



AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS

# KEEPING YOU ACTIVE

SURFERS PARADISE, MARRIOTT HOTEL, GOLD COAST, QLD

7<sup>TH</sup> - 14<sup>TH</sup> FEBRUARY 2017

**CONFERENCE  
HANDBOOK**

Registrar Orientation  
7<sup>th</sup> Feb

Registrar Conference  
8-9<sup>th</sup> Feb

Scientific Conference  
10-12<sup>th</sup> Feb

Management of Sports Trauma & MSK U/S Course  
13-14<sup>th</sup> Feb



# SPONSORS



# SANOFI

Platinum



Silver

# EXHIBITORS





# WELCOME FROM THE PRESIDENT

On behalf of the ACSEP and Board of Directors, I am delighted to welcome you to the Australasian College of Sport and Exercise Physicians Annual Scientific Conference on the sunny Gold Coast, host city of the 2018 Commonwealth Games.

In keeping with our new name, now embracing Exercise as a vital part of Clinical Medicine, the focus will be on "Keeping you Active" to help decrease the morbidity and mortality associated with an inactive lifestyle. We have a diverse scientific program with many international and local keynote speakers, featuring current concepts in management of osteoarthritis and exercise therapy in the management of cancer and mental illness. We will also be continuing our successful concurrent stream and workshop format, which allow you to tailor the conference to your specific interests.

The Scientific Conference will be preceded by the annual ACSEP Registrar conference for our 70 strong registrar body which, this year, has returned to the two day format. We will again be concluding the conference with the highly successful Management of Sporting Trauma (MOST) Course and Musculoskeletal Ultrasound for Sport and Exercise Physicians Workshop, which proved big hits last year.

Complementing the busy program will be a fun social and activity program making the most of the Surfers Paradise Grand Marriott Hotel and its lush local surrounds and beaches. We have revived the dedicated sports and activity morning and trust you will enjoy exercising and socialising with colleagues old and new. The highlight of the Conference is always the Annual Fellowship Dinner on Saturday night and we look forward to paying tribute to the hard work of our new Fellows.

Exhibition stalls from our numerous sponsors will also run throughout the Conference and offer you the chance to get up to date information from companies active in your areas of interest. We are extremely grateful to our sponsors and exhibitors, in particular, our major sponsor Sanofi, for their support of the Conference.

I would also like to extend our thanks to all Conference Committee members, hard working National Office staff and Conference Solutions who helped organise all aspects of what will be our biggest and best conference yet.

So enjoy all that our Conference, College and the Gold Coast has to offer and we hope that you make many new friends and learn many new things that will not only keep you, but your patients active and healthier.

**Dr Adam Castricum**  
ACSEP President



#ACSEP2017



Scan to download the  
**ACSEP Conference App**

or go to  
[www.acsep.org.au/app](http://www.acsep.org.au/app)

# ACSEP BOARD OF DIRECTORS



## CHAIR PROFESSOR JON WATSON

As Dean of Deakin Medical School in Geelong and Specialist Gastroenterologist, Jon brings strong leadership qualities and valuable experience in education. Jon works closely with the President and CEO and provides leadership to the College in matters such as Fiduciary and Financial management, Governance and Risk Management, strategic planning, and communications with external stakeholders. Jon sits on the National Examining Panel for the Royal Australasian College of Physicians and is assisting the College with enhancing its examination processes.



## PRESIDENT ADAM CASTICUM

ACSEP Fellow from Melbourne and executive director. Adam works closely with the CEO and is the bridge between the Board and the Office regarding College operational, strategic and all clinical matters. Adam oversees all Committees and works with the Chairman to oversee the running of Board and provide leadership for the College. Adam joined the Board in 2015 and was elected President in February 2016.



## VICE-PRESIDENT HAMISH OSBORNE

ACSEP Fellow from Otago and executive director. Hamish joined the Board in 2013 and assists the President, Board and Office with College clinical issues, in particular matters relating to education and research. He is also the NZ representative on the Board.



## PAUL BLACKMAN

ACSEP Fellow from Melbourne and executive director. Paul joined the Board in 2016 and brings experience from serving on the Board of Censors, is actively involved in Registrar teaching and is the new Chief Medical Officer for Athletics Australia.



## DR LOUISE TULLOH

ACSEP Fellow from Sydney and executive director. Lou joined the Board in 2016 and is current Censor in Chief of the Board of Censors, overseeing the College examination process. Lou is also actively involved in Registrar training.



## MR DAVID BRENNAN

David is from Melbourne and joined the Board in 2016 as a non-executive director. David sits on a number of Boards and brings valuable experience in the finance, governance and marketing fields and is assisting the Board to grow its footprint with external stakeholders both domestically and internationally.



## MR JOE PANNUZZO

Joe is from Melbourne and joined the Board in 2016 as a non-executive director. Joe comes with a wealth of experience in finance and assists the Board with all financial, risk and compliance and Board governance matters.



## DR ANDREW ALDOUS

Andrew has just completed his third year of Registrar training in Geelong and is the outgoing 2016 Registrar Representative on the Board. Andrew has served the strong Registrar body exceptionally is the last 12 months on all matters regarding registrar training and welfare.



## GENERAL INFORMATION

### CONFERENCE CATERING

All Morning, Lunches and Afternoon Teas will be served amongst the Exhibitors in the Garden Terrace Gallery on the first floor. Please refer to conference program for meal break times.

### MESSAGE BOARD

Messages received during the Conference will be placed on the Message Board in the registration area. To collect or leave messages please visit the Registration Desk.

### MOBILE PHONES

Delegates are advised that all phones must be switched off or on silent mode during presentation and keynote address sessions.

### NAME BADGES

Each Conference registrant will receive a Name Badge on registration. The Badge will be your official pass and must be clearly visible at all times to obtain entry to all sessions and the Welcome Reception on Friday night. The Conference Managers expect appropriate behaviour from attendees and reserve the right to revoke the badge and privileges of anyone behaving in an inappropriate manner.

### PARKING

Paid parking is available 24/7 at Marriott Hotel Surfers Paradise at \$15 per 24 hour period.

