New Horizons in Sports Medicine

Keynote Speakers

Ebonie Rio
Trish Wisbey-Roth

A Seminar Relevant to:
All Those Involved in Sports Medicine

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Convenor:
Professor George Murrell

New Horizons in Sports Medicine

Saturday 23 May 2020

Venue:
The Auditorium
Research & Education Building
Ground Floor
4-10 South Street
Kogarah NSW

A Seminar Relevant to:
All Those Involved in Sports Medicine

Orthopaedic Research Institute
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NSW Government
Health
South Eastern Sydney Local Health Network

Places are limited
Book Now!
## New Horizons in Sports Medicine

**Saturday 23 May 2020**

### Tendinopathy

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>Tendinopathy - what goes wrong?</td>
<td>George Murrell</td>
</tr>
<tr>
<td>9.20am</td>
<td>Accelerating recovery of acute musculoskeletal pain using non-invasive brain stimulation</td>
<td>Simon Summers</td>
</tr>
<tr>
<td>9.35am</td>
<td>Bracing for tennis elbow</td>
<td>Martin Kroslak</td>
</tr>
<tr>
<td>9.50am</td>
<td>Bracing for shin splints</td>
<td>William McNamara</td>
</tr>
<tr>
<td>10.05am</td>
<td>Tennis elbow- strategies to get the best bang for the buck</td>
<td>Viana Vuvan</td>
</tr>
</tbody>
</table>

**Discussion**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30am</td>
<td>Morning Tea</td>
<td></td>
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</tbody>
</table>

### Shoulder

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.15pm</td>
<td>Shoulder stiffness post rotator cuff repair - friend or foe?</td>
<td>William McNamara</td>
</tr>
<tr>
<td>1.30pm</td>
<td>Shoulder stiffness post SLAP repair - friend or foe?</td>
<td>Geoffrey Murphy</td>
</tr>
<tr>
<td>1.45pm</td>
<td>Shoulder operations - which ones work and which ones don’t</td>
<td>George Murrell</td>
</tr>
<tr>
<td>2.00pm</td>
<td>The fate of sutures post rotator cuff repair</td>
<td>Alynna Chua</td>
</tr>
<tr>
<td>2.15pm</td>
<td>What factors determine a successful rotator cuff repair</td>
<td>Julian Duong</td>
</tr>
<tr>
<td>2.30pm</td>
<td>Patches for irreparable rotator cuff tears</td>
<td>Hardev Sandhu</td>
</tr>
</tbody>
</table>

**2.45pm Afternoon Tea**

### Lower Limb

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00am</td>
<td>Interrogating neural representations in elite athletes with persistent posterior thigh pain - new targets for intervention?</td>
<td>Simon Summers</td>
</tr>
<tr>
<td>11.15am</td>
<td>Management of lower limb tendinopathy - the latest and greatest</td>
<td>Ebonie Rio</td>
</tr>
<tr>
<td>11.45am</td>
<td>Exercise for back pain, does it work? When to use it and not to</td>
<td>Trish Wisbey-Roth</td>
</tr>
<tr>
<td>12.05am</td>
<td>Tendinopathy of the foot</td>
<td>Michael Symes</td>
</tr>
</tbody>
</table>

**12.25pm Lunch**

### 3.15pm-5.30pm Workshops Concurrent

- Examining the shoulder
- Lower limb tendinopathy rehab
- Post-op rehab for frozen shoulder
- Shoulder arthroplasty rehab
- Rotator cuff repair rehab
- Ultrasound
- Tennis elbow rehab
- Foot and ankle examination

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**Registration**

**Venue:** The Auditorium, Research & Education Building, Ground Floor 4-10 South St Kogarah NSW

**Registration:** $250 before 11 May 2020  
**Late Registrations:** after 11 May $350

Name: ..............................................................................

Company Name: ............................................................

Address: ..........................................................................

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Ph: ...................................................................................

Fax: ..............................................................................

Email: ...............................................................................

Cheque make cheques payable to: Orthopaedic Research Institute (ORI)

Cardholders Name: ........................................................

Signature: .........................................................................

Return completed form by 11 May 2020 to:

Marina Zimmermann Meetings & Education Co-ordinator

The Orthopaedic Research Institute (ORI)

Level 2, 4-10 South Street Kogarah NSW 2217

Telephone: (02) 9113 2830  Fax: (02) 9113 3967

Email: marina.zimmermann@health.nsw.gov.au