discussion	ALL	15

SESSION 9 & 10: WORKSHOPS – ULTRASONOGRAPHY AND BRACING IN SPORT

EVENT	TIME	TITLE	SPEAKER	MINS
Workshop 1	11.45	MTSS Rehabilitation	Dr N Padhiar & Dr P Malliaras	90
Workshop 2	11.45	Use of Bracing in Sports Medicine	Prof J Richard	90

13.15 – 14.15 LUNCH REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

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MASON LECTURE THEATRE FRIDAY – PM - 10TH SEPTEMBER 2010

**SESSION 11 & 12: LEG PAIN IN SPORT
 BACK PAIN IN ATHLETES
CHAIR: DR N PADHIAR & DR A HENRY**

EVENT	TIME	TITLE	SPEAKER	MINS
Lecture 12	14.15	Overview of EILP	Dr N Padhiar	15
Lecture 13	14.30	Medial Tibial Stress Syndrome	Prof M Batt	15
Lecture 14	14.45	Can we predict a bone stress injury ?	Mrs A Papalada	15
Lecture 15	15.00	Endoscopic release of fascia in CECS	Prof H Lohrer	15
Lecture 16	15.15	How to rehabilitate an athlete with Low Back Pain	Prof L Russu	15
Lecture 17	15.30	Back and leg pain and directional preference exercises'	Dr S May	15
Lecture 18	15.45	Motion segment instability, Prolotherapy and video-fluoroscopic kinematic analysis in the elite rower.	Dr S Petrides	15
Q&A	16.00	Discussion	ALL	15

SESSION 13 & 14: WORKSHOPS – ULTRASONOGRAPHY AND BRACING IN SPORT

EVENT	TIME	TITLE	SPEAKER	MINS
Workshop 3	14.15	Use of Ultrasonography in Sports Medicine	Dr R Jalan & Dr O Chan	60
Workshop 4	15.15	Use of MRI in Sports Medicine	Dr S Vaidya & Dr M Ahmad	60
Workshop 5	14.15	Use of PRP in Sports Medicine	TBC	60
Workshop 6	15.15	Use of Low Level Laser Therapy in Sports Medicine	Dr. Banzer	60

16.15 – 16.45 REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

CHAIR: DR JD PERRY

KEYNOTE LECTURE	16.45	TBC	DR B ENGLISH	30
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17.15 CLOSE

**19.30 BMI BLACK TIE CHAMPAGNE RECEPTION AND DINNER
HOUSE OF LORDS, WESTMINSTER**

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MASON LECTURE THEATRE SATURDAY - AM - 11TH SEPTEMBER 2010

**SESSION 15: MUSCLE & TENDON INJURY IN SPORT AND THEIR FUTURE MANAGEMENT
CHAIR: DR S MOTTO &**

EVENT	TIME	TITLE	SPEAKER	MINS
REGISTRATION	08.00	REGISTRATION		
WELCOME	08.20	INTRODUCTION AND WELCOME	Dr N Malliaropoulos	
Lecture 19	08.30	Types of Hamstring Injuries in Sports	Dr Asklng	15
Lecture 20	08.45	Achilles tendon overuse injuries .Risk factors and Biomechanics.	Prof W Alt	15
Lecture 21	09.00	Hamstring injury clinical classification	Dr N Malliaropoulos	15
Lecture 22	09.15	Update on Achilles Tendinopathy	Prof N Maffulli	15
Lecture 23	09.30	Mechanotherapy – How exercise prescription promotes tissue repair	Prof K Khan	15
Lecture 24	09.45	Muscle injury in sport	Dr X Valle	15
Lecture 25	10.00	ESWT in the management of patella tendinopathy	Dr S Motto	15
Q&A	10.15	Discussion	ALL	15

CLINICAL LECTURE THEATRE SATURDAY - AM - 11TH SEPTEMBER 2010

**SESSION 16 & 17: PLATELET RICH PLASMA & BIOLOGICAL THERAPY IN SPORT
CHAIR: DR D BAKAUSKAS & DR JD PERRY**

EVENT	TIME	TITLE	SPEAKER	MINS
REGISTRATION	08.00	REGISTRATION		
WELCOME	08.50	INTRODUCTION AND WELCOME	Dr A Henry	
Lecture 26	09.00	Platelet Rich Plasma (PRP) usage in Orthopaedics and Sports Medicine	Dr D Eglinton.	15
Lecture 27	09.15	PRP & Chondral lesions	Dr E Papakostas	15
Lecture 28	09.30	PRP & use in MSK problems	Dr R Rogers	15
Lecture 29	09.45	PRP Homiotoxicological therapy. Is it a doping risk?	Dr R Rogers	15
Lecture 30	10.00	Homiotoxicological therapy in Sports Medicine	Dr D Barkauskas	15
Q&A	10.15	Discussion	ALL	15

10.30 – 11.00 TEA/COFFEE REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

MASON LECTURE THEATRE SATURDAY - AM - 11TH SEPTEMBER 2010

CHAIR: MR JB KING

KEYNOTE LECTURE	11.00	THE DEVELOPMENT OF SEM IN THE UK.	PROF GALASZKO	30
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MASON LECTURE THEATRE SATURDAY – AM/PM - 11TH SEPTEMBER 2010

