



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

**FSEM Spring Symposium - Athletic Hip & Groin
In Collaboration with University of Galway
Thursday 4th April, 2024 – 3.30pm – 7.00pm (Online Event Only)**

CO-CHAIR BIOGRAPHIES

Dr Matthew Cosgrave - MB BCh BAO MFSEM (IRL & UK) MSc (SEM)

Consultant Sports & Exercise Medicine Physician, UPMC Sports Surgery Clinic (UPMC SSC), Santry, Dublin



Dr Matthew Cosgrave is a Consultant in Sports and Exercise Medicine. A graduate of Medicine from Queen's University Belfast in 2011, Dr Cosgrave undertook an MSc in Sports and Exercise Medicine at The University of Bath before completing specialty training in General Practice in Belfast in 2018. Dr Cosgrave worked as a general practitioner with a specialist interest in musculoskeletal and sports team care and as a specialty doctor in pre-hospital medicine before moving to Dublin to complete Higher Specialty Training in Sports and Exercise Medicine in Ireland.

Dr Cosgrave has an extensive background in elite and international sport both as an athlete and as team physician. He has been Team Doctor to The Irish Women's Rugby Team since 2019 and serves as a Medical Officer to Connacht Rugby Senior Men's Team. Previous team physician roles include Team Doctor to Team NI at the 2018 Commonwealth Games and 2017 Commonwealth Youth Games, Team Doctor to The Irish Football Association and Medical Officer to The Belfast Giants Ice Hockey Team, Louth GAA, Linfield Football Club and Ulster Rugby Schools.

Dr Cosgrave represented Northern Ireland and Ireland internationally over a 20-year career history in Men's Artistic Gymnastics, competing at multiple Commonwealth Games, World and European Championships

Dr Cosgrave has been an active member of The Faculty of Sports and Exercise Medicine since 2018 and is currently the co-chair of the educational committee. He has an interest in elite athlete health and performance, injury surveillance and team dynamics in high performance.

Dr Mark Matthews - PhD MPhty BPhty 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.

Marks 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 in Rugby Union.

SPEAKERS BIOGRAPHIES

Mr Garret Coughlan – *Chartered Physiotherapist, CORE Health & Performance*



Garrett is the owner of CORE Health and Performance based in Westport, Co. Mayo. He qualified from University College Dublin (UCD) with a BSc Physiotherapy in 2004, and completed a PhD in lower limb injuries and rehabilitation at the same institution in 2007. Over the past 20 years he has gained extensive experience ranging from private practice to high performance sport settings working in the following roles:

Lead Physiotherapist:

@ Mayo Senior Football Team 2021/22 and 2022/23, Connacht Rugby 2016-2022 & IRFU National U20s Team 2011-15.

Physiotherapist:

@ IRFU National Senior Men's XV Team 2015/2020/2021, IRFU National Men's and Women's 7s Teams 2013-15, Irish Women's Hockey Team 2009 & Sports Med Ireland, Dublin 2009-2011.

In 2015, he was awarded Specialist Membership of the Irish Society of Chartered Physiotherapists (SMISCP) in the area of Sports Medicine. Garrett has also lectured on postgraduate and undergraduate Physiotherapy programmes in UCD and delivered presentations at a number of international conferences. He has combined his clinical work with research and has published over 30 journal articles primarily in the areas of athlete profiling, concussion, lower limb rehabilitation and assessment, as well as medical team game communication and positioning in field sport.

Mr Ben Daly – *Strength & Conditioning Coach, UPMC Sports Surgery Clinic, Santry*



Ben Daly holds a MSc in Strength and Conditioning from St Mary's University along with being a UKSCA accredited coach. Currently working as S&C Coach in UPMC SSC Sports Medicine, Santry as well as UPMC Sports Medicine in the Connacht GAA Centre of Excellence, Ben uses objective strength and biomechanical measures to guide patients back to performance from injuries. He also has extensive experience in team sports working with Na Fianna CLG in Dublin, as well as previously working in international Rugby Union in Hong Kong.

Dr Jamie Kearns - *MB BCh CAO, MSc (SEM), PgDip (Med US), MRCPI, MICGP, FFSEM, MFSEM (UK)*



Dr Jamie Kearns is originally from Dublin he qualified from UCD in 2006 with an honours degree as well as a BMedSci. He went on to complete basic specialist training in medicine in Galway and completed an MRCPI in 2009. As part of his BST he undertook a 6 month visiting rotation in the Mayo Clinic Rochester. After completing BST he studied for a Masters in Sports and Exercise Medicine from NUI Galway which he completed in 2011 with a 1st class honours. He proceeded to vocational training in general practice and was awarded MICGP in 2013. Having worked in full time general practice with a specialist interest in sports and orthopaedic medicine Jamie applied for and began specialist training in Sports and Exercise Medicine in 2021. He completed specialist training in Sports and Exercise Medicine in 2023.

During his specialist training he undertook post graduate training in Medical Ultrasound in AECC Bournemouth. He has also been awarded membership to the Faculty of Sports & Exercise Medicine UK winning the MacLeod Medal for the first place result in the examination.

Jamie began working with the FAI in 2012 for the Ireland Women's senior team and proceeded on to the men's U19s. He subsequently began working in professional rugby initially working with Connacht Rugby from 2016 until joining Munster Rugby Head of Medical in the summer of 2018. He has been in that position for the last 6 seasons. He has also worked as 2nd team doctor for Ireland Men's senior team as well as independent match day doctor for senior internationals including the upcoming 6 nations.

He was awarded FFSEM (Irl) in 2017 and was elected to the Board of the FSEM in 2018. He was PCS manager until his entry onto the Specialist Training Scheme and still sits on the subcommittee for Fellowship and Membership. He is also undertaking research in collaboration with University of Limerick into blood biomarkers in concussion in elite level rugby. He has a number of publications in this area and neurology.

Professor Damian Griffin - OBE TD MA MPhil FRCS, Consultant Orthopaedic Surgeon, Warwick & London



Damian is the Professor of Trauma and Orthopaedic surgery at the University of Warwick. He was an undergraduate at Cambridge, a medical student at Oxford, and trained at Harvard, Johns Hopkins and in Dallas in the United States.

Damian was the first clinical professor at Warwick Medical School, and now leads one of the largest orthopaedic research groups in the UK, developing and testing the effectiveness of new techniques, especially in hip surgery for young people. He is one of the international innovators in minimally invasive surgery in the hip, including hip arthroscopy, treatment of early arthritis, and the use of stem cells to repair cartilage damage. He led the most ambitious ever clinical trial of arthroscopy for hip impingement, a £3M study in 31 hospitals in UK and Australia, which was reported in the Lancet in 2018. He was the Director of Education for the International Hip Preservation Society, and built expertise in this new hip surgery across the world.

Damian is also a practical surgeon; he works privately in Warwick and London. He has a highly specialised practice treating younger, active people with hip and groin pain; he led a team delivering the largest such service in the UK. Now focusing entirely on these problems, he treats a wide range of professional and recreational athletes. His Irish family heritage (from Kerry) means that he always enjoys the many Irish patients who come to see him!

Damian is always pleased to hear from others who are interested in hip and groin pain: he encourages you to get in touch via damian.griffin@warwick.ac.uk or at hiparthroscopyclinic.co.uk.

This event will be live/recording will be available afterwards via Medcafe. Recording will be available for 6 months afterwards. You must register for event in order to access recording.

For further details, please contact: Ms Annemarie Creighton, Faculty of Sports and Exercise Medicine, RCSI House, 121 St Stephen's Green, Dublin 2.

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