

**WELBEING CPD**

PROUDLY PRESENTS ITS 4<sup>th</sup> Annual Conference in Ireland

**“CHANGING PERSPECTIVES”**

**Evidence Based Practice & Clinical  
Implications in Musculoskeletal Therapy**

**A one-day Conference**

**SATURDAY 11<sup>th</sup> SEPTEMBER 2010**  
**Hermitage Clinic, Old Lucan Road, Dublin 20**

**“CHANGING PERSPECTIVES™”**  
**Evidence Based Practice & Clinical Implications in**  
**Musculoskeletal Therapy**  
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**PROGRAMME**

08.30 – 09.15	<b>Registration</b>
09.15 – 09.30	<b><i>Welcome and introduction to the Conference</i></b> Professor Graham N. Smith GradDipPhys FCSP DipTP CertED <i>Rehabilitation and Sports Injury Consultant, Glasgow (UK)</i>
09.30 – 10.15	<b><i>“Hip Impingement and Labral Tears”</i></b> Fergal McGoldrick MCh.FRCS Ed Orth, FRCSI, FFSEM Consultant Orthopaedic and Hand Surgeon
10.15 – 11.00	<b><i>“Tendinopathy - Rehabilitation Strategies”</i></b> Dr Marie-Elaine Grant Dip Physio PhD MCSP SMISCP Head Physiotherapist to the Irish Olympic Team
11.00 – 11.30	<b>Tea/coffee</b>
11.30 – 12.15	<b><i>“Throwing Your Career Away – Evaluating The Overhead Athlete”</i></b> Simon Shepard MCSP Head Physiotherapy at Middlesex CCC and The Hospital of St John and St Elizabeth, London
12.15 – 1.00	<b><i>“Core stability Training – a help or a hindrance?”</i></b> Martin Haines MCSP, DipRGRT Managing Director and Course Director of Intelligent Training Systems
1.00 – 2.15	<b>Lunch</b>
2.15 – 3.00	<b><i>“How can we get patients back to sport and exercise quicker after ACL reconstruction?”</i></b> Sanjiv Jari, BSc (Hons), MBChB, FRCS (Eng), FRCS (Tr&Orth) Consultant Orthopaedic Surgeon, Manchester (UK)
3.00 – 3.45	<b><i>“To Stretch or not to Stretch”</i></b> Jonathan Flynn BSc (Hons), MSc MCSP Senior Lecturer – University of Huddersfield
3.45 – 4.00	<b>Afternoon Tea</b>
4.00 – 4.45	<b><i>New Perspectives - Evidence Led, Kiniseo Taping”</i></b> Colin Hayes BSc (Hons), MCSP, HPC, FHEA, PG Dip, PG Cert, FA Dip) Course Lead & Senior Lecturer in School of Public Health and Clinical Sciences at the University of Central Lancashire
4.45 – 5.15	<b><i>Panel Discussion</i></b>

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**SPEAKERS:**

**Jonathan Flynn** BSc (Hons) MCSP, MSc Sports & Exercise Injury Management  
*Senior Lecturer – University of Huddersfield*

Jonathan completed his undergraduate training as a physiotherapist at Leeds Metropolitan University, Leeds. He then worked across several care settings including primary and secondary care within the Yorkshire region, starting as a Junior grade in West Yorkshire at the Leeds Teaching Hospitals NHS Trust before moving to North Yorkshire as a senior member of staff at Harrogate District Hospital NHS Foundation Trust. Jonathan enjoyed accelerated promotion, specialising in manual therapy and neuromusculoskeletal management. Jonathan’s MSc in Sports and Exercise Injury Management focussed on specific neuromusculoskeletal training, his dissertation was a systematic review of Achilles tendinopathy, which has been an interest since qualifying as a physiotherapist. Jonathan has undergone extensive post graduate training in all the major paradigms of neuromusculoskeletal medicine. This has included Maitland, McKenzie, Cyriax, McConnell, Kinetic Control, Sahrmann and many other manual therapy based training programmes. In addition to Jonathan’s NHS experience he has also worked in the private sector for both independent and large organisations responsible for supplying health care. Finally as part of his role of Senior Lecturer in Physiotherapy he completed his teaching qualification in September 2005. Jonathan also works in private practice and with local sports teams.