**SESSION 18: EUROPEAN UNIVERSITIES, FACULTIES, SPORTS CENTERS – PLANNING FOR
THE SEM FUTURE**

CHAIR: DR N MALLIAROPOULOS &

EVENT	TIME	TITLE	SPEAKER	MINS
Lecture 31	11.30	ECOSEP	Mr JB King	15
Lecture 32	11.45	FSEM - UK	Prof M.Batt	15
Lecture 33	12.00	Barcelona University	Dr X Valle	15
Lecture 34	12.15	National University of Ireland	Dr A Henry	15
Lecture 35	12.30	BASEM	Dr P Marfleet	15
Lecture 36	12.45	FSEM - Ireland	Dr. Philip E. Carolan,	15
Lecture 37	13.00	Frankfurt	Prof H Lohrer	15
Lecture 38	13.15	University of Craiova	Prof L Russu	
Lecture 39	13.30	CSEM Queen Mary University of London	Prof N Maffulli	15
Q&A	13.45	Discussion	ALL	15

CLINICAL LECTURE THEATRE SATURDAY – AM/PM - 11TH SEPTEMBER 2010

**SESSION 19 & 20: SPORTS NUTRITION
SHORT PAPER PRESENTATIONS**

CHAIR:

EVENT	TIME	TITLE	SPEAKER	MINS
Lecture 40	11.30	Exercise & Type 1 Diabetes Mellitus – safety issues, dietary considerations and insulin adjustment	Dr G Flaherty	15
Lecture 41	11.45	TBC	Dr M Chasapidou	15
Lecture 42	12.00	TBC	Dr Name Forgotten	15
Q&A	12.15	Discussion	ALL	10
Paper 35	12.25	Low level Laser therapy in discogenic back pain	Ms A Akritidou	10
Paper 36	12.35	Re-injury following acute posterior thigh injuries in elite Track & Field athlete	Ms T Isinkaye	10
Paper 37	12.45	LBP in elite Track & Field athletes	Mr G Bikos	10
Paper 38	12.55	Treatment of talar OCD lesions using osteochondral talar auto-graft – Long Term Results	Evangelos Evangelou	10
Paper 39	13.05	Foot & Ankle injuries during the 2004 Athens Olympic Games	Thanos Badekas	10
Paper 40	13.15	Effects of different eccentric loads in jumps with slow and fast SSC	Dr C Papadopoulos	10

14.00 – 15.00

LUNCH REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

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MASON LECTURE THEATRE SATURDAY, 11TH SEPTEMBER 2010

**SESSION 21: ESSKA-ECOSEP - KNEE INJURY IN SPORT AND THEIR FUTURE
MANAGEMENT**

CHAIR: PROF L ENGBRETSSEN & MR WD GOODIER

EVENT	TIME	TITLE	SPEAKER	MINS
Lecture 43	15.00	TBC	Mr JB King	15
Lecture 44	15.15	TBC	Prof L Engebretsen	15
Lecture 45	15.30	Predisposing factors for ACL injury	Dr A Papoutsidakis	15
Lecture 46	15.45	TBC	Prof N Maffulli	15
Lecture 47	16.00	ACL Rehabilitation	Dr Z Hudson	15
Lecture 46	16.15	Medicine for football, football for health".	Dr. M. D'Hooghe	15
Q&A	16.30	Discussion	ALL	15

CLINICAL LECTURE THEATRE SATURDAY – PM - 11TH SEPTEMBER 2010

SESSION 22: SHORT PAPER PRESENTATIONS

CHAIR: DR O CHAN

EVENT	TIME	TITLE	SPEAKER	MINS
Paper 41	14.40	The role of SEM Physician in the NHS	Dr P O'Halloran	10
Paper 42	14.50	Is Soy milk a better recovery aid compared to semi-skimmed milk after exercise?	Ms S Ravalia	10
Paper 43	15.00	A reliability assessment of current ECWB musculoskeletal profiling protocol.	Dr P Dacombe	10
Paper 44	15.10	Experimental study into forearm compartmental pressures.	Dr A Ardolin	10
Paper 45	15.20	Post-doctoral	TBC	10
Paper 46	15.30	Post-doctoral	TBC	10
Paper 47	15.40	Post-doctoral	TBC	10
Paper 48	15.50	Post-doctoral	TBC	10
Paper 49	16.00	Post-doctoral	TBC	10
Paper 50	16.10	Post-doctoral	TBC	10

16.30 – 17.00 TEA/COFFEE REFRESHMENTS AND VISIT COMMERCIAL EXHIBITION

MASON LECTURE THEATRE SATURDAY - PM - 11TH SEPTEMBER 2010

SESSION 23: FINALE

CHAIR: MR JB KING President of ECOSEP

KEYNOTE LECTURE	17.00	THE FUTURE	DR N MALLIAROPOULOS ECOSEP CHAIR(8 MIN) DR A HENRY ECOSEP A VICE CHAIR (8 MIN) PROF X VALLE ECOSEP B VICE CHAIR (8MIN)	30
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CLOSE & SAFE JOURNEY