### ACSEP REGISTRATION DESK

The ACSEP Registration desk will be located on the Conference Floor (*level 1*) – opening hours will be:

2:00pm - 5:00pm Tuesday 7 February

7:30am - 5:00pm each day  
Wednesday 8 February to Sunday 12 February

8:00am - 2:00pm Monday 13 February

For urgent assistance – please contact Greg on 0417 656 329

### SPEAKER PRESENTATION UPLOADS

Please bring your presentation on a USB for uploading to the Technical support officer in your Session Room. Ensure your presentation is loaded well in advance of your allocated session time.

### WIFI ACCESS

Complimentary WiFi access will be available on the Conference Floor for the duration of the conference.

### TRANSPORT

Gold Coast Taxis 131 008 Qantas 13 13 13 Virgin Australia 13 67  
89 Jetstar 13 15 38

## SOCIAL PROGRAMME

### WELCOME RECEPTION

**Venue:** Pool Pergoda – Marriott Hotel

**Date:** Friday 10<sup>th</sup> February

**Time:** 6:30pm to 8:00pm

**Dress:** **Gold Coast Themed**

### CONFERENCE DINNER

The Conference Dinner is included for Professional Registrations only. Day and Student delegates will be required to purchase tickets to attend the dinner. Tickets issued for the dinner **MUST** be presented to gain entry to this event.

*Tickets will be in the conference lanyard.*

**Venue:** Ballroom – Marriott Hotel

**Date:** Saturday 11<sup>th</sup> February

**Time:** 7:00pm to 11:00pm

**Dress:** **Black tie**

## ACKNOWLEDGEMENTS

- The Scientific Conference Committee
- Dr Kira James
- Dr Adam Castricum
- Kate Simkovic
- Georgie Jackson
- Kimberleigh Bray
- Conference Solutions



**#ACSEP2017**



# KEYNOTE SPEAKERS



## PROF DAVID HUNTER

*Florance and Cope Chair of Rheumatology  
Chair of Institute of Bone and Joint Research  
Professor of Medicine, University of Sydney*

Professor Hunter is a rheumatology clinician researcher whose main research focus is clinical and translational research in osteoarthritis (OA). He is the Florance and Cope Chair of Rheumatology and

Professor of Medicine at University of Sydney, Chair of the Institute of Bone and Joint Research and Staff Specialist at Royal North Shore Hospital and North Sydney Orthopaedic and Sports Medicine Centre. He is ranked as the leading expert in the world on osteoarthritis on expertscape.com and is the section editor for UpToDate osteoarthritis.

He holds a medical degree and Master of Sports Medicine from the University of New South Wales. He completed a fellowship in Rheumatology at the Royal Australian College of Physicians and earned a Masters of Medical Science (Clinical Epidemiology) from the University of Newcastle and received his PhD from the University of Sydney in 2001. His research is focused on a number of key elements in OA including (but not limited to) the epidemiology of osteoarthritis, the application of imaging to better understand structure and function with application to both epidemiologic research and clinical trials, novel therapies in disease management and health service system delivery of chronic disease management.

He is an editor for leading international journals in his field, has authored books on osteoarthritis and has over 350 publications in peer reviewed journals.

His research is focused on a number of key elements in OA including (but not limited to) the epidemiology of osteoarthritis, the application of imaging to better understand structure and function with application to both epidemiologic research and clinical trials, novel therapies in disease management and health service system delivery of chronic disease management.

Professor Hunter was ranked as the worlds leading expert in osteoarthritis on Expertscape.com (2014-2015).



## HON PROF MARK E BATT

*BSc MB BChir DM FRCP FFSEM FACSMM  
Consultant in Sport and Exercise Medicine  
Director Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis*

Hon Prof Mark Batt is a Consultant in Sport and Exercise Medicine at The Centre for Sports Medicine, Nottingham University Hospitals, England.

Since 1995, he has been in Nottingham as a Consultant in Sport and Exercise Medicine at the Nottingham University Hospitals: appointed Hon Professor in 2004. He served for 2½ years as clinical director for Trauma and Orthopaedics. He is the Q-Active programme director – a workplace health and wellness programme based at The Queens Medical Centre: [www.qactive.co.uk](http://www.qactive.co.uk)

He has served as a consultant for The England and Wales Cricket Board, The Rugby Football League, British Gymnastics and The English Institute of Sport. Since 2000 he has been a physician for The Wimbledon Tennis Championships, ATP and the WTA.

He is past-President of the Faculty of Sport & Exercise Medicine and is a past Chairman of the Specialist Advisory Committee in SEM. He chaired the work-group that produced the successful case for Sport & Exercise Medicine as a speciality of medicine (2005).

His research interests include: Overuse injuries, Osteoarthritis and Workplace Wellness. He is the Director of the Arthritis Research UK Centre for Sport, Exercise & OA, which is an international collaboration working to understand the link between exercise, injury and Osteoarthritis.



## PROF MARTIN SCHWELTNUS

*Professor Faculty of Health Sciences, University of Pretoria SA  
Director of the Institute of Sport, Exercise Medicine and Lifestyle Research SA  
Director of a FIFA Medical Centre of Excellence SA  
Director of the IOC Research Centre SA*

Prof Schweltnus is a renowned physician in the field of sports and exercise medicine and is credited with the establishment of the first postgraduate training programme in Sports Medicine in South Africa, which was established at the University of Cape Town in 1989.

Over the past 25 years, Prof Schweltnus has had a very active career in clinical service, teaching and research, for which he received international recognition. He is a former president of the South African Sports Medicine Association (SASMA), a former vice-president of the International Sports Medicine Federation (FIMS), and has served in the international Olympic Committee (IOC) Medical and Science Group for 14 years.

For the past six years, Prof Schweltnus also served as the director of one of only four IOC-accredited international research centres. He has published more than 100 peer-reviewed articles in accredited international scientific medical journals and has supervised numerous master's and PhD students.

He is a dedicated clinician who provides clinical care to athletes and patients with chronic lifestyle-related diseases through a comprehensive lifestyle intervention programme. An avid supporter of a healthy lifestyle (including regular exercise) for young and old, he is a recreational trail runner, mountain biker and golfer.



## PROF DANIEL GALVÃO

*Edith Cowan University  
Research Field: Exercise Oncology*

Daniel Galvão is Professor of Exercise Science and Co-Director of the Exercise Medicine Research Institute, Edith Cowan University, Perth, Western Australia, and a Cancer Council Western Australia Research Fellow.

