



# fisic '19

FORTIUS  
INTERNATIONAL  
SPORTS INJURY CONFERENCE

**6th and 7th November**  
**Park Plaza Riverbank, London**

## FISIC 19 PROGRAMME

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](http://www.fisic.co.uk)

### FOR ENQUIRIES

Tel: +44 (0) 203 693 2129

Email: [fisic@fortiusclinic.com](mailto:fisic@fortiusclinic.com)

fortiusclinic

# 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