



fisic '19 | FORTIUS
INTERNATIONAL
SPORTS INJURY CONFERENCE

6th and 7th November
Park Plaza Riverbank, London

FISIC 19 SPEAKER BIOGRAPHIES

FISIC '19 is a multidisciplinary sports injury conference for orthopaedic surgeons, sports physicians, radiologists, physiotherapists and other healthcare professionals.

fortiusclinic

FACULTY INCLUDES



Dr Richard von Bormann
Consultant Orthopaedic Surgeon
Knee



Marcus Bankes
Consultant Orthopaedic Surgeon
Hip



Mr Steve Corbett
Consultant Orthopaedic Surgeon
Shoulder



Professor James Calder
Consultant Orthopaedic Surgeon
Foot & Ankle



Mr Damian Fahy
Consultant Orthopaedic Surgeon
Spine



Mr David Hargreaves
Consultant Orthopaedic Surgeon Hand, Wrist,
Elbow



Dr Jon Houghton
Consultant in Sports Medicine
and Rheumatology



Mr Phil Hopley
Psychiatrist and Performance Consultant



Dr Justin Hughes
Consultant in Sports Medicine



Mr Steve Ingham
Performance Scientist and Consultant



Dr Simon Kemp
Head of Sports Medicine
RFU



Dr Richard Keen
Consultant Rheumatologist



Dr Jo Larkin
Consultant in Sports Medicine



Mr Jonathon Lavelle
Consultant Orthopaedic Surgeon
Knee



Dr Justin Lee
Consultant Radiologist



Dr Adam Mitchell
Consultant Radiologist



Dr Ulrike Muschaweck
Consultant Hip and Groin Surgeon



Mr Rob Middleton
Consultant Orthopaedic Surgeon
Hip



Dr Jordi Puigdemivol
Orthopaedic Surgeon
Barcelona FC



Mr James Robinson
Consultant Orthopaedic Surgeon
Knee



Professor Aali Sheen
Consultant Hip and Groin Surgeon



Dr Lew Schon
Consultant Foot and Ankle Surgeon



Professor Ernest Schilders
Consultant Orthopaedic Surgeon
Hip



Mr Tim Spalding
Consultant Orthopaedic Surgeon
Knee



Professor Cathy Speed
Consultant in Rheumatology,
Sports and Exercise Medicine



Professor Martyn Snow
Consultant Orthopaedic Surgeon
Knee



Dr Mark Wotherspoon
Lead Medical Officer
England Cricket



Mr Andrew Wallace
Consultant Orthopaedic Surgeon
Shoulder



Mr Andy Williams
Consultant Orthopaedic Surgeon
Knee



Mr Johan Witt
Consultant Orthopaedic Surgeon
Hip



Dr Alastair Younger
Consultant Orthopaedic Surgeon Foot and
Ankle

BIOGRAPHIES



Dr Simon Kemp, MA MB BS MRCGP MSc (SEM) FFSEM

Specialist Sports Medicine Doctor and Head of Sports Medicine at Rugby Football Union

Dr Simon Kemp is a Specialist Sports Medicine Doctor and the Chief Medical Officer for the Rugby Football Union, the National Governing Body for the game in England. He was the England Team Doctor during the Rugby World Cup campaigns in 2003 and 2007 and was the Tournament Medical Director for the 2015 Rugby World Cup. He has been involved in rugby research and formulating rugby medicine and concussion policy since 2001. He is a member of World Rugby's Medicine, Science and Research and Head Injury Assessment working groups, the Football Association Independent Head Injury and Concussion Expert Panel and honorary secretary of the Faculty of Sport and Exercise Medicine.



Mr Phil Hopley

Consultant Psychiatrist and specialist in psychological health and performance, Cognacity

Dr Hopley is a leading expert in the area of Mental Health in Elite Sport. He trained in Medicine and Psychiatry in London and is registered as a Consultant in General Adult and Forensic Psychiatry. He worked for 7 years with the NHS in Secure Services before setting up specialist consultancy Cognacity. A former semi-professional Rugby Player with London Wasps he founded Cognacity in 2008 and leads their Sport Practice, which provides confidential psychiatric and psychological services to athletes from 15 of the UK's leading sports.

Phil is an Honorary Senior Lecturer at University College London and at the Institute of Sport and Exercise Health. He provides consultancy input to a range of sporting organisations including National Governing Bodies, Players Associations, individual Clubs and Sports Administration Bodies. He was actively involved in the development of the Mental Health Charter for Sport and Recreation established in March 2015.

In 2012 Phil was the Honorary Lead Psychiatrist covering the 10,000+ athletes competing in the London Olympic and Paralympic Games. He regularly speaks at conferences on Mental Health, Resilience and Performance in Elite Sport and Business. He is a member of the World Golf Therapeutic Usage Exemption Panel and is also recognised as a leading Medico-Legal Expert in relation to sport and mental health.



Dr Richard von Bormann

Consultant knee surgeon, Cape Town Sports and Orthopaedic Clinic

Dr von Bormann is a specialist arthroscopic and reconstructive knee surgeon. He graduated from University of Cape Town Medical School in 1996. After completing his Orthopaedic training he completed multiple Fellowships in Knee Surgery in Australia and the USA. He is a founder member of the Cape Town Sports and Orthopaedic Clinic.

