

Sports and Exercise Physiotherapy Symposium 2020

Program outline

| Time | Presenter/Session | Topic |
|---|--|--|
| 8.15 – 8.30 | Login | Sign in to platform |
| Session 1: Physiological developmental considerations with complex case study presentations in the younger athlete | | |
| 8.30 – 9.15 | Keynote: Dr Dave Spurrier , PhD APA Musculoskeletal and Sports Physiotherapist | <i>The Younger athlete: Physiological developmental considerations of muscle, tendon and bone in the younger athlete</i> |
| 9.15 – 9.45 | Case 1: Dr Andrea Mosler , PhD, FACP Specialist Sports and Exercise Physiotherapist | <i>Hip and groin pain in the young athlete</i> |
| 9.45 – 10.15 | Case 2: Dr Kevin Sims , PhD, FACP Specialist Musculoskeletal Physiotherapist | <i>Lumbar spine stress fractures in developmental cricketers</i> |
| 10.15 – 10.30 | Zoom chat breakout room with presenters | |
| 10.30 – 10.45 | Morning tea break | |
| Session 2: Complex case study presentations in the younger athlete | | |
| 10.45 – 11.15 | Case 3: Mr Phil Cossens , FACP Specialist Sports and Exercise Physiotherapist | <i>Growth plate injury in a young gymnast</i> |
| 11.15 – 11.45 | Case 4: Dr Loretta O’Sullivan-Pippia , PhD, FACP Specialist Sports and Exercise Physiotherapist | <i>An adolescent knee presentation</i> |
| 11:45 – 12.15 | Case 5: Mr Dave Battersby FACP Specialist Sports and Exercise Physiotherapist | <i>An elite athlete with boney stress injury - Critical clinical decision-making</i> |
| 12.15 – 12.30 | Zoom chat breakout room with presenters | |
| 12:30 – 1.00 | Lunch break | |
| Session 3: The aging athlete - Physiological developmental considerations with complex case study presentations in the aging athlete | | |
| 1:00 – 1.45 | Keynote: Professor Robin Daly ; | <i>Physiological Considerations for the older athlete;</i> |
| 1:45 – 2.45 | Expert Panel discussion Professor Robin Daly, Dr Dave Spurrier, Professor Peter Ebling, Dr Sue White and Ms Bronwen Lundy | <i>Experts discuss how similar injury etiology presents and is managed differently in younger and older athletes</i> |
| 2:45 – 3.30 | Case 5: Dr Mary Magarey , PhD, FACP Specialist Sports and Exercise Physiotherapist and Musculoskeletal Physiotherapist | <i>Shoulder dislocations presentations across the lifespan</i> |
| 3.30 – 4.00 | Case 6: Ms Keren Faulkner , FACP Specialist Sports and Exercise Physiotherapist | <i>The post-menopausal athlete</i> |

Continued on next page.....

Sports and Exercise Physiotherapy Symposium 2020

| Time | Presenter/Session | Topic |
|-------------|--|-------|
| 4.00 – 4.15 | Zoom chat breakout room with presenters | |
| 4.15 – 4.30 | Afternoon tea break | |
| Session 4: | Specialisation in Physiotherapy: Registrars case presentations | |
| 4:30 – 4.50 | Reg case 1- Ms Kylie Turton | TBC |
| 4.50 – 5.10 | Reg case 2- Mr Scott Wilson | TBC |
| 5:10 – 5.30 | Summary and final questions A/Prof Jane Rooney, ACP representatives | |

List of presenters and biographies on the proceeding pages...



Sports and Exercise Physiotherapy Symposium 2020

Symposium presenters



Keynote speaker: Dr David Spurrier, PhD
Professional Doctorate of Physiotherapy
APA Musculoskeletal and Sports Physiotherapist
Masters of Musculoskeletal and Sports Physiotherapy
Bachelor of Physiotherapy

David, a co-director of Mitcham Rehab & Marion Sports Physio, graduated in 1987 and worked at Mitcham Rehab Clinic developing the Physiotherapy practice focusing on exercise therapy associated with management of musculoskeletal injuries & conditions. David is the current president of SASMA and is a clinical lecturer at UniSA on clinical exercise prescription, pathophysiology & sports physiotherapy. He completed a Master of Physiotherapy at UniSA in both Sports & Musculoskeletal physiotherapy in 1995, and a Professional Clinical Doctorate through Latrobe University in 2015. Through this research, David attributes his strong interest in children/adolescent injury and stress fractures and bone conditions. 'My Latrobe Supervisors inspired my curiosity into bone development and the need to transform bone science into clinical practice'.

