

The Second World Congress of Sports Physical Therapy

Optimal Loading in Sport

The Titanic Belfast, Friday 6th & Saturday 7th October 2017



British Journal of
Sports Medicine

Programme - Day 1

TIME	TOPIC	SPEAKERS
0815	Registration	
0900	Welcome & Opening	
0915	Optimising Load: The Basis of Sports Physiotherapy	Tim Gabbett AUS
0955	Optimal Loading for Muscle: Basic Science	David Opar AUS
1020	Optimal Loading for Muscle: Clinical Research	Nicol van Dyk QAT/RSA
1045	Optimal Loading for Muscle: Practical Application	Phil Glasgow UK
1110	Coffee	
1140	Optimal Loading for Bone	Stuart warden USA
1205	Loading of the Developing Athlete (hip)	Igor Tak NED
1230	Load Management and Injury Prevention: Practical lessons	Kristian Thorborg DEN
1300	Lunch	
1400	Load Management and Injury Prevention: Practical lessons	Martin Hagglund SWE
1425	Optimising: Lessons from The Field Science Friction. A journey to optimal loading at the player-surface interface	Athol Thomson UK/QAT
1450	Optimising Load During Rehabilitation	James Moore UK
1515	Using Blood Flow Restriction to Optimise Loading	Stephen Patterson
1540	Coffee & ACPSEM AGM	
1615	Optimal Loading in Sports Physiotherapy	Emma Stokes WCPT
1635	Optimising Load for the Nervous System: Managing Neural Fatigue	Samuele Marcora UK
1700	Optimising Load for the Nervous System: Maximising Neuromuscular Adaptation	Nicola Maffiuletti SWZ
1725	Optimising Load: The Athlete's Perspective	Katherine Grainger UK ACPSEM President
1800	Drinks Reception & Posters	

NB: The above programme is a draft and subject to change



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Programme - Day 2

TIME	TOPIC	SPEAKERS
0800	Free Paper Session	
	Interactions between hip and foot factors associated with patellar tendinopathy in athletes	Luciana De Michelis
	Only 19% of pivoting athletes after anterior cruciate ligament reconstruction meets return-to-play (RTP) criteria when their physical therapist releases them to RTP	Nicky van Melick
	Workload and Gaelic Football Injury risk – have we been fooled by spurious correlations or is Gaelic Football really different gravy?	Dermot Simpson
	Investigating the epidemiology and modifiable risk factors for injury in adolescent GAA	Paul Miley
	External load and concussion risk in male youth ice hockey players	Tracy Blake
	Does player unavailability affect football teams' match physical outputs in the UEFA Champions League?	Johann Windt
0900	What Measures Can I Use to Guide My Decision-making?	Rod Whitely QAT
0940	Optimal Loading for Ligament: Basic Science	Eamonn Delahunty IRL
1005	Coffee	
1035	Optimal Loading for Ligament: Clinical Research	Holly Silvers USA
1100	Optimal Loading for Ligament: Practical Application	Chris Bleakley UK
1125	Optimal Loading for Tendon: Basic Science	Alex Scott CAN
1150	Optimal Loading for Tendon: Clinical Research	Ebonie Rio AUS
1215	Optimal Loading for Tendon: Practical Application	Toby Smith UK
1240	Lunch	
1340	Optimal Loading in Premiership Football	Tony Strudwick UK
1405		Andy Massey UK
1425		Robin Sadler UK
1450	Coffee	
1515	Lessons From The Field	
1515	UK Athletics	Noel Pollock UK
1540	Integrating injury prevention in the rehab process	Mario Bizzini SWZ
1605	Optimal Loading in Concussion	Tony Schnieders AUS
1630	Conference Summary - Take Home Messages	Karim Khan CAN
1700	Close	

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