Dr von Bormann is a consultant knee surgeon at the University of Cape Town and he regularly gives instructional lectures and surgical demonstrations in knee surgery. In 2012 he was invited to deliver Instructional Course Lectures at the Global Advanced Master Knee Course in the United Kingdom.

He is the current President of the South African Knee Society. He is a member of the South African Knee Society, the European Society of Sports Traumatology Knee Surgery and Arthroscopy, the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, the South Arthroplasty Society and the South African Orthopaedic Association. Dr von Bormann has publications in both local and international journals as well as co-authoring textbooks of knee surgery.

BIOGRAPHIES



Professor Aali Sheen, MD FRCS (Eng) FRCS (Gen Surg) **Consultant Hernia/Groin Surgeon, Fortius Clinic**

Professor Sheen is Clinical Director for General Surgery at Manchester Royal Infirmary and a senior surgeon at the Manchester Hernia Clinic. He became a Fellow of the Royal College of Surgeons of England in 1998, obtaining a Doctorate in 2003 from the University of Manchester, followed by his final specialist fellowship from the Intercollegiate board in General Surgery in 2005. He undertook training in General Surgery in London, Oxford, Leeds and Manchester and was appointed a Consultant General Surgeon in December 2005 at Manchester Royal Infirmary.

Professor Sheen has vast experience in the management of groin hernias in athletes. He specialises in all types of abdominal wall hernias including groin hernias especially the sportsman's hernia. He published the world's first consensus statement on the sportsman's groin, which was a carefully documented rationale for the treatment of patients that present with this potential diagnosis where the agreed new nomenclature was decided on as 'inguinal disruption'.

Professor Sheen is the Secretary of the British Hernia Society, sub-committee member of the European Hernia Society and serves on the Scientific and Awards committee of the American Hernia Society.



Dr Alastair Younger, M.B., CH.B., M.SC., CH.M., F.R.C.S.(C) **Consultant Orthopaedic Surgeon Foot and Ankle,** **St. Paul's Hospital, Vancouver**

Dr. Younger grew up near St. Andrews in Scotland and completed his medical degree in Aberdeen in 1985 and trained for a short time in the National Health Service before moving to Canada to do a Masters in Kinesiology at Simon Fraser University. He completed his residency at the University of British Columbia and a Masters in Surgery at the same time between 1990 and 1995. After a fellowship in Arthritis surgery at Harvard in Boston in 1997, Dr. Younger went to Seattle to do a fellowship in foot and ankle. He then returned to UBC and St. Pauls in 1998 to take over the role of teaching residents foot and ankle surgery.

In 2000 Dr Younger began a fellowship training program for foot and ankle surgery, and worked with the hospital to secure funds to start the foot and ankle clinic. In 2004 the team and Dr. Younger was awarded the 3 M award for quality improvement in health care for the foot and ankle clinic development and pathways. Dr. Younger was a founding member of the Canadian Orthopaedic Foot and ankle society in 2002 and president between 2006 and 2008. He started the Orthopaedic research office at Providence in 2002 has been actively involved in research since. Dr. Younger was the founding head of the division of distal extremities at the University.

Dr. Younger has been a North American Travelling Fellow, an American British Canadian (ABC) travelling fellow, and has been awarded the Roger Mann award by the AOFAS as well as obtaining the 3 M award. Dr. Younger is active in foot and ankle surgery and has been working on developing foot and ankle arthroscopy. He teaches as a Master instructor for the Arthroscopy Association of North America and gives talks nationally and internationally on foot and ankle surgery.

BIOGRAPHIES



Dr Lew C. Schon, MD, FACS

Director, Orthopedic Innovation, Institute for Foot and Ankle Reconstruction at Mercy

Dr Schon is a faculty member of the MedStar Union Memorial Hospital (MUMH) and associate professor at Johns Hopkins University and Georgetown University. He has recently been appointed Director of Orthopedic Innovation at the Insitutute for Foot and Ankle Reconstruction at Mercy Medical Center in Baltimore, Maryland.

Dr. Schon has a special interest in the diagnosis and treatment of athletes. He has served as a consultant to several professional and collegiate sports teams and dance companies including the Washington Nationals, Washington Capitols, Washington Wizards, Baltimore Ravens, DC United and the Baltimore Blast.

As an innovator in the treatment of foot and ankle arthritis, Dr. Schon has made advances in numerous treatment techniques and is a co-inventor of several notable devices including the Stem Cell Suture, the Tornier WAVE calcaneal plate, the DJO Airlift brace, the Arthrex ProStop, and Darco's Toe Guard and Pneumatic Night Splint. He is considered one of the key surgeons internationally performing the Zimmer Total Ankle Replacement.

Dr. Schon's work in biomechanics, orthobiologics and clinical studies has resulted in more than 130 peer-reviewed papers and over 100 other publications. His work has earned him awards including the 2012 Johns Hopkins University Professors Award for Excellence in Teaching, the American Orthopaedic Foot and Ankle Society (AOFAS) Humana Award, AOFAS Roger Mann Award, AOFAS Goldner Award, the MUMH Golden Apple Award and the 2015 JHU BME Clinical Innovator Award. He is a former president of the American Orthopaedic Foot and Ankle Society.



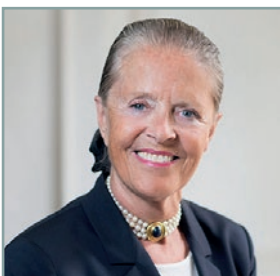
Mr Robert Middleton

Consultant Orthopaedic Surgeon, The Royal Bournemouth Hospital.