He received his B.Sc. (1998, Brazil) in Physical Education, M.Sc. (2003) in Clinical Exercise Science from the University of Queensland and his Ph.D. (2006) in Exercise Science from Edith Cowan University. Professor Galvão's research program focuses on applications of exercise as medicine for the prevention and management of cancer treatment side effects and survival and has received funding from NHMRC, Cancer Australia and the Prostate Cancer Foundation of Australia.

His research has been published in the Journal of Clinical Oncology, European Urology and Nature Reviews Urology and he has co-authored the Exercise and Sports Science Australia position stand in exercise and cancer (2009) and the American College of Sports Medicine's exercise guidelines for cancer survivors (2010).



## ALESSANDRA (ALEX) GIANNINI

*Senior Speech Pathologist  
The Royal Children's Hospital, Victoria, Australia*

Alessandra (Alex) Giannini is a Speech Pathologist with over 30 years experience in paediatrics. She works as a senior clinician at the Royal Children's Hospital and has a special interest in throat conditions which affect the voice and breathing.

After completing her degree in Speech Pathology in Melbourne, Alex continued postgraduate training in child communication, family therapy, research, clinical teaching and Bioethics. Her breadth of training, and her long career at the Royal Children's Hospital working closely with physicians and surgeons in the areas of Ear Nose and Throat (ENT), Respiratory and Allergy, gives her extensive knowledge of the causes, maintaining factors and treatment of voice and breathing disorders in children and adolescents. Her treatment approach reflects this broad understanding of health and development and she is passionate about achieving the best outcomes in partnership with families.

Alex is a regular presenter at professional conferences and is a guest lecturer at University of Melbourne. She has won RCH scholarships and research grants to advance the knowledge of children's voice disorders. She is an ENT trained endoscopist for vocal tract imaging and is a published author in this area.



## PROF KARIM KHAN

*Editor-in-chief of the British Journal of Sports Medicine  
Co-author of Clinical Sports Medicine*

Professor Karim Khan, MD, PhD, FASCM, is a Canadian sports physician and academic who is an advocate of physical activity for its public health benefit. His research focused on activity for bone health and falls prevention particularly in the aging demographic.

Professor Khan was also a major contributor to the paradigm shift that 'tendinopathies' are not inflammatory conditions and this led to physicians appreciating the need for active exercise as treatment –the concept of 'mechanotherapy'.

He is a founding investigator in the \$40 million research enterprise at the University of British Columbia and Vancouver Coastal Health called the Centre for Hip Health and Mobility. Here over 100 investigators collaborate to improve the health of Canadians across the lifespan by improving their mobility and promoting physical activity.

Karim is editor-in-chief of the British Journal of Sports Medicine which has the highest impact factor of journals in the field of sports medicine. BJSM is considered a social media leader in the field through its leadership in Facebook, Twitter, podcasts and YouTube.

He is also an author of Brukner & Khan's Clinical Sports Medicine (4th edition), a textbook that that helped many clinicians in their residencies and fellowships.

He practices what he preaches and accumulates a total of 60 minutes of moderate to vigorous physical daily.



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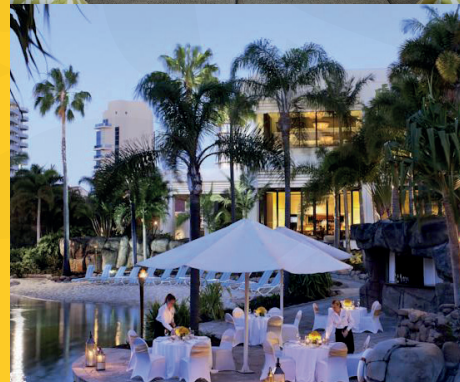
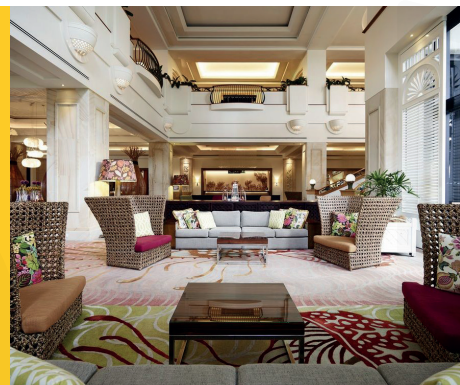
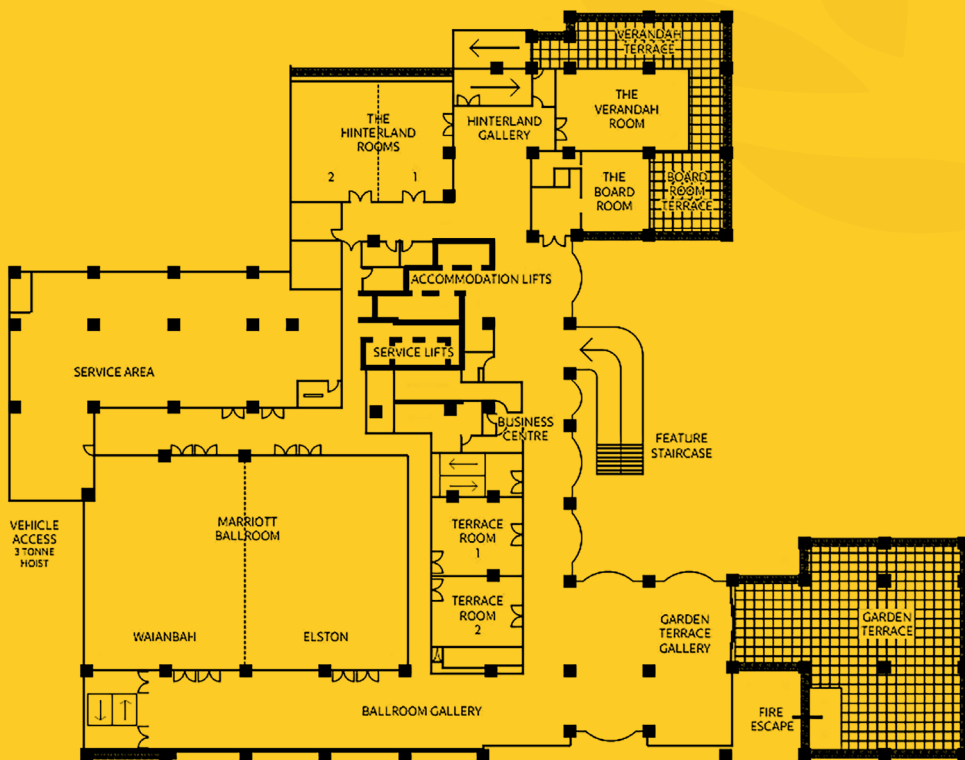


