

“When can I play again?” Guiding the return to sport continuum

Symposium and Workshops

Friday 15th May, 2020

3-3:30pm			REGISTRATION (WLT3 Lecture Room)
			Session 1: The path to recovery <i>(Chair: Kay Crossley)</i>
3:30	Andrea Mosler	Welcome to participants, housekeeping	
3:40	Craig Purdam	Guiding the elite athlete	
4:10	Jill Cook	Reloading tendons for successful return to sport	
4:30	Michael Makdissi	Reducing the impact of illness on individual and team performance	
4:45	TBC	Psychological preparation to RTS	
5:00-5:10	PANEL QUESTIONS/DISCUSSION		
5:10-5:30	TEA/COFFEE		
			Session 2: Managing RTS for complex conditions <i>(Chair: Jill Cook)</i>
5:30	Rod Whiteley	Shoulders are different - but are they really?	
6:00	Michael Makdissi	Current evidence on RTS following concussion	
6:30	Paula Peralta	Guiding RTS following ACL injury in a court-based athlete	
6:40	Kellie Wilkie	Successfully managing back pain in athletes...and preventing recurrence!	
7:05-7:30	PANEL QUESTIONS/DISCUSSION with live patients		
7:30-8:30pm	REFRESHMENTS AND NETWORKING		

Saturday 16th May, 2020

MORNING WORKSHOPS

All Saturday participants can attend all workshops, with two workshops being run simultaneously each session. Half the participants start in one workshop, and the other half in the other, then groups swap at half-time. Moderators stay in their workshop allocation room.

8:30-9am			REGISTRATION
WORKSHOPS A, B (60 mins each) [Run in Physio Prac rooms]			
Session 3: 9:00am-10:00am		Session 4: 10:10am-11:10am	
Workshop A	Kellie Wilkie (Managing back pain in rowing athletes)		
Change Over (10 mins)			
Workshop B	Craig Purdam & Brady Green (Preventing recurrence of muscle injuries)		
11:10-11:30am			MORNING TEA
			Session 5: Evidence informed practice <i>(Chair: Danilo De Oliveira Silva)</i>
11:30	Rod Whiteley	Predicting RTS time for hamstring injuries	
12:00	Brady Green	Risk factors as RTS considerations for calf injuries	
12:15	Denise Jones	Measuring psychological readiness after hip injury (HIP-RSI)	
12:30	Lachlan James	From injury recovery to previous performance levels (S&C)	
12:45-1:15	PANEL QUESTIONS/DISCUSSION		
1:15-2:00pm	LUNCH		

AFTERNOON WORKSHOPS

WORKSHOPS C, D (60 mins each) [Run in Physio Prac rooms]			
Session 6: 2:00-3:00pm		Session 7: 3:15-4:15pm	
Workshop C	Randall Cooper & Brooke Patterson (RTS following ACL injury)		
Change Over (10 mins)			
Workshop D	Rod Whiteley (Successful RTS plan for shoulder injuries)		
Change Over (10 mins)			
4:25-4:45 Close (WLT3 Lecture Room) Andrea Mosler- summary of symposium and presentation of gifts			