Mr Middleton began his medical career at Magdalen College Cambridge before medical school at Guys Hospital, and surgical training at Guys, Kings College and University College Hospitals in London. He was an Orthopaedic Registrar at the Royal National Orthopaedic Hospital in Stanmore and the Middlesex Hospital and undertook fellowships in Switzerland and Australia.

In 1999 Dr Middleton was appointed as a Consultant Orthopaedic Surgeon at the Royal Bournemouth Hospital to develop specialist practice in hip surgery and to expand trauma at Poole Hospital. In 2008 he was appointed Clinical Lead in hip and knee replacement for England at the NHS Institute for Innovation and Improvement, working nationally to improve the delivery of hip and knee replacements. He has been at the forefront of the development of enhanced recovery programmes in orthopaedics.

He is actively involved in clinical research to develop new techniques and treatments for patients with arthritis, and in training orthopaedic surgeons in new surgical techniques. He is a Visiting Clinical Lecturer at the University of Adelaide in Australia and a Visiting Fellow at Bournemouth University. He is a regular writer and reviewer of scientific papers.



Dr Ulrike Muschaweck, MD Ph.D. FACS

Consultant Groin Surgeon, Fortius Clinic

Dr. Ulrike Muschaweck's extraordinary career as a surgeon started in 1989, when entering new territory in the field of Hernia Surgery at the University Hospital Rechts der Isar in Munich / Germany. Under the project "Day Surgery" she visited the Shouldice Clinic in Toronto / Canada where she took over the method of suture repair under local anaesthesia from Dr. Earle Byrnes Shouldice enabling the patients to come to the clinic in the morning and return home in the evening after surgery.

In 1993 she then opened up her own private practice in Munich and developed two new surgical methods over the next 10 years, one: the "Munich Repair" treating umbilical hernias and two: the "Minimal Repair" especially developed for sportsman's groin of athletes. Optimising her skills she meanwhile calls an endless number of top athletes from all over the world her patients, all successfully treated within short time and permitting them to take up their training again within a few days.

In total, more than 27.000 patients were successfully operated from 1993 until today at a yearly rate of more than 1.000 surgeries.

BIOGRAPHIES



Professor Martyn Snow

Consultant Knee and Shoulder Surgeon, The Royal Orthopaedic Hospital

Professor Snow is a graduate of Edinburgh University and undertook his Registrar training in the Manchester region. He spent 18 months on fellowship in North America, and 12 months in Halifax, Nova Scotia undertaking a Sports Medicine fellowship at the Sports Medicine Clinic of Nova Scotia. He subsequently spent six months at the Holand Orthopaedic and Arthritic Centre in Toronto, gaining further experience in Shoulder and Knee surgery.

In 2008, Professor Snow was awarded the British Elbow and Shoulder Society North American travelling fellowship, and in 2018, he undertook the APKASS ESSKA traveling fellowship, visiting major arthroscopic centres across Australasia.

Professor Snow has over 60 publications in various International medical journals, has written four book chapters on knee and shoulder injuries, and has presented over 100 papers at various national and International meetings.

He holds an honorary chair in Chemical Engineering at The University of Birmingham, and a honorary chair in Regenerative Medicine at Aston University. His current research interests include the use of stem cells for cartilage and tendon repair, Bone Marrow Concentrate, Platelet Rich Plasma and bone healing.



Mr Tim Spalding, MB.BS,FRCS(Orth)

Consultant Orthopaedic Knee Surgeon, Fortius Clinic

Mr Spalding has a specialist interest in reconstructive knee surgery includes meniscal transplantation, articular cartilage repair, ligament reconstruction including multi-ligament injuries, and osteotomy.

His training took place in Oxford and at Royal Hospital Haslar, prior to a specialist arthroscopy and knee surgery fellowship in Toronto in 1994-1995. He qualified in 1982 from Charing Cross Hospital, London and spent the first part of his medical career with the Royal Marines and the Royal Navy.

Mr Spalding joined the University Hospitals Coventry in 2000 after five years as a Consultant in the armed forces. He has a busy sports knee surgery practice, runs a knee fellowship program and continues to be very active in teaching and research, pioneering several new techniques.

A key part of Mr Spalding's practice is understanding the impact and result of surgery and treatment. He is one of the national leads for the National Ligament Registry, for countrywide information on Anterior Cruciate Ligament Reconstruction, and he monitors results of the pioneering surgery that he undertakes to reconstruct the knee.



Dr Jordi Puigdemívol, MD

Orthopaedic Surgeon at Football Club Barcelona (FCB) and Althaia Hospital Manresa (CIMETIR), Barcelona

Dr Jordi Puigdemívol qualified from Universitat Autònoma de Barcelona (UAB) in 1990, and completed specialist training in orthopaedic, trauma and sport medicine in 1998 in Sant Rafael and ASEPEYO hospitals in Barcelona.

Dr Puigdemívol was a Consultant in Trauma and Sport Medicine at the Asepeyo Hospital in Barcelona in 1999. He joined the University Hospitals Althaia in Manresa (Barcelona) in the arthroscopy, sports medicine and knee surgical service from 2001 to 2012.

