

MedEduCare SEMS Education Series: Hamstrings in the Fast Lane, 7th December, London, UK

Speaker Biographies:

Meeting Chairs:

Professor Nicola Maffulli *MD MS PhD FRCS (Orth) FRCP FFSEM* is Professor of Musculoskeletal Surgery, Consultant Orthopaedic Surgeon, University of Salerno, Italy and Professor of Sports and Exercise Medicine, Consultant Trauma and Orthopaedic Surgeon, Mile End Hospital. Nicola's main clinical interests lie in the management of lower limb sports injuries and in paediatric musculoskeletal sports medicine. Special interests include Anterior Cruciate Ligament and Patellar and Achilles tendons. His main research interests are the histology and biology of overuse tendon injuries and the effects of intensive training in young and older athletes. A florid research programme is under way with international collaborators, focusing on orthopaedic genetics, outcome measures and randomized controlled trials in trauma and orthopaedics, and tissue engineering of tendons. Professor Maffulli has recently been awarded the Fellowship of the Royal College of Physicians.

Dr Noel Pollock *MB BCh MSc Sports Med FFSEM CESR* is a Consultant in Sport & Exercise Medicine and Chief Medical Officer for British Athletics, leading a team of doctors, physiotherapists, osteopaths and soft tissue therapists who provide medical services to the British Athletics Track and Field team at the National Performance Institute in Loughborough, ISEH, London and Lee Valley Athletics Centre, London. Noel graduated with Honours in Medicine from Queen's University Belfast and completed an MSc with Distinction in Sport & Exercise Medicine (SEM) at Bath University in 2006. He was one of the first cohort of 8 specialist SEM trainees in the UK. Since 2006 he has been the British Athletics team doctor at many Olympic, World and European championships. Noel was also a sports medicine lead doctor in the London 2012 Athletics Stadium. He has published work in the areas of muscle injury classification, elite athlete health management and Achilles tendinopathy. Noel is a former endurance athlete and won national titles and international honours for Northern Ireland in cross country, 5k and 1500m.

Meeting Speakers:

Dr Carl Askling *PhD PT* is Senior Lecturer, Researcher and lecturer at the Swedish School of Sport and Health Sciences, Stockholm, Sweden. He defended his Thesis, "Hamstring muscle strain" at Karolinska Institutet, Stockholm, 2008 and is supported by The Swedish Centre for Sport Research in his on-going world-leading research about acute hamstring injuries in elite sports. On average he sees 50 hamstring patients from different sports week by week and a majority of these are elite football players and elite track & field athletes. Carl's interest in hamstring injuries started when he was employed as a medical coordinator for The Swedish Athletic Association during a period of 10 years. He saw all these hamstring injuries occurring during training camps and championships, such as the Olympic Games in Barcelona and Atlanta, and also that the knowledge about rehabilitation and prevention was limited. That was the starting point for his research about acute hamstring injuries. He is "First author" in 14 peer-reviewed articles dealing with acute hamstring injuries and he has authored 12 book chapters about hamstring injuries. Carl is an invited speaker at leading sports medicine congresses, year by year, such as the Football Medicine Congress, Camp Nou, Barcelona 2017 & 2018. The main findings from his research are: I. different types of acute hamstring injuries, sprinting-type vs stretching-type; II. lengthening type of exercises, L-protocol, is effective after acute hamstring injuries; III. Askling H-test is a complement to the clinical examination before allowing return.

Mr Shane Kelly *B Phys, M Sports Phys, PG Dip Business and Management* has been a physiotherapist working in elite athletics for many years and he has been part of four Olympic cycles with Australia

and Great Britain. He is currently Head Physical Therapist with British Athletics where he has worked for the past 8 years. As a practitioner he believes in a multidisciplinary approach, using the best available evidence and working extremely hard with athletes in his care. As a presenter Shane has presented nationally and internationally including to the Football Association, Australian Football League Physiotherapists Association, Royal Society of Medicine and the Sports Massage Association. His clinical interests lie in injury surveillance, soft tissue injury of the lower limb and specialist sports rehabilitation.

Dr Justin Lee *BSc MB BS MRCS FRCR* is a consultant radiologist specialising in all aspects of musculoskeletal imaging. He works as a radiologist for a number of individual sports professionals and players from Premier League and Championship football clubs, Premiership rugby clubs and professional cricket clubs. He also provides radiology services for Olympic Team GB and was part of the radiology team for the Beijing 2008, London 2012 and Rio 2016 Olympic Games. Dr Lee also works as a radiologist for the NFL International Series UK and the British and Irish Lions rugby squad. Dr Lee is the author of three book chapters and has written for 42 PubMed publications in musculoskeletal imaging. He has also contributed to Gray's Anatomy. He has presented at national and international science research meetings on numerous occasions and has tutored on BMUS, UKRC MSK Ultrasound and Oxford Skills courses.