**Dr Marie-Elaine Grant** Dip Physio PhD MCSP SMISCP  
*Head Physiotherapist to the Irish Olympic Team*

Marie-Elaine Grant graduated in Physiotherapy from University College Dublin in 1981 and spent her early postgraduate years at University Hospitals in Europe and the USA. In 1990 she was appointed to the Irish Olympic Medical Committee and has been the head Physiotherapist to the Irish Olympic Team for 5 Olympic Games, from Barcelona 1992 to Beijing 2008. Additionally, she has worked with the Irish Winter Olympic teams in Turin 2006 and Vancouver 2010. She has also served with 10 European Youth Olympic Squads. Marie-Elaine has a practice in Dublin, specializing in the treatment of musculoskeletal and sports injuries. She’s a regular lecturer on undergraduate BSc and post-graduate MSc courses in Sports and Exercise Physiotherapy. She has written and published peer reviewed articles on injury prevention for athletes. She has been awarded Specialist Membership of the Irish Society of Chartered Physiotherapists in recognition of expertise and contribution to Sports Physiotherapy in Ireland.

**Martin Haines** MCSP, DipRGRT  
*Managing Director and Course Director of Intelligent Training Systems*

Martin Haines is a remedial gymnast, recreational therapist and chartered physiotherapist. He has worked with 5 Olympic gold medalists, McLaren Formula 1 racing drivers, premiership footballers as well as international rugby players. He has also biomechanically tested over 4,000 people ranging from the sporting elite to recreational sportspeople. He has linked these outcomes with the work of McGill, Twomey, Taylor, Bergmark and others to create a unique biomechanical screening system. He works internationally as a consultant and heads up Intelligent Training Systems which runs courses to teach the biomechanics system his team has developed.

## **SPEAKERS:**

### **Colin Hayes BSc (Hons), MCSP,HPC, FHEA, PG Dip, PG Cert, FA Dip)**

*Course Lead & Senior Lecturer in Public Health and Clinical Sciences – University of Central Lancashire*

Colin's experience in health and exercise spans three decades working at grass route level to Olympic level in sports conditioning and sports medicine. His expertise in health and exercise/rehabilitation has been sought from some of the leaders in the health and fitness industry in the UK. He lectures and takes part in research across a range of disciplines including physiotherapy, sports therapy and public health with a particular interest in therapeutic taping and clinical education development. He is currently writing and developing evidence led learning resources for taping interventions.

### **Sanjiv Jari, BSc (Hons), MBChB, FRCS (Eng), FRCS (Tr&Orth)**

*Consultant Orthopaedic Surgeon, Manchester (UK)*

Sanjiv is a Consultant Lower Limb & Orthopaedic Sports Medicine Surgeon at Hope Hospital (University of Manchester Teaching Hospital) and at the Manchester Sports Medicine Clinic. He is an Honorary Clinical Lecturer in Orthopaedic & Trauma Surgery at the University of Manchester. Sanjiv was awarded the Fellowship of the Royal College of Surgeons in Trauma and Orthopaedic Surgery in 1999. In addition to his Medical and Surgical qualifications, Sanjiv has a BSc (Hons) in Anatomy and has a Sports Medicine Fellowship from the University of Indiana, USA. Following Sanjiv's training, he worked in the USA for a year with world renowned knee surgeon Dr Donald Shelbourne. He has set-up a dedicated knee rehabilitation and triage service in conjunction with specialist therapists, which includes biomechanical ligament assessment using KT-1000, a tool not generally available in the UK. Sanjiv lectures nationally and internationally on knee surgery and sports injuries.

### **Fergal McGoldrick MCh.FRCS Ed Orth, FRCSI, FFSEM**

*Consultant Orthopaedic Surgeon, (Ireland)*

Orthopaedic Surgeon with specialist interest / expertise in upper limb, sport, and large joint surgery including Minimal Invasive surgery ( MIS ) of knees.

### **Simon Shepard MCSP**

*Head Physiotherapy at Middlesex CCC and The Hospital of St John and St Elizabeth, London*

Simon qualified from St Mary's Hospital, London in 1988. Since 1991 he has worked in professional sport, primarily with Middlesex CCC and The MCC. He has also worked with The London Towers Basketball Team, at The All England Badminton Championships and has worked on television shows such as Worlds Strongest Man, Superstars and Gladiators. Simon sits on the Executive Committee of Middlesex County Cricket Club. In 1992 Simon started Chancery Lane Physiotherapy (now know as Central Health) and has seen the facility grow into a leading clinic in The City of London. Over the past seven years Simon has overseen the development of therapy services at The Hospital of St John and St Elizabeth, and more recently has also taken on the role of Chief Executive of optima-life, the London based health and sports performance company.