# ACSEP Registrar Conference 2017

**TUESDAY, FEBRUARY 7, 2017**

12:00 PM - 3:30 PM	<i>Verandah Room</i> Train the Trainer (STC Training Session) <i>Royal College of Healthcare</i> Followed by Training Committee Meeting
4:00 PM - 6:00 PM	<i>Verandah Room</i> Registrar Orientation
6:00 PM - 7:00 PM	<i>Lagoon Terrace, Marriott Hotel</i> Registrar Welcome Drinks

## MARRIOTT CONFERENCE ROOMS







## ACSEP Registrar Conference 2017

**WEDNESDAY, FEBRUARY 8, 2017**

<b>8:00 AM - 5:00 PM</b>	<i>Elston Room</i> <b>Registrar Conference Day 1</b>
8:00 AM - 8:30 AM	Welcome
8:30 AM - 10:30 AM	1 ST YEAR PRESENTATIONS 13 @ 1 <sup>st</sup> Year talks. 5 mins each with 5 min turnaround and feedback
8.30AM - 9.00AM	Group 1 and feedback <i>Kendall Brooks, Alyse Cameron, Greg Clugston, Liam Geraghty</i>
9.00AM - 9.45AM	Group 2 and feedback <i>Michael Giummarra, Sherwin Goh, Anthony Henderson, Samantha May, Kevyn Mejia-Hernandez</i>
9.45AM - 10.30AM	Group 3 and feedback <i>Martin Smith, Caroline Stuart, Carlee Van Dyk, Casey White</i>
10:30 AM - 11:00 AM	Wednesday Morning Tea
11:00 AM - 12:00 PM	2nd YEAR PRESENTATIONS 13 @ 2nd Year talks. 10 mins each with 5 min turnaround and feedback
11:00 AM - 12:00 PM	Group 1 and feedback <i>Zeeshan Arain, Laura Lallenec, Simon Baker, Theo Dorfling</i>
12:00 PM - 1:00 PM	Treatment on the Sideline: A Medico-Legal Perspective AVANT - <i>Annabel Herron</i>
1:00 PM - 1:45 PM	Wednesday Lunch
1:45 PM - 3:30 PM	Workshops x 3 Clinical Exam - Knee and Ankle Clinical Exam - Upper Limb Clinical Exam - Back and Pelvis
3:30 PM - 4:00 PM	Wednesday Afternoon Tea
4:00 PM - 4:30 PM	5th International Concussion Consensus <i>Dr Michael Makkissi</i>
4:30 PM - 5:30 PM	Registrar Meeting
5.30PM- 7.00PM	<i>Marriott Bar</i> Registrar & Training Committee Drinks - Informal



## ACSEP Registrar Conference 2017

**THURSDAY, FEBRUARY 9, 2017**

8:00 AM - 5:00 PM	<i>Elston Room</i> <b>Registrar Conference Day 2</b>
8:00 AM - 9:00 AM	2ND YEAR TALKS 10 mins each with 5 min turnaround and feedback
8:00 AM - 9:00 AM	Group 2 and feedback <i>Brett Frenkiel, Leigh Golding, Thomas Hill, Simon Kim</i>
9:00 AM - 10:30 AM	Workshops x 3 30 mins each
<b>9.00AM - 9.30AM</b>	<b>Session 1 - Injections - Knee</b> <i>Dr David Bolzonello &amp; Dr Kylie Shaw</i>
<b>9.30AM - 10.00AM</b>	<b>Session 2 - Injections - Shoulder/ACJ</b> <i>Dr Chris Hanna &amp; Dr Gary Couanis</i>
<b>10.00AM - 10.30AM</b>	<b>Session 3 - Injections - Ankle</b> <i>Dr Liz Clisby &amp; Dr Paul Annett</i>
10:30 AM - 11:00 AM	Thursday Morning Tea
11:00 AM - 12:15 PM	2ND YEAR TALKS 10 mins each with 5 min turnaround and feedback
11:00 AM - 12:15 PM	Group 3 and feedback <i>Jin Lee, Samantha Pomroy, Julie Shamlaye, Nicole Sly, Patrick Sunderland</i>
12:15 PM - 1:00 PM	Moving in to Private Practice and Beyond <i>Simon Moore (BOQ Specialist)</i>
1:00 PM - 1:45 PM	Thursday Lunch
1:45 PM - 1:55 PM	Preparing Medicolegal Reports <i>Dr David Bolzonello</i>
1:55 PM - 2:15 PM	Sports Medicine for the Disabled Athlete <i>Dr Geoff Thompson</i>
2:15 PM - 2:45 PM	The Rio Experience - Australia vs New Zealand <i>Dr Etienne Du Preez, Dr Lisa Elkington, Dr Sarah Beable</i>
2:45 PM - 3:30 PM	Professional Development <i>David Brennan</i>
3:30 PM - 3:45 PM	Thursday Afternoon Tea
3:45 PM - 4:15 PM	Career Development, including Publication as a Registrar <i>Prof Karim Khan</i>
4:15 PM - 5:00 PM	Fellowship Exam Update <i>Dr Corey Cunningham</i>
5:30 PM - 9:00 PM	George Pitsis Trophy



