

FISIC 19 PROGRAMME

DAY ONE – 6th November

08:00 - 08:30 Registration & Coffee

8:30 – 10:15
INTRO AND PLENARY 1
KEEPING THE PLAYER SAFE

10:15 – 10:45 Coffee

10:45 - 12:15

**BOWLED OVER -
THE CRICKETING
SHOULDER**

**LIGAMENT HEALING IN
THE ANKLE - IS SURGERY
REQUIRED?**

**REINJURY OF THE ACL
RECONSTRUCTED KNEE**

**HEAD AND NECK
TRAUMA IN SPORTS**

Lunch, workshop 12:15 – 14:00

14:00 – 15:30

THE ATHLETIC HIP

ACHILLES

**CHANGES IN
RUGBY INJURIES**

**SPONDYLOLYSIS
IN SPORTS**

15:30 – 16:00 Tea

16:00 – 17:30

BIOLOGICS

**PAIN MANAGEMENT IN
SPORT**

**NON TRAUMATIC
CYCLING INJURIES**

THE TENNIS ELBOW

17:30 – End of day one

DAY TWO – 7th November

08:00 - 08:30 Registration & Coffee

8:30 – 10:00
PLENARY 2
BANG BANG RADIOLOGY

10:00 – 10:30 Coffee

10:30 – 12:00

**PRACTICAL
MANAGEMENT OF
HAMSTRING INJURIES**

BONE HEALTH

**UPPER LIMB INJURIES IN
WINTER SPORTS**

**THE ANKLE: WHEN IS A
SPRAIN NOT A SPRAIN?**

Lunch, workshop 12:00 – 13:15

13:15 – 14:45

**STATE OF THE ART HIP
ARTHROPLASTY IN
ATHLETES**

ULTRASOUND UPDATES

**HEALTH AND HUMAN
PERFORMANCE**

**CHALLENGES IN
FOOTBALL MEDICINE**

14:45 -15:00 Tea

15:00 – 16:30

**THE KNEE: ARTICULAR
PRESERVATION
AND REPAIR**

**ROW YOUR BOAT: THE
ROWING SHOULDER**

**GROIN PAIN
MADE CLEAR**

GOLF

16:30 - End of day two