### **Professor Graham N. Smith GradDipPhys FCSP DipTP CertED**

Professor Graham N Smith is a rehabilitation and sports injury consultant, a Fellow of the Chartered Society of Physiotherapy and Chairman of the Society of Sports Therapists. He has an extensive background in the treatment, management and rehabilitation of injuries at all levels of the sporting spectrum. He is a visiting professor at Teesside University and an external Lecturer for the MSC in Sports Medicine at Trinity College, Dublin. He was responsible for setting up and running the Football Association National Rehabilitation Centre at Lilleshall and he has also worked with British Olympic and representative teams, as well as in professional football. Now, alongside working in his clinic in Glasgow and consultancy commitments, he lectures extensively nationally and internationally on the rehabilitation of musculoskeletal injuries and sports injury management.

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**APPLICATION FORM**

Please print clearly your name and contact details as these will be used on the delegate certificates. A receipt will be sent by return.

**Title** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Surname** \_\_\_\_\_

**Profession** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Post Code** \_\_\_\_\_ **County** \_\_\_\_\_

**Email** \_\_\_\_\_

**Tel No (day)** \_\_\_\_\_ **(evening)** \_\_\_\_\_

Special dietary or other requirements (please enter details) \_\_\_\_\_

**Registration Fees:** €145.00 (Before 27<sup>th</sup> August 2010)  
€180.00 (After 27<sup>th</sup> August – 11<sup>th</sup> September 2010)  
**Group Bookings:** Discount available for block bookings of 10 or more

**\*\*\*Special Offer: Delegates Registering from 1<sup>st</sup> June - 30<sup>th</sup> June 2010 will be entered into draw for 1 free place on a Welbeing CPD 2-day course\*\*\***

**The registration fee includes refreshments, lunch, car parking and Certificate of Attendance**

**Booking conditions**

I agree to comply with the following terms and conditions.

A separate registration form must be completed for each person. Fees do not include travel or accommodation.

Substitutes can be made at any time by contacting Welbeing in writing. If you have to cancel your registration, you may do so with full refund less €85 cancellation fee. Cancellations must be made in writing and any received after 27<sup>th</sup> August 10 will be liable for full registration fee.

Payment methods



BOOK ON LINE - [www.welbeing-cpd.co.uk](http://www.welbeing-cpd.co.uk)

Cheques made payable to **Welbeing CPD Limited**



*Credit/Debit Cards accepted –  
Phone or Online*

Card No. ----- / ----- / ----- / ----- Exp --- / --- Issue no. -----

Please send your completed application form to: Welbeing CPD Limited, North View, Church Road, Bulphan, RM14 3RU International +44 (0)1375 893 820 or email: [enquiries@welbeing-cpd.co.uk](mailto:enquiries@welbeing-cpd.co.uk)

## Free Parking – 'Available on site'

### TRAVEL DIRECTIONS TO HERMITAGE MEDICAL CLINIC DUBLIN

#### Directions from the City Centre:

From O'Connell Street Bridge in the city centre drive along the quays westbound) and follow signs for The West / N4 / M50. Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.

Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

**Buses from Pearse St 25A, 66, 67A**

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#### Directions from the North side of the city e.g Blanchardstown:

Take the M50 Motorway southbound.

Drive through Toll Booth and take next exit signposted Exit 7 for N4 Sligo / The West / Lucan.

Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible and it will bring you against emerging traffic.

**Buses from Blanchardstown Centre 76A**

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#### Directions from the South side of the city e.g Dundrum:

Take the M50 Northbound. Take the exit for the N4 (signposted The West)

Keep to the left hand lane of the N4 and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.

Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

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#### Directions from the Red Cow Roundabout:

Take the M50 exit Northbound (Airport exit also)

Take the first exit off the M50 Motorway, the N4 exit (signposted The West). Keep to the left side of the exit.

Follow signs for Liffey Valley Shopping Centre ( this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.

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**Buses :** Please note that the nearest bus stop for the Hermitage Medical Clinic (travelling west, from the city centre) is the Lucan Rd (Kings Hosp) bus stop. Please take the footbridge to the other side of the road, take a left turn and after approximately 1km you will come to a roundabout and the entrance to the Hermitage Medical Clinic is straight ahead. The Liffey Valley slip road bus stop is the nearest stop to the Hermitage Medical Clinic for those travelling from west Dublin. From this bus stop please walk straight down this road until you come to a set of traffic lights, take a left and the entrance to the Hermitage Medical Clinic is on your left.

#### Accommodation

The [Clarion Hotel](#) in Liffey Valley is available across the road from the Hermitage Medical Clinic. A [special rate](#) is available for delegates from the Hermitage Clinic. There are also Bed & Breakfasts which are situated nearby in Palmerstown and Lucan. Please contact reception for further details.

[Finnstown Country House Hotel](#) is located in Lucan, Co. Dublin. A special rate (€89.00 B&B based on 2 people sharing) is available for delegates attending the Conference.