A physiotherapist at the 1996 Melbourne Commonwealth Games & the past five Paralympic Games, he has worked extensively with athletes at the Australian Institute of Sport (AIS) & the South Australian Sports Institute (SASI) and is currently a team physiotherapist to Australian Swimming, and Australian Diving.



Dr Andrea Mosler, PhD FACP
Specialist Sports and Exercise Physiotherapist

Dr. Andrea Mosler is a Specialist Sports Physiotherapist and NHMRC Research Fellow at La Trobe University. She is currently working on hip and groin pain, injury prevention, and women in sport research projects. Her PhD investigated the risk factors for hip and groin pain in professional male football players and was conducted while working at Aspetar, Qatar as Senior Physiotherapist and Head of CME/CPD. Prior to that, Andrea worked as a clinician for 18 years at the Australian Institute of Sport, mainly with the sports of water polo and gymnastics. She was also an Australian team physiotherapist at many International sporting events including the 2000, 2004 and 2008 Olympics Games.



Dr Kevin Sims, PhD FACP
Specialist Musculoskeletal Physiotherapist

Over the past 20 years as physiotherapist for Cricket Australia and Queensland Cricket, Kevin has provided physiotherapy services and workload guidance to all levels of men's and women's teams (national and state) including Test match tours, International One-day series, T20 and age-group World cups, touring extensively internationally. He has managed the rehabilitation of Australia's elite cricketers from long term bone, muscle, and tendon injury.



Sports and Exercise Physiotherapy Symposium 2020

Symposium presenters



Mr Phil Cossens, FACP

Specialist Sports and Exercise Physiotherapist

Phil is a Specialist Sports and Exercise Physiotherapist who works full-time with Rowing Australia in Canberra. His interest in adolescent athletic injuries stems from his long involvement with a wide range of sports, particularly gymnastics, tennis, netball and baseball. Recent developments in the understanding of epiphyseal injuries have piqued Phil's interest, and inspired him to present this case study of a common yet challenging epiphyseal injury.



Dr Loretta O'Sullivan-Pippia, PhD FACP

Specialist Sports and Exercise Physiotherapist

Dr Loretta O'Sullivan-Pippia is an APA Specialist Sports and Exercise Physiotherapist with a Sub-Speciality in Adolescents in Sport (as Awarded by the Australian College of Physiotherapists in 2007). Loretta has worked with many sports, teams and individual athletes at national and international level in both Australia and the UK and with many junior athletes who have gone on to become professional athletes. It was during her time in London working with elite sport tennis, rugby union and track and field, she realised that although she loved working in elite sport, what she really missed and where her real passion lay, was with teenage athletes. On her return to Australia, she made the decision to focus solely on the developing athlete. She completed her clinical doctorate focussing on adolescents in sport – her research thesis looked at patellofemoral pain in active adolescent girls. She is the founder of Twelve9teen Sports Physiotherapy for Adolescents. Dr Loretta is very much the clinician, working in her clinic treating young athletes, at a private boarding school and on the field for local schools. She is a former sporty teen, who gave her parents loads of grief and now as a mum herself, she understands injury from teen, parent and physio perspective.



Mr Dave Battersby, FACP

Specialist Sports and Exercise Physiotherapist

David is a Specialist Sports and Exercise Physiotherapist (*as awarded by the ACP, 2015*). He is a physiotherapist with the National Women's football team, the Matildas, a position he has held for 8 years, the last 4 as head physiotherapist. He consults with the Gold Coast Suns AFL team, providing opinions on complex cases. In addition he holds an extended scope practice position at Gold Coast Hospital working in the Neurosurgical screening clinic and the Orthopaedic screening clinic, triaging referrals to these departments. He continues to work in private practice and teaches to post graduate students in a number of settings.



Sports and Exercise Physiotherapy Symposium 2020

Symposium presenters



Keynote speaker: Professor Robin Daly, PhD, FASMF, FASBMR

Professor Robin Daly (PhD, FASMF, FASBMR) holds the position of Chair in Exercise and Ageing, co-leads the Preventing and Managing Chronic Disease research domain and is Head of the Musculoskeletal Health and Mobility group within the Institute for Physical Activity and Nutrition (IPAN) at Deakin University, Melbourne, Australia. He is recognised internationally for his research into the effects of exercise and nutritional approaches to prevent and manage chronic diseases such as sarcopenia, falls, osteoporosis, type 2 diabetes, certain cancers and cognitive related disorders. He is also interested in the role of digital technology as a model of service delivery for the prescription of evidence-based exercise and chronic disease self-management programs. He is currently President of the Australian and New Zealand Society for Sarcopenia and Frailty Research (ANZSSFR), and a Fellow of Sports Medicine Australia and the American Society for Bone and Mineral Research.



