



FSEM Spring Symposium

Sports Injuries & Athletic Development in the Young Athlete

In Collaboration with University of Limerick - Wed 9th April, 2025 – 5.30pm – 8.30pm
VIRTUAL ONLY EVENT – RECORDING AVAILABLE UP TO 6 MONTHS AFTER EVENT (via Medcafe)

CO-CHAIRS BIOGRAPHIES

DR MATTHEW COSGRAVE - MB BCH BAO FFSEM

Consultant Sports & Exercise Medicine Physician, UPMC Sports Surgery Clinic (UPMC SSC), IRFU Women's Program and National Team Doctor



Dr Matthew Cosgrave is a Consultant in Sports and Exercise Medicine working primarily in UPMC SSC. He has been Team Doctor to the IRFU Women's Rugby Program and National Team since 2019. He is the Training Program Director for The Faculty of Sports and Exercise Medicine's Higher Specialty Training Scheme and is Co-Chair of the Faculty's Education Committee.

A graduate of Medicine at Queen's University Belfast, Dr Cosgrave trained and worked in General Practice in Belfast before moving to Dublin to complete Higher Specialty Training in Sports and Exercise Medicine. He has an extensive background in elite sport both as an athlete and as a team physician. He has held former team physician roles with Connacht Rugby, Team NI Commonwealth Games, The Irish Football Association and Belfast Giants Ice Hockey. He is a former competitive gymnast having represented Northern Ireland and Ireland internationally for over 20-years, competing at multiple Commonwealth Games, World and European Championships.

Whether it be a return to sport or improving pain, function and quality of life, Dr Cosgrave draws upon his experience in elite sport to help his patients recover from set back and injury. Through his roles in the Faculty, Dr Cosgrave strives to develop and promote the specialty of Sports and Exercise Medicine, advocating for physical activity, exercise and sport as means of achieving health and wellbeing for all.

DR MARK MATTHEWS - PhD MPhty BPhy FHEA HCPC

Course director of MSc Sports and Exercise Medicine & MSC Sports and Exercise Nutrition, Ulster University, & Lecturer in Sport and Exercise Medicine



Mark is course director of MSc Sports and Exercise Medicine and MSC Sports and Exercise Nutrition at Ulster University, and lecturer in Sport and Exercise medicine. Mark graduated from the University of Otago, New Zealand and has gained extensive international clinical experience across a variety of public and private health systems. He has worked with a number of sport teams and athletes, including work with New Zealand cycling at World championship, Commonwealth and Olympic Games.

Mark's career has included undertaking a Masters of Musculoskeletal Physiotherapy at the University of Queensland, under the tutelage of internationally renowned sports physiotherapists and researchers. This evolved into the undertaking of doctoral research into lower limb injuries, particularly around the knee and optimal management.

Mark's research, and areas of interest focus on optimising treatment for sports injuries, from weekend warriors to professional athletes. He has presented his research work at national and international conferences. Mark is involved in collaborative research projects on sports injuries, across ages and sports, including concussion, adolescents, youths and returning to performance after reconstructive surgery.

SPEAKERS BIOGRAPHIES

MR FIONN FITZGERALD - *Lecturer in Exercise & Coaching Science in Munster Technological University, Kerry*



Fionn Fitzgerald is a lecturer in Exercise & Coaching Science at the Department of Health & Leisure, Munster Technological University Kerry. His research focuses on youth sport, with his postdoctoral study examining the influence of growth and maturation on the selection and development of young Gaelic football players. Fionn is a UKSCA-accredited Strength and Conditioning Coach (ASCC) and an active member of the Sports and Human Performance Research Centre (SHPRC) at the University of Limerick and the Gaelic Games Athletic Development Working Group. He is the founder of Kaipara Academy, dedicated to the athletic development of young athletes.

DR PHILIP KEARNEY – *Assoc Prof in Motor Skill Acquisition, Coaching and Performance, University of Limerick*



Phil Kearney is the Course Leader for the MSc Applied Sports Coaching at the University of Limerick. A Fellow of the Higher Education Authority, his teaching and research centres on the domain of skill acquisition, particularly as it relates to youth sport. A regular contributor to RTÉ Brainstorm, Phil is a member of the Gaelic Athletic Association's Player & Coach Development Advisory Group and is on the Editorial Boards of the Journal of Motor Learning and Development and Perceptual and Motor Skills. Phil is a co-founder of Movement and Skill Acquisition Ireland.

MR CAMERON TUCKER-WHITE - *Lead U9-U16 Athletic Development Coach at Brentford FC*



Lead U9-16 Athletic Development Coach at Brentford FC, where I have been for the last year leading the design and implementation of our long-term athletic development (LTAD) programme. Formerly at Watford FC, and London Irish before that in elite youth rugby union. Passion for holistically developing young footballers, utilising growth & maturation data to make informed decisions on individualised development plans.

MR SAM OUSSEDIK - *Knee, Sports & Trauma Surgeon, Clinical Director of Trauma & Orthopaedics, University College London Hospitals, NHS Foundation Trust*



Consultant Orthopaedic Surgeon and Head of Department at the UK's leading teaching hospital, University College London Hospitals. Director of surgical education at UCLH.

Speciality editor for knee surgery for the Bone & Joint Journal, the UK's leading orthopaedic Journal. Editorial Board member for the American Journal of Sports Medicine and the Orthopaedic Journal of Sports Medicine. Member of ISAKOS' arthroplasty committee. Member of EFORT's Orthopaedic Education Group.

Research interests include revision total knee replacement; prosthetic alignment in primary knee arthroplasty; robotic assisted surgery; ACL reconstruction; patellar stabilisation. You can find more at www.samoussedik.com.

PROF JAMES MAC DONALD - *Clinical Professor of Family Medicine and Pediatrics, Ohio State University (OSU) College of Medicine. Associate Division Chief of Research, Division of Sports Medicine, Nationwide Children's Hospital, Ohio*



James MacDonald, M.D., M.P.H. is a Family Physician with over 25 years of experience, including 14 years with the Division of Sports Medicine at Nationwide Children's Hospital. He is a Clinical Professor of Family Medicine and Pediatrics at Ohio State University (OSU) College of Medicine.

Prof MacDonald serves on the Board of Directors for the Pediatric Research in Sports Medicine society and the Board of Trustees for the American College of Sports Medicine (ACSM). A prolific author, he has published more than 100 peer-reviewed articles, abstracts, and book chapters. He has received the Traveling and Global Exchange Fellowships of the American Medical Society for Sports Medicine (AMSSM) and is a Fellow of the ACSM, AMSSM, the American Academy of Family Physicians, and the Faculty of Sport and Exercise Medicine, Royal College of Physicians and Surgeons, Ireland.

At OSU, Prof MacDonald serves as a University Senator and internationally as a medical delegate for the PanAm Aquatics Medical Committee. He was Deputy Editor of the *Clinical Journal of Sport Medicine* for over a decade, through 2024.

PLEASE NOTE THAT PRE-REGISTRATION IS REQUIRED IN ORDER TO ACCESS RECORDING.

CPD Credits: 3 External credits awarded by FSEM

For further details, please contact: Ms Annemarie Creighton, Faculty of Sports and Exercise Medicine, RCSI House, 121 St Stephen's Green, Dublin 2. E-mail: sportsfac@rcsi.ie