## ACSEP Scientific Conference 2017

**FRIDAY, FEBRUARY 10, 2017**

6:45 AM - 7:45 AM	Hotel Gymnasium Physical Training Session
7:00 AM - 8:30 AM	On site Yoga on the Beach
7:30 AM - 9:00 AM	Pick up from Hotel lobby Surf Lessons
7:00 AM - 12:00 PM	Lakelands Golf Club - Departure from Hotel Lobby Golf Day
9:00 AM - 11:00 AM	Q1, Level 77 Breakfast
9:00 AM - 12:00 PM	On site Tennis Competition
12:30 PM - 1:30 PM	Garden Terrace Gallery Friday Lunch
<b>1:30 PM - 1:30 PM</b>	<i>Elston Room</i> <b>Opening of Scientific Conference</b>
<b>1:30 PM - 3:30 PM</b>	<b>Session 1</b>
1:30 PM - 2:30 PM	<b>Vince Higgins Lecture</b> Osteoarthritis - Past, Present and the Future <i>Professor David Hunter</i>
2:30 PM - 3:30 PM	<b>KEY NOTE Presentation</b> Sport and Osteoarthritis: Is there a Link? <i>Professor Mark Batt</i>
3:30 PM - 4:00 PM	Friday Afternoon Tea
<b>4:00 PM - 6:00 PM</b>	<b>Session 2</b>
4:00 PM - 4:45 PM	<b>KEY NOTE Presentation</b> Exercise Associated Muscle Cramps <i>Professor Martin Schwellnus</i>
4:45 PM - 5:30 PM	<b>KEY NOTE Presentation</b> Exercise as Synergetic Treatment for Cancer <i>Professor Daniel Galvão</i>
5:30 PM - 6:00 PM	A Tour of ACSEP Website <i>Kate Simkovic and Georgie Jackson</i>
<b>6:30 PM - 8:00 PM</b>	<i>Pool Pergoda, Marriott Hotel</i> <b>Official Welcome</b>
8:00 PM - 10:00 PM	Board Room ACSEP Board Meeting





## ACSEP Scientific Conference 2017

**SATURDAY, FEBRUARY 11, 2017**

<b>8:00 AM - 9:00 AM</b>	<i>Ballroom</i> <b>Session 3</b>		
8:00 AM - 9:00 AM	ACSEP Code of Ethics, Culture and Values - Future directions for the College <i>Dr Adam Castricum and Dr Hamish Osborne</i>		
<b>9:00 AM - 10:30 AM</b>	<b>Session 4</b>		
	<i>Elston Room</i> Stream 1	<i>Verandah Room</i> Stream 2	<i>Hinterland Room</i> Stream 3
	<p>Screening and educational intervention to reduce medical complications at mass community-based sporting events: Making exercise SAFER <i>Prof Martin Schwellnus</i></p> <p>-----</p> <p>Developing a population-wide system for the longitudinal surveillance of musculoskeletal health in netball participants <i>Dr Silvia Manzanero</i></p> <p>-----</p> <p>What Strategies can we implement to make sport safer? The NZ experience <i>Dr Mark Fulcher</i></p> <p>-----</p> <p>A comparison of 4 alternative national universal anterior cruciate ligament injury prevention programs <i>Dr Dion Lewis</i></p> <p>-----</p> <p>The long term effectiveness of the New Zealand green prescription primary health care initiative <i>Dr Yaso Kathiravel</i></p>	<p>Exercise Oncology: implications for recurrence and survival <i>Prof Daniel Galvão</i></p> <p>-----</p> <p>Current evidence and use of physical activity in the treatment of mental illness: A literature review <i>Mr Mohammed Zohair Rahman</i></p> <p>-----</p> <p>The role of exercise in mental health <i>Dr Stephen Rudzki</i></p> <p>-----</p> <p>Exercise - an effective anti-ageing strategy <i>Dr Geoff Thompson</i></p> <p>-----</p> <p>Pragmatic Community based exercise prescription - results of a RCT <i>Dr Hamish Osborne</i></p>	<p>Self assessment in US guided injections - is it possible? <i>Dr Simon Locke</i></p> <p>-----</p> <p>Ultrasound of the Suprapinatus: Diagnostic, prognostic and therapeutic uses in the setting of rotator cuff dysfunction <i>Dr Brandi Cole</i></p> <p>-----</p> <p>Throwing workload and injury risk in elite cricketers <i>Dr Richard Saw</i></p> <p>-----</p> <p>Blood biomarkers as predictors of outcome following shoulder surgery <i>Dr Simon Jenkin</i></p> <p>-----</p> <p>Multidisciplinary assessment of 100 athletes with groin pain using the Doha Agreement <i>Dr Rachel Taylor</i></p> <p>-----</p> <p>Allopurinol and oxidative stress in marathon runners <i>Dr Paul Mason</i></p>
10:30 AM - 11:00 AM	Saturday Morning Tea		



<b>11:00 AM - 1:00 PM</b>	<i>Elston Room</i> <b>Session 5</b>
11:00 AM - 12:00 PM	<b>KEY NOTE Workshop</b> How do we increase the impact of SEM in the community? <i>Prof Karim Khan, Prof Martin Schwellnus, Dr Mark Fulcher</i>
12:00 PM - 12:30 PM	Osteoarthritis Expert Panel Symposium <i>Prof David Hunter and Prof Mark Batt</i>
12:30 PM - 1:00 PM	Drugs in Sport 2017 ASDMAC update <i>Dr Susan White</i>
1:00 PM - 2:00 PM	Saturday Lunch
<b>2:00 PM - 3:30 PM</b>	<b>Session 6</b>
2:00 PM - 3:30 PM	<i>Terrace 1</i> Elective Workshop 1 - Exam Writing. MCQs and SAQs - How do you construct a challenging but fair exam question? <i>Mr John Barnard</i>
2:00 PM - 2:45 PM	Elective Workshop 2 - <b>DELEGATES CHOOSE 1 OPTION PER SESSION</b>  <i>Elston Room</i> Practice development seminar <i>Mr David Brennan / Dr Paul Blackman</i>  <i>Waianbah Room</i> Keeping up with the literature - introductory session <i>Dr Jane Fitzpatrick</i>  <i>Hinterland 1</i> Tennis Medicine <i>Dr Tim Wood / Prof Mark Batt</i>  <i>Verandah Room</i> CPR and AED update <i>Catch Training</i>  <i>Hinterland 2</i> SANOFI - The Adolescent Sports Knee - PFJ Instability & Osteochondritis Dissecans <i>Dr Ivan Astori</i>



