

## Wrightington Sports Shoulder Conference 2010 Provisional Programme



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Upper Limb Unit

### Thursday 20<sup>th</sup> May: Live Surgery:

13:00-18:00	<b>LIVE SURGERY: Cases TBC</b>	<b>Moderator: Funk</b>
	ACJ Meniscectomy	Simon Bell (Haines assisting)
	Arthroscopic Stabilisation / Cuff	TBC
	Scapulothoracic Bursectomy	Simon Bell (Funk/Trail assisting)

### Friday 21<sup>st</sup> May:

8:30-9:00	<b>Registration &amp; Coffee</b>	
	<b>Introduction</b>	<b>Len Funk</b>
9:00-9:05	<b>The Injuries</b>	<b>Chairman – Ian Trail</b>
9:05-9:20	The injured athlete's experience – <i>effect of injury on career, training and competition, experiences of surgery and rehabilitation, special needs during recovery and return to sports</i>	Vernon Neville
9:20-9:40	Sports shoulder injuries in the adolescent – <i>bigger and stronger; requirements, future ambitions and prospects, basic anatomical, pathological and rehab issues</i>	Phil Batty
9:40-10:00	Common Training Errors and Prevention of Shoulder Injuries in Sport	Paul Comfort
10:00-10:20	Principles of Manipulative Therapy in Sports	Tanya Bell
10:20-10:30	<b>Coffee</b>	
		<b>Chairman – John Haines</b>
10:30-10:50	Shoulder injuries in canoeing	Julie Pearce
10:50-11:10	The boxer's shoulder	Jamie Moore & Kathleen Tatlow
11:10-11:30	Instability in Rugby & return to play	Julie McBirnie
11:30-11:50	Shoulder replacement in athletes	Simon Bell
11:50-12:30	Sternoclavicular injuries in Athletes	Ian Trail
12:30-13:30	<b>LUNCH</b>	
	<b>Debates</b>	<b>Chairman – John Haines</b>
13:30-14:00	First time traumatic anterior dislocation in 21yr old rugby player	For Surgery: Julie McBirnie For Rehab: Christine Phillips
14:00-14:30	Tennis player with nagging shoulder pain and weakness for 6 months	For Surgery: Lennard Funk For Rehab: Julie Pearce
14:30-15:00	Acute Grade 5 ACJ Dislocation in motorcross rider	For Surgery: Ian Trail For Rehab: Phil Batty
15:00-15:30	Snapping scapula in canoeist for 3 months (no known trauma)	For Surgery: Simon Bell For Rehab: Rob Conlon
15:30–16:00	<b>COFFEE</b>	
	<b>Finale</b>	<b>Chairman – Ian Trail</b>
16:00-16:30	Legal Aspects of Treating Athletes	Mark James
16:30-17:00	Sailing – It's not Just About the Boat: The Sports Science behind the America's Cup Athlete	Vernon Neville
17:30	<b>DISCUSSION &amp; CLOSE</b>	

## **Saturday 22<sup>nd</sup> May:**

### **SATURDAY MORNING – SURGICAL (Lecture Theatre)**

	<b>Surgical Techniques &amp; Rehab</b>	
9:00-9:40	Arthroscopic capsular plication	Len Funk & Kat Tatlow
9:40-10:20	Cuff Repair	John Haines & Rob Conlon
10:20-11:00	Open Bankart Repair	Simon Bell
11:00-11:30	<b>Coffee</b>	
11:30-12:30	<b>Sports Rehabilitation Techniques</b>	Tanya Bell & Paul Comfort

## **Saturday afternoon & Sunday 23 May:**

### **Ultimate Upper Quarter Course with Tanya Bell**

This two-day Ultimate Upper Quarter course, which is a post-conference course for the Sporting Shoulder Conference 2010, is targeted at sports physios & orthopaedic manual therapists and discusses new trends for the identification & management of risk factors associated with the UQ. The work presented by Tanya Bell is an integration of current concepts by Janda, Hodges & Richardson, Sahrman, O'Sullivan, etc, and Tanya's own experiences. The course includes a review of functional anatomy, fascial orientation & myofascial techniques. This course will assist physios to assess & manage their patient's globally, taking cognisance of contributing factors distal &/or proximal to the site of pain.

For more information and to apply please see: <http://www.club-physio.net/pages/46172791/Courses/UK-Courses/going-global-ultimate-upper-quarter.asp>