

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

SYMPOSIUM

Thursday 19th November, 2020

Session 1: The path to recovery (LIVE ONLINE)		
4:30pm		Welcome to participants, housekeeping about the event
4:45	Craig Purdam	Guiding the elite athlete
5:05	Kate Webster	Psychological readiness to RTS
5:20	Jill Cook	Tendon reloading to RTS
5:35	Rod Whiteley	Predicting RTS time for hamstring injuries
5:55		PANEL QUESTIONS/DISCUSSION
6:20-6:25		BREAK
Session 2: Guiding the path for those complex conditions (LIVE ONLINE)		
6:25pm		Introduction (Danilo, Sean, Andrea)
6:30	Kellie Wilkie	Managing back pain in athletes
6:50	Michael Makdissi	RTS following concussion
7:10	Rod Whiteley	Shoulders are different, but are they really?
7:30 pm		PANEL QUESTIONS/DISCUSSION with live patients
8:00		FINISH

WORKSHOPS

Friday 20th November, 2020

WORKSHOPS (LIVE ONLINE)		
4.30pm		Introduction (Sean, Andrea, Danilo)
4:45	Craig Purdam	Workshop A: Returning muscle injuries without recurrence
5:45	Kellie Wilkie	Workshop B: Successful RTS following back pain
6:45	Rod Whiteley	Workshop C: How to get that shoulder injury back on track
7:45 pm		PANEL QUESTIONS/DISCUSSION
8:00		CLOSE, WRAP UP AND SUMMARY

PRE-RECORDED CONTENT

(available from 20th November, 2020)

Session 3: Cutting edge clinical research (pre-recorded)		
5mins		Introduction
15mins	Brady Green	Risk factors/RTS considerations for calf injuries
15mins	Denise Jones	Psychological readiness to return to sport after hip injury
15mins	Paula Peralta	Clinical case study
30mins	Lachlan James	From injury recovery to previous performance levels
80 mins		FINISH