He began working in the Medical Services Department in FC Barcelona in 1995 and was the Club Doctor and Orthopaedic Surgeon in the professional basketball team for 10 years. Since 2005 Dr Puigdemívol has been responsible for treating all trauma and orthopaedic injuries as a consultant. He has over 20 years' experience treating elite professional athletes within the club. Since 2012, Dr Puigdemívol has worked as a private consultant for the largest Orthopaedic and Sports Medicine Clinic (CIMETIR - Althaia, Manresa) located in central Catalonia

His clinical interests are foot and ankle, shoulder and he is focused on knee surgery in ligament reconstruction, cartilage and meniscal repair and muscle- tendon injuries and surgery. He is also a trainer for knee surgery courses.

BIOGRAPHIES



Mr James Robinson

Consultant Knee Surgeon, Avon Orthopaedic Centre Bristol

Mr Robinson is a Specialist Knee Surgeon based at the Avon Orthopaedic Centre in Bristol and the International Knee and Joint Center Abu Dhabi.

He completed his primary medical degree and specialist registrar training in London. His postgraduate Master of Surgery degree was on the biomechanics of the posteromedial corner of the knee. He fellowship training was at the Clinique du Sport Bordeaux-Merignac and at the Avon Orthopaedic Centre in Bristol.

Mr Robinson's ACL research has previously won the British Association of Surgery of the Knee President's medal. He has published many research articles and book chapters on knee surgery and received awards both nationally and in Europe for knee research. He is a reviewer for the American Journal of Sports Medicine. He is a member of the international ACL Study Group.

He remains very active in surgeon education and is regularly invited to lecture and teach around the world on aspects of sports related surgery, such as ligament reconstruction, meniscal repair and osteotomy.



Dr Steve Ingham

Performance Scientist, Fortius Clinic

Dr Steve Ingham is steeped in high performance and has been integral to the development of Britain as an Olympic superpower. He has provided support to over 1,000 athletes, of which over 200 have achieved World or Olympic medal success, including some of the world's greatest athletes, such as Dame Jessica Ennis-Hill, Sir Steve Redgrave and Sir Matthew Pinsent.

Steve has gained high performance insight working at the British Olympic Association from 1998 to 2004, where he was Senior Sports Physiologist and Sports Science Manager, and at the English Institute of Sport from 2004 to 2016 where he was Head of Physiology and latterly the Director of Science and Technical Development, leading a team of 200 scientists in support of Team GB and Paralympics GB. Steve holds a BSc, PhD and is a Fellow of the British Association of Sport and Exercise Sciences.

Steve is the author of the bestselling "How to Support a Champion – The art of applying science to the elite athlete", discussing and inspiring the importance of learning and adapting to reach our maximum potential.



Mr Marcus J K Bankes, BSc (Hons), FRCS (Orth)

Consultant Orthopaedic Hip Surgeon, Fortius Clinic

Mr Marcus Bankes has extensive experience treating hip conditions and injuries affecting young and active people, including hip impingement (FAI), hip dysplasia and arthritis. He is familiar with the specific needs of competitive athletes at all levels. He has particular expertise in hip arthroscopy, peri-acetabular osteotomy (PAO) and ceramic on ceramic total hip replacements. He leads the Young Adult Hip Unit at Guy's Hospital, the tertiary referral centre for the South England, Wales and Northern Ireland.

He is a regular Faculty Member at The London Hip Meeting, London Hip Preservation Symposium and Sickel Cell In Focus. Mr Bankes is invited to lecture at European Hip Society, Charnley Centennial Meeting, International Society of Hip Arthroscopy. He has also published peer-reviewed articles on Stress Fractures after Peri-acetabular Osteotomy, Snapping Hip, Ceramic on Ceramic Hip Replacement, Hip Replacement in Patients Less Than 30 years Old and Hip Replacement in Sickel Cell Disease.

BIOGRAPHIES



Professor James Calder, MD, PhD FRCS (Tr & Orth) FFSEM (UK) **Consultant Orthopaedic Foot and Ankle Surgeon, Fortius Clinic**

Mr Calder graduated from The London Hospital and gained his surgical fellowship in 1995. He spent another six years training in Orthopaedic Surgery, winning the prestigious Laming Evans Fellowship, and submitted his Doctorate of Medicine thesis in 2001. He gained FRCS (Tr & Orth) in 2001. He completed his training with a fellowship in Brisbane and was awarded a travelling sports orthopaedic fellowship in the USA. He gained fellowship of Faculty Sports and Exercise Medicine from the Royal College of Surgeons in Edinburgh in 2007.

Mr Calder was appointed Consultant at the North Hampshire Hospital, Basingstoke in 2002 moving to the Chelsea and Westminster Hospital in 2010 and was appointed Visiting Professor at Imperial College, London in 2014.

Mr Calder has an internationally recognised reputation in the expert treatment of sports injuries. He works with international athletes and sports professionals including: Premier league football teams; Premiership rugby teams; the British Olympic team, British athletics, gymnastics, hockey, netball and sailing, England cricket, rugby and soccer. He also looks after patients from the Royal Ballet, Covent Garden and Birmingham Royal Ballet and is Medical Advisor to Dance UK.

Mr Calder's main areas of research include Achilles tendon, articular cartilage and sports-related ankle and foot injuries. He has developed a major clinical interest in the arthroscopic treatment of ankle conditions and sports-related foot and ankle injuries.

Mr Calder remains actively involved in research projects at Imperial College and the Fortius Clinic, of which he was a founding member. He is on the Editorial Board of Bone and Joint Journal, vice-president of ESSKA-AFAS and Chairman of the Achilles Tendon Study Group. He serves on the Clinical Studies Group for Arthritis Research UK and is Medical Adviser to Dance UK.