## ACSEP Scientific Conference 2017

**SATURDAY, FEBRUARY 11, 2017**

**CONT.**

2:45 PM - 3:30 PM	<p>Elective Workshop 3 - <i>DELEGATES CHOOSE 1 OPTION PER SESSION</i></p> <p><i>Elston Room</i> Practice development seminar <i>Mr David Brennan / Dr Paul Blackman</i></p> <p><i>Waianbah Room</i> Keeping up with the literature - advanced session <i>Dr Jane Fitzpatrick</i></p> <p><i>Hinterland 1</i> Tennis Medicine <i>Dr Tim Wood / Prof Mark Batt</i></p> <p><i>Verandah Room</i> CPR and AED update <i>Catch Training</i></p> <p><i>Hinterland 2</i> SANOFI - The Adolescent Sports Knee - PFJ Instability &amp; Osteochondritis Dissecans <i>Dr Ivan Astori</i></p>
3:30 PM - 4:00 PM	Saturday Afternoon Tea
4:00 PM - 6:00 PM	<p><i>Hinterland Room</i> ACSEP AGM</p>
<b>7:00 PM - 11:00 PM</b>	<p><i>Marriott Ballroom</i> <b>Black Tie Dinner</b></p>





# ACSEP Scientific Conference 2017

**SUNDAY, FEBRUARY 12, 2017**

6:30 AM - 7:30 AM	Main Beach ACSEP FUN RUN		
<b>8:00 AM - 9:00 AM</b>	<i>Ballroom</i> <b>Session 7</b>		
8:00 AM - 8:30 AM	How to get published - advice from an Editor <i>Prof Karim Khan and Prof Gordon Waddington</i>		
8:30 AM - 9:00 AM	<b>KEY NOTE Presentation</b> The future for SEM around the world <i>Prof Mark Batt</i>		
<b>9:00 AM - 10:30 AM</b>	<b>Session 8</b>		
	<i>Ballroom</i> Stream 1	<i>Verandah Room</i> Stream 2	<i>Hinterland Room</i> Stream 3
	<p>The ethics of genetic testing and research in sport - A position statement from the AIS <i>Dr Nicole Vlahovich</i></p> <p>-----</p> <p>The management of bone stress injuries with anti fracture agents <i>Dr Greg Lovell</i></p> <p>-----</p> <p>Back to the future again! Ankle injuries, arthritis and walking on Mars? <i>Prof Gordon Waddington</i></p> <p>-----</p> <p>The use of ketamine infusion in the management of chronic pain - a case study <i>Dr Stephan Rudzki</i></p> <p>-----</p> <p>Models of care in Musculoskeletal pain management: context versus pathology and the role of pain literacy <i>Dr Kal Fried</i></p>	<p>Acute illness in Sport: Medical complications and RTP Guidelines <i>Prof Martin Schwellnus</i></p> <p>-----</p> <p>Zika virus and the travelling team physician <i>Dr David Hughes</i></p> <p>-----</p> <p>AIS - AMA Position statement on concussion in sport <i>Dr Lisa Elkington</i></p> <p>-----</p> <p>Results of "preseason" neurocognitive screening of a semi-professional rugby team <i>Dr Hamish Osborne</i></p> <p>-----</p> <p>An investigation of sub-concussive forces delivered to the head in a semi-professional rugby team <i>Dr Hamish Osborne</i></p>	<p>Exercise in the setting of androgen deprivation therapy and bone metastatic disease</p> <p><b>KEYNOTE Presentation</b> <i>Professor Daniel Galvão</i></p> <p>-----</p> <p>Efficacy of PRP injections in chronic SIJ dysfunction <i>Dr Jeni Saunders</i></p> <p>-----</p> <p>The effectiveness of platelet rich plasma injections in gluteal tendinopathy: A RCT comparing a single leukocyte- rich PRP with a single corticosteroid injection <i>Dr Jane Fitzpatrick</i></p> <p>-----</p> <p>Current controversies in stem cell therapies <i>Prof M Zheng</i></p>
10:30 AM - 11:00 AM	Sunday Morning Tea		



## ACSEP Scientific Conference 2017

**SUNDAY, FEBRUARY 11, 2017**

**CONT.**

<b>11:00 AM - 1:00 PM</b>	<i>Ballroom</i> <b>Session 9</b>
11:00 AM - 11:30 AM	<b>KEY NOTE Presentation</b> Exercise induced vocal cord dysfunction <i>Alessandra Giannini</i>
11:30 AM - 1:00 PM	Medicolegal Workshop - Challenging cases and scenarios <i>Dr Hamish Osborne, Dr David Bolzonello, A Prof Lynley Anderson, Dr Peter Burt</i>
1:00 PM - 2:00 PM	Sunday Lunch
<b>2:00 PM - 4:00 PM</b>	<i>Ballroom</i> <b>Session 10</b>
2:00 PM - 4:00 PM	Training Symposium Training registrars is a rewarding task: skills to make the most of it <i>Royal College of Healthcare</i>
<b>4:00 PM</b>	<b>ACSEP Conference Close</b>



## Management of Sports Trauma & MSK U/S Course

**MONDAY, FEBRUARY 13, 2017**

<b>08.30 AM - 12.30 PM</b>	<i>Terrace Room 1</i> <b>Beginners US Course - Half Day</b>
8:30 AM - 9:30 AM	Introductory lecture physics / knobology / tips and tricks
9:30 AM - 10:00 AM	Introduction to ultrasound guided injections
10:15 AM - 11:00 AM	Introduction for shoulder ultrasound - live scanning
11:00 AM - 11:30 AM	Introduction for elbow ultrasound - live scanning
11:30 AM - 12:00 PM	Introduction for knee ultrasound - live scanning
12:00 PM - 12:30 PM	Q & A - live scanning
<b>8:30 AM - 4:30 PM</b>	<i>Waianbah Room</i> <b>DAY 1</b> MSK US for Sport and Exercise Physicians Course
8:30 AM - 9:00 AM	Physics of ultrasound and knobology
9:00 AM - 09:30 AM	MSK ultrasound fundamentals
09:30 AM - 10:00 AM	Ultrasound guided injection practice into phantoms
10:00 AM - 10:15 AM	Morning Tea
10:15 AM - 11:30 AM	Shoulder ultrasound fundamentals, SASD bursa, ACJ, GHJ and SSN injection
11:30 AM - 12:30 PM	Elbow joint, CEO and CFO diagnosis and injection technique
12:30 PM - 1:30 PM	Lunch
1:30 PM - 2:15 PM	Radiocarpal joint, Dequerevains, carpal tunnel and A1 pulley diagnosis and injection technique





