

# An Update on Skiing & Snowboarding Injuries

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## 9 December 2010

Jubilee Room  
Nuffield Health  
The Grosvenor Hospital Chester  
Wrexham Road  
Chester  
CH4 7QP

Our next Educational Seminar is primarily aimed at GPs, Physiotherapists and Sports Therapists with an emphasis on injury prevention, early diagnosis and treatment, in preparation for the upcoming ski season. Each talk will be given by an experienced specialist and a keen skier. During the evening, we will also demonstrate new ski and snowboarding equipment, and how to choose and fit individual components. There will be an opportunity to meet the speakers and ask questions at the beginning and the end of the seminar. As a part of the Nuffield Health GP Learning Programme we will provide certificates for 4 hours CPD credits for the maintenance of a portfolio of learning for your appraisal and revalidation.

## Faculty

**Mr Vladimir Bobic** Consultant Orthopaedic Knee Surgeon ([www.kneeclinic.info](http://www.kneeclinic.info))  
**Mr Nick Geary** Consultant Orthopaedic Foot and Ankle Surgeon  
**Mr Ian Harvey** Consultant Orthopaedic Upper Limb Surgeon  
**Dr Mike Langran** GP, Aviemore Medical Practice ([www.ski-injury.com](http://www.ski-injury.com), [www.issweb.com](http://www.issweb.com))  
**Dr David Ritchie** Consultant Musculoskeletal Radiologist, Glasgow  
**Dr Peter Russell** GP, The Health Centre, Haydock, St Helens  
**Snow + Rock Team** ([www.snowandrock.com](http://www.snowandrock.com))

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## Program

18:00	<b>Registration, Meet the Speakers, Buffet and Refreshments</b>
18:30	<b>Imaging</b> David Ritchie, Consultant Musculoskeletal Radiologist
18:50	<b>How to Choose and Fit Ski and Snowboard Equipment</b> Snow + Rock Team, TBA
19:10	<b>Injury Epidemiology and Prevention</b> Mike Langran, GP, Aviemore Medical Practice Board Member, International Society for Skiing Safety (ISSS)
19:40	<b>Coffee Break and Refreshments</b>
20:00	<b>Upper Limb Injuries</b> Ian Harvey, Consultant Orthopaedic Upper Limb Surgeon
20:20	<b>Foot and Ankle Injuries and Prevention</b> Nick Geary, Consultant Orthopaedic Foot and Ankle Surgeon
20:40	<b>Knee Injuries and Prevention</b> Vladimir Bobic, Consultant Orthopaedic Knee Surgeon
21:00	<b>Ski Touring and Backcountry Skiing</b> Peter Russell, GP, The Health Centre, Haydock, St Helens
21:20	<b>Discussion</b>
22:00	<b>Adjourn</b>

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