Mr Steven Corbett, BSc MB BS FRCS (Eng) FRCS (Edinburgh) PhD FRCS (Tr & Orth)

Consultant Orthopaedic Shoulder Surgeon, Fortius Clinic

Mr Steven Corbett qualified from St Thomas' Hospital, London in 1990. He undertook surgical training, both in the UK and France, and was awarded a Doctor of Philosophy (PhD) for his work on fracture healing. In 2003, he was appointed as Consultant Orthopaedic and Trauma Surgeon at Guys and St Thomas' Hospitals, London, specialising in Upper Limb Surgery.

Mr Corbett is a named reviewer and expert opinion for medical journals and is an editor/contributor of several leading text books. His research interests include clavicle fractures, acromioclavicular joint injuries, shoulder dislocation, rotator cuff tears and the treatment of 'tennis elbow'.

Mr Corbett is a surgeon to sports professionals in rugby, cricket, football and athletics. His primary interest is arthroscopic shoulder and elbow surgery, and the reconstruction of complex shoulder and elbow injuries. In the past he was a very keen sportsman and now enjoys trying to help patients to successfully return to their chosen activities.



Mr Damian Fahy, BSc MB BS FRCS (Tr & Orth) Dip Orth Eng

Consultant Orthopaedic Spinal Surgeon, Fortius Clinic

Mr Damian Fahy's training in spinal surgery took place at Charing Cross Hospital and The Royal National Orthopaedic Hospital, qualifying in 1991. He also trained at the Sahlgrenska Hospital in Sweden and Schultess Klinik in Switzerland, with a short time spent in the United States.

He is a Consultant Spinal Surgeon specialising in spinal pain, including neck, lower back pain and sciatica. Mr Fahy also has a wide practice in sports-related spinal problems, treating many professional and world class sportsmen and women from athletics, swimming, rugby, cricket and professional football, working closely with teams and clubs.

Mr Fahy is a member of various associations including Royal College of Surgeons of Edinburgh, Royal Society of Medicine, British Association of Spine Surgeon and Spine Society of Europe.

BIOGRAPHIES



Mr David Hargreaves, MBBS FRCS (Orth)

Consultant Orthopaedic Hand, Wrist and Elbow Surgeon, Fortius Clinic

As a Consultant Hand, Wrist and Elbow Surgeon, Mr David Hargreaves treats a wide range of degenerative and traumatic conditions in adults and children. He specialises in minimal access surgery.

Mr Hargreaves studied at Middlesex Hospital Medical School and undertook his surgical training at Kings College Hospital and St Mary's. He completed a Hand Fellowship in Sydney, Australia with Clinical Fellowships at the Mayo Clinic, USA, and Schultess Clinic, Zurich.

Mr Hargreaves has a special interest in arthroscopic procedures of wrist and elbow and research interests include wrist instability and elbow injuries. A keen amateur sportsman himself (golf, tennis coach, sailing and skiing), Mr Hargreaves understands the importance of technical excellence. He has developed an expertise in the management of sports injuries of the upper limb from a wide range of sports, including international cricket, hockey, rugby, football, sailing and golf. He also has experience with the management of musicians and performing artists, and fully recognises the importance they place on manual dexterity.

Mr Hargreaves' recent and current appointments include Honorary Senior Lecturer at the University of Southampton. He is a member of the British Orthopaedic Association, the British Society of Surgery of the Hand and the British Elbow and Shoulder Society.



Dr Jon Houghton, MBBS BSc DipSEM DipMSKUS MRCP FFSEM

Consultant Sports Medicine and Rheumatology, Fortius Clinic

Dr Jon Houghton has wide and extensive experience in treating Elite Athletes, Military Personnel, City Workers and all those who are physically active or in pain. He specialises in Tendon pain utilising Ultrasound and UTC scanning for diagnosis and Ultrasound Guided Injections and ESWT (Shockwave) as potential treatments.

He also has a wide range of experience in Upper and Lower Limb Overuse and Running injuries, Hip and Groin pain, Exercise Induced Leg pain and injury rehabilitation. His Rheumatology interests are Gout, Inflammatory Spinal conditions and inflammatory conditions that affect young or athletic people.

Jon has excellent communication skills and promotes a multidisciplinary approach, liaising effectively with Physiotherapists, Osteopaths/Chiropractors and Orthopaedic Surgeons to get the best results for his patients. He understands the significant effects that injury and pain can have on normal day to day life and promotes physical activity in his treatment plans. Jon has recently returned from a hugely successful EURO 2016 tournament where he was the head of the Wales Medical Team and legend to his 12 year old football mad son.

BIOGRAPHIES



Dr Justin Hughes, MSc MBBS FFSEM (UK) MRCS (Eng) MRCGP DRCOG Dip SEM

Consultant in Sport, Exercise and Rehabilitation Medicine, Fortius Clinic

Dr Hughes has extensive experience in treating Sports and Musculoskeletal Injuries.

He has worked across a diverse range of elite sport teams and clubs. More recently he was the doctor to the World Champion England Women's Rugby team. He worked for several years with the Ministry of Defence at DMCR Headley Court where he specialised in Complex Trauma Injury Rehabilitation. He was also the lead Consultant of the Elite Sports Injuries clinic there. Dr Hughes has a sub speciality interest in tendinopathy management. He uses a team approach working with the patient and physical therapy team using the same rehabilitation principles used in elite sport.

