



fisic '19

FORTIUS
INTERNATIONAL
SPORTS INJURY CONFERENCE

6th and 7th November
Park Plaza Riverbank, London

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

HOW TO BOOK

Online: www.fisic.co.uk

FOR ENQUIRIES

Tel: +44 (0) 203 693 2129

Email: fisic@fortiusclinic.com

fortiusclinic



Fortius International Sports Injury Conference is taking place on November 6th - 7th November 2019, at the Park Plaza London Riverbank in the heart of the City.

This is a unique opportunity to meet and network with over 500 practising professionals and leaders in sports injury medicine under one roof. FISIC'17 was attended by Orthopaedic Surgeons, Physiotherapists, SEM Consultants, Consultant Radiologists and Rehab Specialists. They all gathered to hear the latest in orthopaedics and sports injury medicine, from a large and distinguished faculty of 120 leading experts. Footage from last year's event can be viewed on: www.fisic.co.uk.

Our two day programme, drawing on a wide range of sports, covers everything from prevention and diagnosis, to surgical treatments and rehabilitation. There will also be a focus on health and well-being, player safety, and optimising performance.

fisic'19

In developing the programme content, we have aimed to achieve a multidisciplinary approach, in order to be able to present a 360° view of the hot topics and controversial issues of sports medicine.

Leading experts will present and debate as multidisciplinary panels and it is hoped that delegates too will influence the debate. An integral part of this conference is the opportunity to discuss the material presented, so in every session we have allowed plenty of time for you to join in, with questions from the floor.

Please join faculty and colleagues at the **Conference Dinner**, which will be held in Church House, in Dean's Yard, Westminster on Wednesday 6th November.

For more information on the FISIC series, visit www.fisic.co.uk.

LARGE AND DISTINGUISHED FACULTY

'Fortius consultants have organised the sessions and will chair multidisciplinary panels, made up of over 130 experts. The faculty panels will provide the latest evidence-based insights and lead the debate on these topics.

Confirmed external faculty includes:

- | | |
|--------------------|---------------------|
| Alastair Younger | Nigel Tilley |
| Andrew Murray | Osmen Ahmed |
| Anne Van der Made | Patrick Carton |
| Dan Guillemette | Patrick O Halloran |
| David Ralph | Peter Hughes |
| David Silver | Phil Hopley |
| Fiona Watt | Richard Von Bormann |
| Graham Anderson | Ranju Dharwan |
| Iñigo Sarriegui | Rhys Thomas |
| James Hull | Rob Campbell |
| James Robinson | Rob Kerslake |
| John Somauroo | Rob Middleton |
| Jordi Puigdellivol | Robert Hill |
| Maneesh Patel | Roger Hawkes |
| Manos Astrinakos | Sam Walsh |
| Marco Sinisi | Sanjay Vijayanathan |
| Martyn Snow | Seth O' Neil |
| Max Fehil | Simon Kemp |
| Mike Carmont | Stefano Della Villa |
| Mike Hayton | Steve Kemp |
| Mike Lancaster | Theo Farley |
| Mike Naylor | Toby Smith. |
| Nick Allen | |

For Faculty list and speaker biographies please visit www.fortius.co.uk



DAY ONE – 6th November

08:00 - 08:30 Registration & Coffee

8:30 – 10:15
**WELCOME AND PLENARY
 KEEPING THE PLAYER SAFE**

A wide ranging session including balancing the need to entertain versus player safety, recognising mental health problems, how using technology can help and hearing the player's own views.

10:15 – 10:45 Coffee

10:45 - 12:15

**BOWLED OVER -
 THE CRICKETING
 SHOULDER**

A multidisciplinary session with cricket experts and surgeons covering biomechanics, prevention, surgical options and case studies.

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

A review of the conservative and surgical options and latest research on early mobilisation v immobilisation.

**REINJURY OF THE ACL
 RECONSTRUCTED KNEE**

Covering risk factors for a 2nd ACL injury, the type of reinjuries seen and the evidence for RTP testing in preventing reinjury.

**HEAD AND NECK
 TRAUMA IN SPORTS**

Includes objective assessment of concussion and how to ensure neck injuries are not missed.

12:15 – 14:00 Lunch, workshop

14:00 – 15:30

THE ATHLETIC HIP

A range of talks including understanding the non operative options, imaging issues, arthroscopy, rehabilitation and RTP.

ACHILLES

The current state of play with tendon treatment, imaging, repair and rehabilitation.

**CHANGES IN
 RUGBY INJURIES**

An update on what has changed in rugby with particular emphasis on forearm fractures, hamstring injuries, women's rugby and multiple ligament injuries of the knee.

**SPONDYLOLYSIS
 IN SPORTS**

Understanding the forces that lead to stress fractures, minimizing the risks and how to manage the problem.

15:30 – 16:00 Tea

16:00 – 17:30

BIOLOGICS

Where are we now regarding the use of stem cells and PRP?

**NON TRAUMATIC
 CYCLING INJURIES**

Covers road cycling injuries; bone health in elite cyclists, management of perineal health and saddle related conditions.

THE TENNIS ELBOW

Explores elbow Injuries in Professional Tennis Players and management of typical elbow problems in the amateur player.

17:30 – End of day one

Conference Dinner at Church House Westminster

DAY TWO – 7th November

08:00 - 08:30 Registration & Coffee

8:30 – 10:00
**WELCOME AND PLENARY
 BANG BANG RADIOLOGY**

Buckle up for a rapidfire guide to everything you need to know about 15 MSK radiology topics.

10:00 – 10:30 Coffee

10:30 – 12:00

**PRACTICAL
 MANAGEMENT OF
 HAMSTRING INJURIES**

Managing hamstring injuries from prevention through diagnosis, treatment and RTP.

BETTER BONES

Identifying and monitoring bone health with a particular look at managing bone injuries in athletes.

**UPPER LIMB INJURIES
 IN WINTER SPORTS**

The risks, imaging, treatment and rehabilitation for a range of upper limb injuries common in snow sports.

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

The evidence for prevention of ankle sprains plus other injuries associated with these sprains.

12:00 – 13:15 Lunch, workshop

13:15 – 14:45

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

What to do when hip preservation surgery fails – surgical and rehabilitation options.

ULTRASOUND UPDATES

More key MSK topics covering a range of US interventions and training.

**HEALTH AND HUMAN
 PERFORMANCE**

Covering different aspects of athlete health and performance including respiratory and cardiology issues, nutrition and the role of the physiologist.

**CHALLENGES IN
 FOOTBALL MEDICINE**

Updates of a range of topics including women's football, injuries in academy players and disability football.

14:45 -15:00 Tea

15:00 – 16:30

**THE KNEE: ARTICULAR
 PRESERVATION AND
 REPAIR**

Management and treatment of chondral damage – what to do and when to do it.

**ROW YOUR BOAT: THE
 ROWING SHOULDER**

The biomechanics, prevention and treatment of shoulder injuries in rowing including in the para-athlete.

**GROIN PAIN MADE
 CLEAR**

From understanding the anatomy, through how to image and examine the groin plus treatment with nerve blocks and surgical options.

**GOLF - MAKING THE
 CUT**

Learn about injury types and prevention, arthroplasty in golf and how to maximize performance.

16:30 - End of day two



“I was delighted to attend FISIC which reflected on the excellent multidisciplinary approach. Overall, I must say it has been one of the highest quality conferences I’ve attended. Relevant, info-packed & efficiently organised.”

Delegate - FISIC '17

The conference is being run as a not-for profit event, so we are most grateful to our sponsors for their support in making this event possible.

OUR SPONSORS

