

Nuffield Health, The Grosvenor Hospital Chester & Chester Knee Clinic Educational Seminars

Cycling & Running Injuries: 2009 Update

Date: Thursday, 7 May 2009

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

Faculty: **Ronan Banim**, *Consultant Orthopaedic Lower Limb Surgeon, Chester*
Vladimir Bobic, *Consultant Orthopaedic Knee Surgeon, Chester*
Nicholas Geary, *Consultant Orthopaedic Foot and Ankle Surgeon, Chester*
Andrew St Clair Logan, *Consultant in Anaesthesia and Pain Management, Chester*
Michael Callaghan, *Clinical Specialist & Research Associate, University of Manchester*
David Ritchie, *Consultant Musculoskeletal Radiologist, Glasgow*
Mark Runcie and team, *Specialized Concept Store, Chester*

Summary: We are pleased to announce our next Educational Seminar, following the success of our previous educational seminars. This annual update on cycling and running injuries is aimed at GPs and Physiotherapists, with an emphasis on injury prevention, early diagnosis and treatment. Each talk, given by an experienced sub-specialist will include 10 minutes of discussion time. A team from Specialized Concept Store in Chester will demonstrate the importance of a proper bike fit and they will exhibit a few new 2009 road bikes. We will also address the importance of selecting appropriate running and cycling shoes.

Program

17:00 **Buffet and Refreshments**

17:20 **Introduction**
Simon Shepherd, *Hospital Manager*

17:30 **Imaging**
David Ritchie, *Consultant Musculoskeletal Radiologist*

18:00 **Demonstration & an Update on Body Geometry Bike Fit**
Mark Runcie and team, *Specialized Concept Store Chester*

18:30 **Cycling Injuries and Rehabilitation**
Michael Callaghan, *Clinical Specialist & Research Associate*

19:00 **Coffee Break and Refreshments**

19:30 **Foot and Ankle Injuries**
Nicholas Geary, *Consultant Orthopaedic Foot and Ankle Surgeon*

20:00 **Knee Injuries (with emphasis on Articular Cartilage and Subchondral Bone)**
Vladimir Bobic, *Consultant Orthopaedic Knee Surgeon*

20:30 **Upper Leg & Hip Injuries**
Ronan Banim, *Consultant Orthopaedic Lower Limb Surgeon*

21:00 **Pain Management**
Andrew St Clair Logan, *Consultant in Anaesthesia and Pain Management*

21:30 **Adjourn**

If you would like to book a place please contact Ailsa Rainey on 01244 684 343 or Ailsa.Rainey@nuffieldhealth.com. Please note that number of places are limited to 40. We look forward to seeing you there.