

# BASEM 2002 Congress.....

## Queen's Golden Jubilee and BASEM's Silver Jubilee Congress

10-13 October 2002, Low Wood Hotel and Conference Centre, Windermere, Cumbria, UK

### Conference Programme

#### Thursday 10 October 2002

08.00-09.00 **Breakfast**

10.00-11.00 Tee reserved at Windermere Golf Club for the Members Annual Golf Tournament for "The Viscount Whitelaw Trophy". There will also be a visiting guests' prize.

14.00-18.30 **Registration**

16.00-16.30 **Tea**

16.30-17.15 **Keynote Lecture**

#### **The Effect of Exercise on Bone Health: New Perspectives for Clinicians & Scientists**

Assistant Professor Karim Khan, MD, PhD, Department of Family Practice (Sports Medicine), & School of Human Kinetics, University of British Columbia, Vancouver, Canada; Coauthor, *Physical Activity and Bone Health*; Coauthor, *Clinical Sports Medicine*. Invited International guest keynote lecturer at 2001 American College of Sports Medicine Meeting in Baltimore.

17.30-18.30 **Adolphe Abrahams Guest Lecture & Discussions. Risk Management in Sport Discussion on the Government Ministerial Working Groups' Report on Safety and Medicine in Sport and action taken by governing bodies to implement the recommendations in 2002**

Mr Peter Hamlyn, MD London, FRCS Eng, MB, BS, BSc 1st Class Honours, London, Consultant Neurosurgeon, St Bartholomew's and Royal London Hospital Trust who was Chairman of the Ministerial Working Group will chair the session and open the discussion. Mr Richard Doubleday of Perkins Slade, the CCPR insurance advisers, will follow by discussing The Nature of Legal Liability for National Governing Bodies of Sport and Recreation.

18.40-19.40 **BASEM Open Forum**

19.45 **Dinner**

#### Friday 11 October 2002

08.00-09.00 **Breakfast**

09.00-11.00 **Keynote Lecture**

#### **Low Back Exercise: the Foundation for Building the Best Programme**

Professor Stuart M McGill, PhD, Professor of Spine Biomechanics, Faculty of Applied Health Sciences, Department of Kinesiology, University of Waterloo, Ontario, Canada. Invited International guest lecturer at 2001 American College of Sports Medicine Meeting in Baltimore. This lecture is in two parts with a 10 minute break about 09.50 am.

11.00-11.30 **Coffee**

11.30-12.15 **Born To Ride. Damn the Labels**

A presentation of three contrasting disabled dressage riders who are competing at the highest level. Chartered physiotherapists Ann Mayfield, BA, DMS, MCSP, Cert Hippotherapy UK & Lynne Munro, MCSP, Cert Hippotherapy UK. Two gold medal winners from the Sydney 2000 Paralympic Games have been invited to attend.

12.15-13.00 **Chondroprotection in Sport**

Dr M Seed, PhD, Research Fellow, St. Bartholomew's Medical School, London and Advanced Biotics Ltd.

13.00-14.00 **Lunch**

14.00-14.45 **Injuries to the Head and Soft Tissue Injuries of the Neck**

Mr Tim Pigott, FRCS (SN) DM Nottingham, FRCS Eng, MB, ChB Birmingham, Consultant Neurological and Spinal Surgeon, National Chairman Advanced Trauma and Life Support, The Walton Centre for Neurology & Neurosurgery, Liverpool NHS Trust.

14.45-15.30 **The Treatment of Mouth & Facial Injuries in Sport**

Mr David Carl Jones, BChD Leeds, FDSEd, MB, ChB Liverpool, FRCS Eng, Consultant Maxillo-facial Surgeon, Regional Maxillo-facial Unit, University Hospital Aintree Fazakerley NHS Trust, Liverpool.

15.30-15.50 **Tea**

15.50-16.50 **Workshop, Psychology of Sports Injuries**

Dr Tony Westbury, PhD, MSc, BSc, Sport and Exercise Psychologist, Lecturer, School of Life Sciences, Napier University, Edinburgh.