## Management of Sports Trauma & MSK U/S Course

**MONDAY, FEBRUARY 13, 2017**

**CONT.**

2:15 PM - 3:00 PM	Anterior hip joint and hip flexor apparatus diagnosis and injection technique
3:00 PM - 3:15 PM	Afternoon Tea
3:15 PM - 3:45 PM	Greater trochanteric pain syndrome diagnosis and injection technique
3:45 PM - 4:30 PM	Hamstring origin, proximal MTJ and sciatic nerve diagnosis and injection technique
<b>08:30 AM - 12:30 PM</b>	<p><i>Elston Room</i> <b>DAY 1</b> MOST Course - The Management of Sports Trauma <i>Presenters: Hugh Grantham and Keith Driscoll</i></p>
08:30 AM - 10:00 AM	<p>Introduction Dealing with collapse and cardiac arrest CPR Practical session Basic airway clearing and management</p>
10:00 AM - 10:15 AM	Morning Tea
10:15 AM - 11:45AM	<p>Unconsciousness, head injury and seizures Neurological assessment Log roll (practical demonstration)</p>
11:45 AM - 12:45 PM	Clinical Scenario 1 – Head Injury
12:45 PM - 1:30 PM	Lunch
1:30 PM - 3:00 PM	<p>Clinical Scenario 2 – Seizure General medical emergencies Interaction with Ambulance and ED Transport issues</p>
3:00 PM - 3:15 PM	Afternoon Tea
3:15 PM - 5:15 PM	<p>Trauma to neck / chest / abdomen / pelvis Surgical airways Management of tension pneumothorax IV access and pelvic splinting</p>
5:15 PM - 5:30 PM	Summary and Close Day 1



## Management of Sports Trauma & MSK U/S Course

**TUESDAY, FEBRUARY 14, 2017**

<b>8:30 AM - 12:00 PM</b>	<p><i>Waianbah Room</i> <b>DAY 2</b> MSK US for Sport and Exercise Physicians Course</p>
8:00 AM - 8:45 AM	Knee joint, patellar tendon, Pes anserine and ITB diagnosis and injection
8:45 AM - 9:30 AM	Achilles tendon apparatus diagnosis and injection including high volume paratenon stripping
9:30 AM - 9:45 AM	Morning Tea
9:45 AM - 10:30 AM	Plantar fascia diagnosis and injection including tibial nerve block and Baxters nerve block
10:30 AM - 11:15 AM	Tibialis posterior, FHL and posterior ankle joint diagnosis and injection
11:15 AM - 12:00 PM	Metatarsalgia diagnosis and injection
12:00 PM	Lunch
<b>8:00 AM - 12:30 PM</b>	<p><i>Elston Room</i> <b>DAY 2</b> MOST Course - The Management of Sports Trauma <i>Presenters: Hugh Grantham and Keith Driscoll</i></p>
8:00 AM - 10:00 AM	<p>Clinical Scenario 3 – Trunk trauma Management of significant extremity trauma Analgesic use in a trauma setting</p> <p>Clinical Scenario 4 – Airway Asthma / anaphylaxis</p>
10:00 AM - 10:15 AM	Morning Tea
10:15 AM - 12:30 PM	Clinical Scenario 5 – Environmental exposure Hypo and hyperthermia
12:30 PM	Summary, Close and Lunch



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<b>A</b> Abraham, Dr David	One Point Health
Adie, Dr Joanna	Austin Health
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Alonso, Dr Juan-manuel	Aspetar
Annett, Doctor Paul	Orthosports
Arain, Doctor Zeeshan	Olympic Park Sports Medicine Centre
Attalh, Dr Mena	Campaspe Medical Centre
Attanayake, Dr Daminda	Institute Of Sports Medicine
Au, Dr Cheuk Mun (Carmen)	Ipswich Hospital
Aubrey, Dr Brendon	Sports Clinic NQ
<b>B</b> Baker, Dr Simon	Axis Sports Medicine
Baldwin, MR Shaun	MD Solutions Australasia Pty Ltd
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Barnard, John	EPIC
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Bell, Dr Kevin	Anglesea Medical
Best, Dr John	Orthosports
Bird, Stephen	Bird Consulting
Bloomfield, Dr Paul	NRL
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Brander, Mr Jeremy	Sanofi
Bray, Kimberleigh	ACSEP
Brennan, David	ACSEP Non-Executive Board Member
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Brooks, Dr Kendall	OPSMC/Newtown Medical Centre

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Caley, Dr Sarah	BIOVENTUS, LLC
Cameron, Dr Alyse	Wellington Sports Medicine
Carbon, Dr Roslyn	Specialist Sportscare
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Castricum, Dr Adam	ACSEP President
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Chaudhary, Dr Shama	Queensland Health
Chin, Dr Jason	CDHB
Chin, Dr Thomas	Waikato DHB
Clark, Ms Angelique	Orthocell Limited
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Compton, Dr Stacey	Brisbane Sports and Exercise Medicine Specialists
Cowen, Dr Gill	Synergy Sports Medicine
Cross, Dr Tom	Stadium Clinic
Cusi, A/Prof Mel	Orthosports
<b>D</b> Daff, Dr Andrew	Epworth Sports Medicine
Dan, Dr Luke	Dee Why General Practice/Sydney Ray's Rugby
De Silva, Dr Viran	Territory Sports Medicine
Denning, Dr Kate	Sir Charles Gairdner Hospital
Dickinson, Dr Michael	Royal Melbourne Hospital
Dorfling, Dr Theo	Capital Sports Medicine
Down, Dr Stuart	LifeCare Sports Medicine
Driscoll, Keith	
Du Preez, Dr Etienne	Stadium Clinic
<b>E</b> Eames, Ms Sally	Bioventus
Echevarria, Dr Timothy	RPA Hospital
Edirisinghe, Dr Laxman	Institute Of Sports Medicine



