

VIRTUAL ONE-DAY CONFERENCE

PLATFORM: ZOOM

Sports injuries conference

WEDNESDAY
18
OCTOBER 2023
09:30-16:00

This sports injury course covers types of injuries around the body, including their cause and treatments. The holder will gain a thorough understanding of how to prevent and minimise injuries that occur during sports pursuits.

Training topics will include:

- Head injuries, including concussion and GRTP (Graduated return to play protocol)
- Acute musculoskeletal injuries
- Limb injuries
- Sports first aid

Learning outcomes:

- To be able to assess sport injuries and have an understanding of how they occur
- To understand treatment and management of sport injuries
- To develop a knowledge of the principle behind the rehabilitation of sports injuries.

Cost: Member £215 | Additional Full Member £110 | Non-member £430

#hiedaconf2023

Sports injuries conference

Wednesday, October **18** 2023

SESSION

1

09:30 – 10:45 **Introduction to the principles of MSK examination & management**

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

- Dr Sam Barke, Head of Sports Medicine, Meliora Medical Group

The session will discuss the framework on how to approach all musculoskeletal examinations, assessing the seriousness of the injury and principles of safe early management.

10:45 – 11:00 **BREAK**

SESSION

2

11:00 – 11:45 **Pitch-side medical and emergency care**

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

- Dr Sam Barke, Head of Sports Medicine, Meliora Medical Group

The session will look at what does a good match-day medical provision looks like and a safe approach to managing serious injuries on the pitch?

11:45 – 12:00 **BREAK**

SESSION

3

12:00 – 13:00 **Head and Neck Injuries in Sport**

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

- Dr Mike Forsythe, Deputy Head of Sports Medicine, Meliora Medical Group

This session will cover identification and treatment of head and neck injuries in sport, and a focus on concussion diagnosis and the importance of effective management.

13:00 – 14:00 **LUNCH**

SESSION

4

14:00 – 14:45 **Musculoskeletal examination of the upper limb**

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

- Dr Alex Maxwell, GP and Head of School Medicine, Meliora Medical Group

This session will cover acute and chronic musculoskeletal injuries of the upper limb including how to triage how urgently they should be managed.

14:45 – 15:00 **BREAK**

SESSION

5

15:00 – 16:00 **Musculoskeletal assessment of lower limb injuries**

Chair: Lee Glaser, Director, Hieda and Director of Health and Wellbeing, BSA Group

- Liz Robson, Head of Physiotherapy and Concussion Clinical Specialist, Meliora Medical Group

This session will cover acute and chronic musculoskeletal injuries of the lower limb, how to treat and advise, when, where and how urgently to refer.

16:00 **CONFERENCE CLOSE**



Lee Glaser
Director
Hieda and Director of Health
and Wellbeing, BSA Group



Dr Sam Barke
Head of Sports Medicine
Meliora Medical Group



Dr Mike Forsythe
Deputy Head of Sports Medicine
Meliora Medical Group



Dr Alex Maxwell
GP and Head of School Medicine
Meliora Medical Group



Liz Robson
Head of Physiotherapy and
Concussion Clinical Specialist
Meliora Medical Group