For tendinopathy treatments he is an expert in delivery of shockwave therapy, in performing High Volume injections and the use of Platelet Rich Plasma. He is experienced in diagnostic and interventional ultrasound and works closely with the Fortius Radiology team to obtain a rapid diagnosis for patients. Dr Hughes delivers an expert Sports Medicine opinion on Knee injuries, Hip and Groin pain, Neck and Back pain, Foot and ankle injuries and running related injuries. He works full time at the Fortius city clinic.

Dr Hughes is a leader in his speciality as Vice President of the Faculty (FSEM) . He was Chairman of the Specialist advisory committee and involved in the education of the next generation of consultants. He is an excellent communicator with colleagues and patients. He lectures and promotes his Speciality nationally and internationally.



Dr Richard Keen, MB, BS, BSc, PhD, MRCP

Consultant Rheumatologist, Fortius Clinic

Dr Richard Keen is Director of the Metabolic Bone Disease Unit at the Royal National Orthopaedic Hospital, Stanmore, UK. He also holds an honorary senior lecturer appointment at the Institute of Orthopaedics and Musculoskeletal Science, University College London, London.

Dr Keen graduated from St Mary's Hospital, London, UK in 1988. After general medical posts in London and Sheffield, he started professional training in rheumatology and during this time developed his specialist interest in osteoporosis. As a research fellow at St. Thomas' Hospital, London, Dr Keen studied the genetic regulation of postmenopausal osteoporosis, and was awarded Young Investigator awards by the American Society of Bone and Mineral Research (ASBMR) and the European Calcified Tissue Society.

Dr Keen heads a clinical research team, and is currently an investigator on several research studies evaluating new treatments for osteoporosis, fracture healing and other metabolic bone disorders. He has experience in the treatment of bone-related problems such as fragility stress fractures, bone marrow oedema syndromes, osteitis pubis and myositis ossificans, and has managed patients from a wide range of elite sports such as athletics, rugby union and football.

Dr Keen is a member of the Grants Research Scientific Committee of the UK National Osteoporosis Society, and is a medical advisor to the Brittle Bone Society. He is also the North West London member of NHS England's Clinical Reference Group for Specialised Rheumatology Services. He has also acted as an Associate Editor for the recent edition of the Primer on Metabolic Bone Disease, published by the ASBMR.

BIOGRAPHIES



Dr Jo Larkin, MBCHB, BSC, MSC, DIPSEM, PGCERT (US MSK) FFSEM **Consultant in Sports and Exercise Medicine, Fortius Clinic**

Jo has extensive experience in treating elite athletes and working in high performance environments, as well as managing musculoskeletal conditions of city workers, weekend warriors and physically active people in pain.

Through her experience of working in the Military and her appointment as the clinical lead of the Spines department, she developed an interest in chronic pain management and the understanding the multifaceted components to pain.

Jo works with athletes of all abilities and has been fortunate enough to be involved in two Olympics and one Paralympics. She worked at both the Olympics and Paralympics in London 2012 in the athletes' village polyclinic as a sport physician and in the athletics stadium as a field of play team leader. More recently she travelled to Rio as the team physician for the men's and women's GB7s squad, with the men successfully winning a silver medal. For the past 8 years, she has worked for England Rugby and has been involved with every team in some capacity. For the last 3 years, she has mainly focused her time with the Men's and Women's 7s teams, and has developed an interest in women's health and performance. She was also involved in the Rugby World Cup as an immediate care doctor and an area medical officer. She has worked in a variety of sports including premiership academy football, rugby, hockey, ice hockey and GB disability target shooting. She has experience with both international men's & women's rugby and football and has also worked extensively with the younger age group.



Mr Jonathon Lavelle, MB BS FRCS (Tr & Orth) **Consultant Orthopaedic Knee Surgeon, Fortius Clinic**

Mr Jonathon Lavelle qualified from Charing Cross Hospital Medical School in 1985. He trained on the West London scheme working at the Middlesex Hospital, Chelsea & Westminster and the Royal National Orthopaedic Hospitals. He was a consultant at Chelsea and Westminster from 1996 – 2014 expanding the knee surgical service.

Mr Lavelle has interests in both soft tissue surgery and arthroplasty including revision surgery. He has considerable experience in managing ACL injuries as well as multi-ligament injuries. He has a specific interest in meniscal preservation and replacement surgery including allografts and meniscal implants.

He has been a trainer for many years and has convened many training courses for both consultants and trainees. He has run courses on meniscal repair, ACL and PCL surgery as well as involvement in FRCS (Orth) courses.

Mr Lavelle has had involvement with many professional sportsmen from a wide range of sports in the UK and internationally. He has been particularly involved with the management of injured jockeys as well as the management of winter sports injuries.

Mr Lavelle has contributed to multiple peer-reviewed journals and is a reviewer for the Journal of Bone and Joint. He is a member of the British Orthopaedic Association, British Association for the Surgery of the Knee and The European Society for Sports Traumatology, Knee Surgery and Arthroscopy.

BIOGRAPHIES



Dr Justin Lee, BSc MB BS MRCS FRCR

Consultant Radiologist, Fortius Clinic

Dr Justin Lee qualified from the University of London in 1995 after winning several undergraduate medical school prizes. After completing basic surgical training in London and becoming a Member of the Royal College of Surgeons in 1999, he pursued a career in diagnostic radiology.