Dr Gary O'Driscoll *MBBS BSc (Hons) FFSEM DipSEM* is Head of Sports Medicine at Arsenal Football Club – biography currently being updated.

Dr Nat Padhiar *BSc (Hons) MSc PhD CSci FCPodS FFPM RCPS(Glas)* is a Consultant Podiatric Surgeon, Chartered Scientist & Honorary Reader. Nat held the position of Consultant Podiatric Surgeon at The Royal London Hospital 1991 - 2011 and currently works in the private sector, The London Independent Hospital and Harley Street. He was part of the Medical Services for LOCOG during the planning stages and the Clinical Lead for Podiatric Sports Medicine at The London 2012 Games and was based in the Polyclinic, Olympic Village in Stratford for the entire period of Olympic & Paralympic Games 2012. Nat is also an Honorary Reader, Internal Examiner, Co-leader for Podiatric Sports Medicine and Module Leader in the Centre for Sports & Exercise Medicine (CSEM), William Harvey Research Institute, Queen Mary, London University. He is a keen sportsman continuing to play cricket, tennis and taking part in endurance sport (34 marathons). Nat has represented Uganda School boys at cricket. In his professional capacity he has been part of the medical team and has attended World Student Games (1991), Commonwealth Games (2002), Island Games (2003), Everest Marathon (1993,1995), Mongolian Sunrise to Sunset Marathon (2001 - 2003), Daily Telegraph/British Brain & Spine Foundation London Marathon Team (1999 - 2007), London Triathlon (2005) and London 2012 Olympic & Paralympic Games (2012). He is not formally attached to any professional football, rugby or athletic clubs but, many clubs refer their sportsmen to him at his private clinics at London Independent Hospital and Harley Street.

Mr Robin Sadler *MSc (Manual Therapy) BSc Hons (Physiotherapy)* is Head Physiotherapist at Derby County Football Club, having previously worked at Manchester City for over 16 years where he was first team physiotherapist for 10 years. Robin's clinical interests include injury prevention, RTP, hips and groins.

Mr Mike Stewart *MSc BSc (Hons) MCSP SRP PG Cert (Clin Ed)* is a physiotherapist and visiting university lecturer with over twenty years' experience of helping people to overcome pain. Mike is a dedicated practice-based educator who is passionate about providing evidence-based education to a wide variety of health professionals. He teaches across elite sports and is an advisor on pain management to the International Olympic Committee. Mike has a Masters' degree in Education and is planning a

PhD focusing on pain and communication. His published work has received international praise from the leading names in neuroscience.

Dr Anne van der Made MD is a PhD-student at the department of Orthopaedic Surgery, Amsterdam UMC. He graduated with honours in Medicine from the University of Amsterdam in 2015 and subsequently worked as a postgraduate researcher at Aspetar, Qatar Orthopaedic and Sports Medicine Hospital before returning to Amsterdam in 2016. His current research focuses on hamstring tendon injury.

Professor Nick Webborn OBE MB BS FFSEM FACS FISM MSc Dip Sports Med is one of the UK's leading sports medicine specialists with over 25 years' experience in the area. Nick established the Sportswise clinic in 1997 whilst working as the Medical Adviser to the National Sports Medicine Institute and has seen it grow and evolve over that time into the first-class facility it is today. He has a huge range of sporting expertise in many sports but in particular football, swimming, tennis and athletics. Nick is a world-leading expert in the area of Paralympic sport and was Chief Medical Officer for the London 2012 Paralympics and for the Invictus games. He helped develop the winning bid for the London 2012 games and was then involved in the strategic planning and delivery of the Olympics and Paralympic games healthcare. In 2016, Nick was awarded an OBE in the Queen's 90th Birthday Honours list for services to Paralympic Sports Medicine and the British Paralympic Association. Nick has a unique and innovative approach, having undergone a major sporting injury earlier in his life. He understands the importance of an individualised holistic approach to treatment and rehabilitation of injury, as well as the use of physical activity in disease prevention and management. He has a wide range of skills including the use of diagnostic ultrasound for injury assessment, and of the use of ultrasound guided procedures to ensure the most accurate injection therapy. His international reputation means that we do miss him from the clinic from time to time with his roles with the International Paralympic Committee medical committee and its injury and illness research programme, and as an invited speaker at international conferences. This does mean however that he is always on the cutting edge of developments in sports medicine. In February 2017 he was elected as chair of the British Paralympic Association and apart from the day to day work as chair between Paralympic Games, he will also attend future Paralympic Games as President/Head of Delegation for the British Paralympic team. In August 2018 Nick became Honorary Clinical Professor in the School of Sport, Exercise and Health Sciences, at Loughborough University.