



Unique, first conference on Upper Extremity injuries

Hear from world renowned experts working with elite athletes

Benefit from:

- ✓ US and UK experts will speak on their field of Sports Medicine
- ✓ Tips on injuries, protocols and exercise prescription
- ✓ Presentations and panel discussions primarily cover Upper Extremity Injuries
- ✓ Network with International colleagues
- ✓ Choose 3 topics from 7 breakout sessions

Subjects include:

- ◆ Thoracic Outlet Syndrome
- ◆ Throwing Demands in the Upper Extremity
- ◆ Neurological Adaptations to Eccentric Resistance Training
- ◆ Upper Extremity Injury Patterns
- ◆ Preventative in Season Arm Care Techniques
- ◆ Surgical Repair of Rotator Cuff, Labral and Bicep Repairs in the Throwing Athlete
- ◆ Post-Surgical Shoulder Rehab Program
- ◆ Rotator Cuff and Labral Repairs
- ◆ UCL Repairs in Baseball: A Disturbing Trend
- ◆ Biomechanical Analysis of Cricket Bowlers
- ◆ Hamstring Injuries: Latest Surgical Techniques
- ◆ Hamstring - Research and Injury Prevention and return to Play Protocol from Hamstring, Quad and Groin Injuries
- ◆ Hydration, Recovery, Sleep Keys to Performance



Speakers from:

Philadelphia Phillies, Texas Rangers, Kansas City Royals, Reading Football Club, Derbyshire County Cricket Club, Seattle Mariners and many more.



Book now at:

www.nata.org/international-conference

Unmissable conference on Upper Extremity Injuries



Over 18 up to-the-minute presentations and 7 relevant breakout sessions on diagnosis, management and rehab

Location

St. Mary's University – Twickenham. Performance Education Centre
Waldegrave Rd, Twickenham, TW1 4SX

Registration Costs

Full conference registration includes: all scientific sessions, breaks, Friday evening social, lunch on Friday and Saturday

	Full Conference	One Day Only
Early Bird (until Dec 15)	£190	£100
Late Registration (after Dec 15)	£220	£120
Student prices	£95	£50

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Breakout Sessions:

- ◆ In season arm care exercise programs
- ◆ Hands on exam guidelines for shoulder and elbow pathology
- ◆ Concepts in cricket exercise programs
- ◆ Eccentric exercise program guidelines
- ◆ Blood flow restriction guidelines for use
- ◆ Lower extremity exercise protocols to return to play
- ◆ Internship opportunities abroad in sports medicine



Our speakers have an incredible wealth and depth of experience in elite sport and in industry:



JAMIE REED Head Athletic Trainer, Texas Rangers



NICK KENNEY Head Athletic Trainer with the Kansas City Royals



RICK GRIFFIN Athletic Trainer Emeritus of the Seattle Mariners



SCOTT SHERIDAN Head Athletic Trainer with the Philadelphia Phillies



KEITH MEISTER MD, Head Team Physician of the Texas Rangers



DR TIMOTHY UHL Professor in the Division of Athletic Training, University of Kentucky.



STEPHANIE LAZARCZUK Lecturer at St Mary's University



JAMIE TALLENT Senior Lecturer in Strength and Conditioning Science at St Mary's University



JULIA CHURCH Physiotherapist specialising in elite sports performance, rehabilitation and return to sport



BILLY SENINGTON Teaching Fellow in Biomechanics at the University of Surrey.



LUKE HUGHES BSC, MSC Exercise Physiologist and Lecturer at St. Mary's University

View full biographies at www.nata.org/international-conference

Programme

Thursday January 17, 2019

- 7:00pm Thoracic outlet syndrome in the overhead/throwing athlete:** Causes, surgical, nonsurgical options: Dr Keith Meister, Orthopaedic Surgeon, Texas Rangers baseball club
- 8:00 Rehabilitation guidelines following thoracic outlet surgical intervention:** Jamie Reed, Senior Director of Medical Services, Texas Rangers baseball club
- 8:30 Return to play progressions for Thoracic outlet syndrome in the overhead athlete** with and without surgery: Nick Kenney, Head Athletic Trainer, Kansas City Royals
- 9:00 Panel discussion** Dr Keith Meister, Jamie Reed, Nick Kenney

Friday January 18, 2019

- 8:10am Biomechanical and neuromuscular assessment of throwing demands** in the upper extremity: Timothy Uhl, University of Kentucky
- 8:55 Neurological adaptations to eccentric resistance training** in cricket: Jamie Tallent, St. Mary's University
- 9:40 In season upper extremity injury patterns in professional baseball:** Scott Sheridan, Head Athletic Trainer, Philadelphia Phillies
- 10:30 Preventative in season arm care techniques:** modalities/ manual therapy/ conditioning: Nick Kenney, Head Athletic Trainer, Kansas City Royals
- 11:00 In season injury patterns in cricket:** correlation to training technique: Jamie Tallent, St. Mary's University
- 11:40 Panel discussion** morning speakers
- 1:00pm Surgical repair of rotator cuff, labral and bicep repairs** in the throwing athlete: pros and cons: Dr Keith Meister, Orthopaedic Surgeon, Texas Rangers baseball club
- 1:45 Electromyographical analysis and application** when building a **post-surgical Shoulder rehab program:** Timothy Uhl, University of Kentucky
- 2:50 Post-surgical guidelines for return to play for rotator cuff and labral repairs** Jamie Reed, Senior Director of Medical Services, Texas Rangers baseball club
- 3:20 Statistical review of tommy john/ UCL repairs** in major league baseball: a disturbing trend
- 4:00 Biomechanical analysis of cricket bowlers:** Billy Senington
- 4.30 Panel discussion** from afternoon speakers
- 5pm Cocktail social**

Saturday January 19, 2019

- 8:15am Hamstring injuries: updates on latest surgical techniques as it relates to Cricket** (and/or rugby) Dr Fares Haddad, Professor of Orthopaedic and Sports Surgery, Consultant Orthopaedic Surgeon, Institute of Sport, Exercise & Health, University College Hospital
- 9:00 Update on hamstring research and injury prevention:** Stephanie Lazarczuk, St Mary's University
- 9:30 Return to play protocol from hamstring, quad and groin injuries:** Julia Church, Senior Lecturer, St Mary's University
- 10:20 Specialising in one sport, disturbing injury patterns** Jamie Reed, Senior Director of Medical Services, Texas Rangers Baseball Club
- 10:50 Blood flow restriction research:** Luke Hughes, Exercise Physiologist, Honorary Researcher at the Institute of Sport, St. Mary's University
- 11:30 Panel discussion** morning speakers
- 1:00pm Hydration, recovery, sleep keys to performance**

Breakout Sessions

- 1:45-5:00pm In season arm care exercise programs:** Nick Kenney
- Hands on exam guidelines for shoulder and elbow pathology:** Dr Keith Meister and Jamie Reed
- Concepts in cricket exercise programs:** Jamie Tallent
- Eccentric exercise program guidelines:** Timothy Uhl
- Blood flow restriction guidelines for use:** Luke Hughes
- Lower extremity exercise protocols to return to play:** Julia Church and Stephanie Lazarczuk
- Internship opportunities abroad in sports medicine:** Brian Zeller and Rick Griffin