Professor Peter Ebling

Professor Peter Ebling is Head of the Department of Medicine, School of Clinical Sciences at Monash Health, Faculty of Medicine, Nursing and Health Sciences, Monash University. He was inaugural Director of the Australian Institute of Musculoskeletal Science. In 2015, he was made an Officer of the General Division of the Order of Australia for distinguished services in the field of bone health. Research interests include: musculoskeletal health and diseases; public health aspects of vitamin D, including effects on muscle function, bone and diabetes; post-transplantation osteoporosis; and osteoporosis in men. Professor Ebling was Associate Editor of the Journal of Bone and Mineral Research, Editor of Clinical Endocrinology (Oxf) and Editor-in-Chief of Bone Reports. He currently serves on the Editorial Board of Osteoporosis International. He is Medical Director of Osteoporosis Australia, Board member of the IOF, Past President of the Endocrine Society of Australia, and Past President of the ANZBMS. He served on the National Health and Medical Research Council's Research Committee from 2015 to 2018. He has over 420 peer-reviewed publications, including in The New England Journal of Medicine, Proceedings of the National Academy of Sciences, Journal of Clinical Investigation and Science. He also teaches and mentors medical students and supervises a number of research higher degree students and advanced physician trainees in endocrinology.



Dr Sue White AM MBBS (Hons) FACSEP, FASMF, Hon Fellow Monash

Susan is a Specialist Sports and Exercise Physician who has worked in both private practice sports medicine clinics and hospital based sports medicine for the last 25 years and is currently the Chief Medical Officer at the Victorian Institute of Sport. She has been to Paralympic, Olympic, Commonwealth Games and World Championships in roles ranging from Team Physician to Medical Director as well as Organising Committees and Anti-Doping.

She has been a member of Australian Olympic and Paralympic Medical Committees and has recently returned to her role as Chief Medical Officer for Australian Netball and held similar roles with Swimming Australia and Victorian Rowing. She is Chair of the Australian Sports Drug Medical Advisory Committee and on WADA's Therapeutic Use Expert Group and has worked with AFL and Cricket Australia's anti-doping programs.

Susan is on the Editorial Board of Clinical Journal of Sports Medicine and is an Adjunct Senior Lecturer at Monash University in Melbourne. She was made a Fellow of Monash University in 2016 and a member of the Order of Australia in 2019.

Sports and Exercise Physiotherapy Symposium 2020

Symposium presenters



Ms Bronwen Lundy BSc (Hons), MND, PhD candidate ACU

Bronwen Lundy BSc (Hons), MND, PhD candidate ACU, Accredited Practising Dietitian and Advanced Sports Dietitian.

Bronwen is the senior dietitian for Rowing Australia working directly with the men's programme at the National Training Centre in Canberra and overseeing nutrition support for the women's programme in Penrith and the Pathway. She is currently undertaking a PhD looking at nutrition risk factors for rib stress injury in elite rowers and has a strong interest in energy availability. Her employment history includes the Australian Institute of Sport, the English Institute of Sport, the Waratahs and South Sydney Rabbitohs.



Dr Mary Magarey, PhD, FACP

Specialist Sports and Exercise Physiotherapist and Musculoskeletal Physiotherapist

Dr Mary Magarey, PhD, FACP, FASMF, is a Musculoskeletal & Sports/Exercise Specialist Physiotherapist. She holds honorary titles of Fellowship of the Australian Sports Medicine Federation & Life Membership of Musculoskeletal Physiotherapy Australia and was awarded Honoured Membership of the APA at the 2019 National Conference. She retired from the University of South Australia in 2014, where she taught for 40 years in the Master of Musculoskeletal & Sports Physiotherapy & its precursor programs & is still involved in the Master of Clinical Physiotherapy. Mary was responsible for development of the sports programs

Her principal area of clinical expertise includes physiotherapy diagnosis and management of disorders affecting the shoulder complex. While primarily a clinician, Mary's research background and educational experience provides her with a strongly evidence informed approach to clinical practice.

Mary currently practises as a Consultant Specialist Physiotherapist in metropolitan Adelaide & regional South Australia and teaches nationally and internationally.



Ms Keren Faulkner, FACP

Specialist Sports and Exercise Physiotherapist

Keren is a Specialist Sports and Exercise Physiotherapist who works for Cycling Australia's para-cycling program. She has worked in the high performance sport system for more than 20 years, spending time with CA, AIS, Gymnastics Australia and Paralympics Australia. Keren has supported Australian teams at 2 Olympic Games, 3 Paralympic Games and 3 Commonwealth Games. She is on the Performance & Healthcare Advisory Group of the Australian Commonwealth Games Association and the Board of Censors for the Australian College of Physiotherapy.