Dr Lee was appointed to the Consultant Staff at the Chelsea and Westminster in February 2005 after completing his training there. He developed his musculoskeletal interest at the Chelsea and took up Honorary Fellowships in Musculoskeletal Imaging at the Royal National Orthopaedic Hospital in Stanmore and the Nuffield Orthopaedic Centre in Oxford in his final year of training.

Dr Lee has a particular interest in musculoskeletal ultrasound and sports imaging. He provides radiology services for the Artois ATP tennis tournament and works with various Premiership football and rugby clubs as well as working with the British Olympic medical team. Dr Lee has also worked as a radiologist for the NFL International Series UK and the British and Irish Lions rugby squad.

Dr Lee is the author of three book chapters and has written for 35 PubMed publications in musculoskeletal imaging. He has also contributed to Gray's Anatomy. Dr Lee has presented at national and international science research meetings on numerous occasions and is a tutor on BMUS, UKRC MSK Ultrasound and Oxford Skills courses, and is also Lead Organiser for the London course in Clinic Radiology.



Dr Adam Mitchell, MB BS FRCS FRCR

Consultant Radiologist, Fortius Clinic

Dr Adam Mitchell specialises in musculoskeletal imaging, with particular expertise in sports injury. He is Radiologist to several Premier League football teams, professional cricket clubs and numerous rugby union teams, including England. He also provided radiological imaging services for individual athletes at the Beijing 2008 Olympics and was an on-site radiologist at the London 2012 Olympics.

In addition to his role at Chelsea and Westminster Hospital, Dr Mitchell is also an Honorary Senior Lecturer at Imperial College in London. He is also an international lecturer and teacher in radiology related to sports and exercise medicine, orthopaedics and rheumatology.

He is an author of Gray's Anatomy for Students 1st and 2nd editions, Gray's Pocket Atlas of Anatomy and Gray's Anatomy for Students flash cards, as well as the editor of multiple books, including Applied Radiological Anatomy and Applied Radiological Anatomy for Medical Students and has published over 50 peer-reviewed papers.



Professor Julian Redhead, MB BS FCEM FRCP MFSEM DipSEM

Consultant Physician in Sport & Exercise Medicine, Fortius Clinic

Dr Julian Redhead trained at Charing Cross and Westminster Medical School, London. He is now Club Doctor at Chelsea Football Club. Previous to this he was Club Doctor to Brentford Football Club and London Scottish Rugby Club. Since 2010 he has been a Member of the Council of Faculty of Sports and Exercise Medicine of the Royal College of Surgeons.

Dr Redhead has a special interest in sports injuries and, in particular, diagnosis and patient rehabilitation. He also has an interest in paediatric and adolescent injuries.

Dr Redhead is an Honorary Senior Lecturer at Imperial College, London. He is author of papers published in respected peer-reviewed journals and an invited lecturer at national and international conferences on sports injuries. He is a member of Fellow Royal College Physicians, Fellow College Emergency Medicine and Member Faculty Sports and Exercise Medicine.

BIOGRAPHIES



Professor Ernest Schilders, FRCS FFSEM (UK)

Consultant Orthopaedic Hip Surgeon, Fortius Clinic

Professor Schilders specialises in minimally-invasive hip surgery, and a unique professional portfolio combining expertise in hamstring problems, adductor-related groin pain and hip arthroscopy.

He has treated footballers from the majority of Barclays Premier League and npower Championship football clubs, as well as players throughout Europe and the Middle East, and elite athletes from other sports. Professor Schilders is the country's leading expert in adductor problems in athletes. He has unparalleled experience in arthroscopic labral repairs of the hip, having performed in excess of 700 procedures, and has particular expertise in the treatment of femoro-acetabular impingement.

From 2008 he has been a Visiting Professor in Sports Medicine at the Faculty of Health, Leeds Metropolitan University, and a Visiting Research Professor at the Carnegie Research Institute of Sport, Physical Activity and Leisure since 201

Professor Schilders has undertaken numerous studies on adductor problems in athletes, looking at imaging, conservative management and minimally-invasive surgical treatment. He was the first UK-based author to publish a large study about the advantages of arthroscopic labral reconstruction, as opposed to labral resection in the treatment for femoro-acetabular impingement.



Professor Cathy Speed, BMedSci BMBS MA Dip Sports Med PhD CCD FRCP FFSEM (UK)

Consultant in Rheumatology, Sport and Exercise Medicine, Fortius Clinic

Professor Cathy Speed is a Consultant in Rheumatology, Sport and Exercise Medicine. She is also a Senior Physician for the English Institute of Sport, Chief Medical Officer to GB Badminton and to Middlesex County Cricket Club and the Academy at the Lords Ground, London. She is Professor of Sports Medicine at the University of St Mark & St John. She trained at Nottingham, Newcastle, Durham and Cambridge and has done fellowships in the USA and Budapest.

Her clinical practice blends both her specialities of Rheumatology and Sport & Exercise Medicine in the delivery of care. She has a particular clinical expertise in the diagnosis and management of complex musculoskeletal injuries, arthritis and recalcitrant tendinopathies in sport and in bone health in young athletes. Her academic interests include regenerative medicine in joint and tendon pathologies. She is active in teaching at undergraduate and postgraduate level and has published widely.