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	Eggleston, Dr Luke	Qsports Medicine
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	Elkington, Lisa	Australian Institute of Sport
	Ellerby, Dr Adam	Lake Macquarie Hospital Emergency
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	Fitzpatrick, Dr Jane	Sports Medicine Professionals
	Fitzsimons, Doctor Matthew	Fiona Stanley Hospital
	Frankland, Miss Sarah	Sanofi
	Frenkiel, Dr Brett	OPSMC
	Fried, Dr Kal	Rehabilitation Medicine Group
	Friis, DR Peter	BOSMC
	Fulcher, Dr Mark	Axis Sports Medicine Specialists
	Fuller, Dr Peter	Lifecare
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	Gazzard, Dr Kate	The Pro Clinic - Sports Medicine
	Geraghty, Mr Liam	Mp Sports Physicians
	Giannini, Ms Alex	Melbourne Allergy Centre & Children's Specialists
	Gill, Dr Preet	Registrar
	Gillies , Mr Chris	Djo Global
	Giummarra, Dr Michael	Nepean Sports Medicine
	Goh, Dr Sherwin	Qsports medicine ACSEP registrar, FRACGP
	Golding, Dr Leigh	Sports Medicine At Sydney Univeristy
	Grantham, Professor Hugh	Flinders University
	Green, Dr Anita	University Of Queensland
<b>H</b>	Hamilton, Dr Bruce	HPSNZ
	Hanna, Dr Chris	Axis Sports Medicine Specialists
	Harcourt, Dr Peter	AFL
	Harris, DR Rachel	Canberra Orthopaedics And Sports Medicine
	Hartwig, Mr Adam	Fujifilm Sonosite
	Hasenkam, Dr Chris	Austin Health
	Henderson, Dr Anthony	Specialist Sports Medicine Centre
	Hernandez, Mr Kevyn	Sports And Arthritis Clinic, SA

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	Hislop, Dr Matthew	Brisbane Sport & Exercise Medicine Specialists
	Hope, Dr Danielle	Peak Sports Medicine
	Howse, Dr Charles	Capital Pain & Rehabilitation Clinic
	Hughes, Dr David	Australian Institute of Sport
	Humphries, David	The Sports Medicine Practice, Hobart
	Hunter, Professor David	University of Sydney
<b>I</b>	Ichinose, Registration For Participation Daichi	Tsukuba University Hospital
	Inge, Doctor Pip	The Sports Medicine Practice
<b>J</b>	Jackson, Georgie	ACSEP
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	James, Dr Trefor	Lifecare Prahran Sports Medicine
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	Janata, Mr Robin	Max Health
	Jenkin, Dr Simon	Sport Exercise Movement
	Jomaa, Dr Mohammad	Trainee Doctor
	Jowett, Dr Andrew	Olympic Park Sports Medicine Centre
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	Kathiravel, Dr Yaso	Sports Doctors
	Kelاهر, Mr Tim	Orthocell Ltd
	Kelly, Mr Rhys	Deakin University
	Khan, Professor Karim	The University of British Columbia
	Khullar, Dr Sachin	MP Sports Physicians
	Kim, Dr. Simon	Wellington Sports Med
	King, Dr Malcolm Jonathan	Sports Medicine Central Coast
	King, Mr Steven	Sanofi
	Kiriella, Dr Kiriella Arachchige Pradeep	Institute of Sports Medicine
	Kleinschmidt, Dr Sandy	South Australian Sports Medicine Centre



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	Larkins, Dr Peter	Epworth SEM Group
	Launchbury, Sean	MDA National Insurance Pty Ltd
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	Leahy, Mr Stan	Bioventus
	Lee, Dr Jin	Newcastle
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	Lewis, Dr Dion	Q Sports Medicine
	Locke, Dr Simon	Bendigo Orthopaedic and Sports Medicine Clinic
	Long, Dr David	Olympic Park Sports Medicine Centre
	Lord, Ms Shirelle	GE Healthcare
	Lovell, Dr Greg	Australian Institute Of Sport
	MacGregor, Mrs Monica	Sanofi
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	Mahony, Mr Stephen	Teneriffe Physiotherapy & Nordic Walking Brisbane
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	Milne, Dr Chris	Anglsea Sports Medicine
	Modarres, Dr Reza	Doctors At Australia Fair
	Molloy, Dr John	Sports Med Christchurch
	Muller, Dr Mark	Grace Sports Medicine

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	Nicol, Dr Lesley	Sportsmed Canterbury
	Njawaya, Dr Masiwa	Stadium Clinic
<b>O</b>	Oliver, Professor Tim	Barts Cancer Institute
	Ong, Dr Joo Haw	Alexandra Health Systems, Singapore
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	Osborne, Dr Hamish	ACSEP Board Member
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	Pitsis, Dr George	SMI
	Pomroy, Dr Sam	Australian Institute Of Sport
	Potter, Dr Andrew	OrthopaedicsSA
	Pratt, Dr Christopher	Sportsmed Christchurch
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	Ramayya, Dr Gaurav	
	Rao, Dr Arjun	Specialist Sportscare W.A.
	Reid, Dr Robert	Canberra Sports Medicine
	Reid, Steve	The Sports Medicine Practice
	Riley, Lauren	ACSEP
	Robinson, Dr Diana	Sydney Sports Med Specialists
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	Rudzki, Dr Stephan	FACSEP Canberra
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	Saunders, Dr Roy	Saunders Sports Medicine
	Saw, Dr Richard	Olympic Park Sports Medicine Centre
	Schwellness, Professor Martin	University of Pretoria, South Africa





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Soo, Dr Karen	Narrabeen Sports & Exercise Medicine Centre
Speedy, Dr Benjamin	Sportscare
Stay, Dr Sharon	Brisbane Sports and Exercise Medicine Specialists
Steele, Doctor Peter	Sportsmed Subiaco
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Stevenson, Dr Neil	Gold Coast Health
Still, Dr Robert	Dr Robert Still Pty Ltd
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Sullivan, Dr Duncan	Sports Medicine Glengarry
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Taylor, Dr Gerard	Sportsmed Subiaco
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Thompson, Dr Geoff	Territory Sportsmedicine
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Toth, Ms Sonja	LifeHealthcare
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<b>W</b> Waddington, Mr Gordon	Australian Institute Of Sport
Walker, Dr Duncan	Sports And Arthritis Clinic
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West, Dr Liam	Williamstown Football Club
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White, Dr Casey	Sport Exercise Movement
White, Doctor Susan	ASDMAC
White, Mrs Michelle	MDA National Insurance Pty Ltd
Whitehead, Dr Noah	Sportsmed Canterbury
Whiting, Dr Steve	Canberra Raiders
<b>Z</b> Zheng, Prof	UWA - Orthocell





**NOTES**

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Keynote speakers include;  
*Kate Ackerman, LJ Lee and Paul Hodges*



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