16.50-18.15 **Diplomates Session**

#### **Manchester 2002 Commonwealth Games Update**

United Kingdom Chief Medical Officers who attended the 2002 Commonwealth Games in Manchester, and other United Kingdom Medical Officers and Physiotherapists in attendance will make presentations on their work at the Manchester 2002 Commonwealth Games.

18.15-19.00 **Aircast Prize Lecture**

19.30 **Dinner**

21.00-22.00 **After Dinner Entertainment**

"The Likes Of Us" Lancashire Singing and Comedy duo

#### Saturday 12 October 2002

08.00-09.00 **Breakfast**

09.00-09.45 **Keynote Lecture**

#### **Current Concepts in Knee Ligament Reconstruction Following Sports Injuries**

Professor Hans H Paessler, MD, Heidelberg, Germany; Past President European Federation of National Associations Of Orthopaedic Sports Traumatology. Invited Guest Speaker at International Sports Medicine Meetings.

09.45-10.30 **Keynote Lecture**

#### **Better Management of Tendinopathies**

Assistant Professor Karim Khan, Department of Family Practice (Sports Medicine), & School of Human Kinetics, University of British Columbia, Vancouver, Canada.

**Posters to be exhibited from 10.00 am onwards**

10.30-11.00 **Coffee**

11.00-11.45 **Athletic Performance in Association Football & Golf**

Professor Adrian Lees, PhD, Professor of Biomechanics, Deputy Director, Research Institute for Sport & Exercise Science, Liverpool John Moores University.

11.45-12.30 **Nutrition for the Athlete**

Professor Don Maclaren, PhD, Professor of Sports Nutrition, Research Institute for Sport & Exercise Science, Liverpool John Moores University.

12.30-13.15 **British Association of Musculo-Skeletal Medicine Guest Lecture (BIMM): The Natural History of Sciatica**

Dr Keith Bush, MD London, MBBS London, Consultant Musculo-skeletal Physician. Harley Street and Royal National Orthopaedic Hospital, London.

13.15-14.00 **Lunch**

14.00-18.00 **Workshops**

(1) **A Programme to Enhance Spine Stability**

Professor Stuart McGill

(2) **The Management of Shoulder Problems**

Assistant Professor Karim Khan

(3) **The Prevention of ACL Injuries**

Professor Hans H Paessler

(4) **The Horse, the Rider, and their Reciprocal Effects**

Chartered Physiotherapists Ann Mayfield & Lynne Munro

(5) **Assessment of Head/Neurological Injury on the Field of Play**

Mr Tim Pigott, Consultant Neurological & Spinal Surgeon, National Chairman Advanced Trauma and Life Support and Mr David Carl Jones, Consultant Maxillo-Facial Surgeon, supported by two advanced trauma life support instructors.

Each workshop will be limited to about 30 delegates with a change round every 45 minutes. There will be a tea break at 16.15–16.30.

19.15–19.45 **Conference Dinner Reception**

19.45 **Conference Dinner**

Guest speakers

**Mr David Oxley**, CBE, OBE, MA, Former Chairman Of the Central Council of Recreation and Former Chief Executive of the Rugby Football League.

**Dr D Kevin Jones**, MD Liverpool, MRCP (UK), MB, ChB Liverpool, Consultant Chest Physician, The Royal Bolton Hospital Trust.

**Sunday 13 October 2002**

09.00–10.45 **Short Paper Presentations**

10.45–11.05 **Coffee**

11.05–12.05 **Keynote Lecture**

**Rehabilitation After Cruciate Ligament Reconstruction**

Professor Hans Paessler, Heidelberg, Germany

12.05–12.15 **Closing of the Congress** by The Patron Sir Roger Bannister, CBE, MA, MSc, DM, BM, BCh.

12.15–13.00 **BASEM AGM**

13.00 **Lunch**

**Partners Programme**

- (1) It is proposed to organise a visit to Lakeland Plastics on the morning of Friday 11 October 2002 followed by a buffet lunch cruise on the luxury Excalibur Yacht on Windermere in the afternoon, departing from the Low Wood jetty.
- (2) It is proposed to make a day tour to Coniston, Grasmere for coffee and Hawkshead for lunch on Saturday 12 October 2002.

**Booking forms are available from:**

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