Mr Andrew Wallace, PhD MFSEM FRACS FRCS

Consultant Orthopaedic Shoulder Surgeon, Fortius Clinic

Mr Andrew Wallace graduated from medical school at the University of New South Wales in 1987, gaining a PhD at the University of Edinburgh in bone healing and a Diploma in Biomechanics from the University of Strathclyde. He returned to Sydney to complete his orthopaedic training, graduating with Fellowship of the Royal Australasian College of Surgeons followed by Fellowships in Shoulder and Elbow surgery in Sydney and in Calgary in Canada.

He was appointed Consultant Orthopaedic Surgeon at Charing Cross Hospital and St Mary's Hospital, and Senior Lecturer in Musculoskeletal Surgery at Imperial College London in 1999. In 2002, he was the Travelling Fellow of the European Society for Surgery of the Shoulder and Elbow to the USA. In 2005 he assumed fulltime practice at the Shoulder Unit at the Hospital of St John & St Elizabeth, joining Fortius Clinic in 2011.

Mr Wallace's professional interests include arthroscopic teaching and training and research on the biomechanical aspects of arthroscopic shoulder reconstructive techniques. He led the Shoulder and Elbow team for the 2012 London Olympics and provides specialist services to the Rugby Football Union, the Football Association and the England and Wales Cricket Board.

As well as numerous articles on basic sciences, Mr Wallace has published on shoulder instability, acromioclavicular reconstruction, rotator cuff repair and shoulder joint replacement.

He is an active member of European Society for Surgery of the Shoulder and Elbow and the British Elbow and Shoulder Society, and founder of the Watanabe Club, a UK-based forum for teaching and dissemination of new arthroscopic techniques in shoulder surgery. Mr Wallace is a Fellow of the Royal College of Surgeons of England 'ad eundem' and a member of the Faculty of Sports and Exercise Medicine (UK).

BIOGRAPHIES



Mr Andrew Williams, MB BS FRCS (Orth) FFSEM (UK)

Consultant Orthopaedic Knee Surgeon, Fortius Clinic

Mr Andrew Williams' orthopaedic training was at The Royal National Orthopaedic Hospital in Stanmore and a year's Fellowship in Brisbane, Australia, which is where his experience with Sports-Related Surgery began.

On his return to the UK in 1997, Mr Williams' became Senior Lecturer and Honorary Consultant at The Royal National Orthopaedic Hospital in Stanmore and in January 2000 he moved to his current post.

Mr Williams' elective practice is now exclusively knee surgery. Approximately 90% is soft tissue knee surgery, and he undertakes around 100 Anterior Cruciate Ligament reconstructions per year and a multi-ligament reconstruction roughly every two weeks. This latter work represents one of the world's largest experiences. Mr Williams is currently the primary knee surgeon for many of the UK's professional sports teams, including many Premiership teams, especially football.

Other research interests are in the fields of tissue engineering, and knee ligament injuries. Mr Williams was a lead editor of the 39th Edition of Gray's Anatomy published in December 2004. He was awarded The Hunterian Professorship by The Royal College of Surgeons of England for 2005-2006. Mr Williams was on the executive of The British Association for Surgery of the knee. He has sat on the Editorial Board of the British Journal of Bone and Joint Surgery.



Mr Johan Witt, MB BS FRCS (Eng) FRCS (Orth)

Consultant Orthopaedic Hip Surgeon, Fortius Clinic

Mr Johan Witt's Orthopaedic training was in London and Boston, USA, with fellowships in Sydney and Bern.

Mr Witt specialises in hip disorders and a large part of his practice relates to hip problems that occur in young adults, particularly those involved in a wide variety of sports. His special interests relate to joint preservation surgery techniques including arthroscopic hip surgery and minimally invasive techniques for acetabular osteotomies, as well as total hip replacements.

Mr Witt has published a variety of peer-reviewed papers, has written many reviews for The Journal of Bone and Joint Surgery and International Orthopaedics, runs annual courses on techniques of hip joint preservation surgery, and is an invited faculty member for national and international meetings.



Dr Mark Wotherspoon

Sports and Exercise Medicine Consultant, Medical Officer England Cricket

Dr Wotherspoon qualified from St George's Hospital in 1985. Having worked in Orthopaedics, Rheumatology, Exercise medicine and A&E, he completed his GP vocational training in 1991. He was a Principal in General Practice till 2010. He completed his diploma in Sport and Exercise Medicine in 1992 and is a founding fellow of the Faculty of Sport and Exercise Medicine.

Dr Wotherspoon has extensive Team Doctor experience, having been Club Doctor at Fulham FC for eight years from 1992 to 2000, at London Irish RFC for two years from 2002 to 2004 and currently the Lead Medical Officer at Southampton FC. He was also Chief Medical Officer or doctor for England and Great Britain hockey for seven years and attended 2 Commonwealth Games and 1 Olympic game in this role. He has been a Medical Officer for England Cricket Team since 2007 and is currently Lead Medical Officer for the Senior Squad, travelling with them on home and away series.

As an orthopedic specialist doctor, he worked at the English Institute of Sport, based at Bisham Abbey from its origins till 2013 and in this capacity has attended The World Student Games in 1997, European Cups and World Championships across a wide variety of Olympic Sports including hockey, rowing, canoeing and speed skating. Dr. Wotherspoon is also Chief Medical Officer for the Ladies European Golf Tour and Hampshire Cricket Club.