



FSEM 20TH ANNUAL SCIENTIFIC CONFERENCE

EXPLORING FUTURE FRONTIERS IN SPORTS & EXERCISE MEDICINE

13TH SEPT 2024 - 7.00-18.00 (RCSI, ONSITE)

CONFERENCE PROGRAMME

CPD CREDITS: 10 EXTERNAL

BJSM APPROVED



**WI-FI: RCSI-GUEST network
P/Word: RC\$1guest**



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DEAN'S ADDRESS



Associate Prof Michael Séan Molloy, Dean of the Faculty Sports and Exercise Medicine.

On behalf of the Board of the Faculty Sports and Exercise Medicine, I would like to welcome Minister Neale Richmond, faculty board and members and all delegates and speakers, to our 20th Annual Scientific Conference.

In conjunction with our partners Athletic Rehabilitation Therapy Ireland (ARTI), Irish Sports and Exercise Association (ISESA) & Irish Society of Chartered Physiotherapists (ISCP) this year's conference theme is "*Exploring Future Frontiers in Sports & Exercise Medicine*".

There are many topical subjects on the agenda including indemnity updates, use of wearables in evaluating sports performance, advances in imaging for sports and exercise medicine and most exciting a proposed framework for creating a multidisciplinary public sports and exercise medicine service as well as potential funding strategies for same.

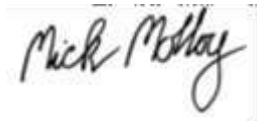
Our working committee under the chairmanship of Prof Fardod O'Kelly has put together a very exciting programme with local and world renowned speakers covering many conditions, pathologies and also technologies of relevance to the topics under consideration.

The organising committee have incorporated submitted research presentations, over the course of the day and the best presentation will receive the Professor Moira O'Brien medal. We look forward to also hearing from our new honorary fellows, Dr Marie Elaine Grant and Dr Siobhan O Connor who will be conferred with their Honorary Fellowship of the Faculty of Sports and Exercise Medicine during this meeting,

I would like to thank the Board, Committee Chairmen, Committee Members and the Annual Scientific Committee Organising team, Foundation Fellows, Fellows, Members, Associate

Members and Delegates for all your support to the Faculty and I hope you enjoy this conference and I look forward to meeting you at this live event.

One of our long standing staff members, Stephanie Billault, left the Faculty this year for a new challenge in the RCSI and I trust you will all join me in wishing her well in her new role, this will be the first ASC she has missed in over a decade and her presence will be missed. I sincerely acknowledge the organisation and input of Annemarie Creighton in the FSEM office, in helping to make this Conference a success.

A handwritten signature in black ink, reading "Mick Molloy", enclosed in a thin black rectangular border.

Associate Prof Michael Molloy

Dean of the Faculty of Sports and Exercise Medicine, RCPI & RCSI

CHAIRPERSONS' WELCOME ADDRESS

Associate Prof Fardod O'Kelly & Associate Prof Mick Molloy

The Faculty of Sports and Exercise Medicine (FSEM) of the Royal College of Surgeons in Ireland (RCSI) and Royal College of Physicians of Ireland (RCPI) in association with the Irish Society of Chartered Physiotherapists (ISCP), the Irish Sports and Exercise Association (ISESA) and Athletic Rehabilitation Therapy Ireland (ARTI) welcome you the delegates to the Annual Scientific Conference 2024.

We, the co-chairpersons and members of organising committee of the Annual Scientific Conference 2024, appreciate your registration, participation and engagement in the scientific and clinical programme throughout the day and hope you will benefit from and enjoy the subject content of the presentations.

We are delighted that an excellent panel of national and international multispecialty and multidisciplinary speakers have kindly accepted invitations to address and present at the Annual Scientific Conference 2024 on a range of topics relating to the theme of '**Exploring Future Frontiers in Sports & Exercise Medicine**' to highlight important scientific and clinical developments and issues with the diagnosis and management of sport and exercise related injuries and conditions.

We would sincerely wish to thank the speakers, and particularly the international speakers for their valuable time and the challenges of international time zones and information technology necessary to share their research and expertise, and are especially pleased and privileged to have input from patient representatives who have given so generously of their time to speak on the personal impacts of these challenges.

We would like to acknowledge and thank all the members and co-chairpersons of organising committee of the Annual Scientific Conference 2024. We hope the information and advice emanating from the Annual Scientific Conference 2024 will improve and develop optimal healthcare for athletes, players, and sportspersons of all levels.

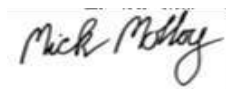
We acknowledge and express our gratitude to British Journal of Sports Medicine (BJSM) for approving the Annual Scientific Conference 2024 as an international education event of quality in Sports and Exercise Medicine.

We appreciate and thank Ms. Annemarie Creighton, Faculty Co-ordinators of the Faculty of Sports and Exercise Medicine for their expertise and efforts in the organisation and presentation of the Annual Scientific Conference 2024. We would also like to extend our sincere thanks to Alliance Medical and UPMC Sports Surgery Clinic for their sponsorship of this event.

In conclusion, the Faculty of Sports and Exercise Medicine (FSEM) is honoured and indebted that Mr Neale Richmond, Minister of State with responsibility for Financial Services, Credit Unions and Insurance, who will be giving a ministerial address at the Annual Scientific Conference 2024.



Assoc Professor Fardod O'Kelly
Consultant Paediatric Urologist, Beacon Hospital
Academic Senior Lecturer, Surgical Affairs, RCSI



Associate Professor Michael Molloy
Consultant Emergency Physician, Wexford General Hospital
Clinical Associate Professor, University College Dublin

Associate Prof Mick Molloy



Assoc Prof Molloy is a Consultant Emergency Physician at Wexford General Hospital and Clinical Associate Professor at University College Dublin. He is also Disaster Medicine Specialist having completed Masters Degrees in the EU and Fellowships in Disaster Medicine and separately Crisis Leadership at the Beth Israel Deaconess Fellowship in Disaster Medicine based in Boston, Massachusetts. A former medical officer with Connacht Mens Rugby and Leinster Ladies having previously played Rugby

union for Gorey, Old Belvedere and UCD while an undergraduate, and Rugby League for Dublin Blues, Leinster and Ireland. Prof Molloy has served as Medical officer at two Rugby league World Cups, Chairman of Rugby League Ireland for 6 years and currently chairs the Medical Committee for the Rugby League International Federation (MEDSCo). Prof Molloy coaches under-age Rugby union at Old Belvedere and takes a keen interest in under age player welfare and injury prevention/health promotion. He provides ringside medical cover at professional boxing and mixed martial arts in Ireland and has been appointed by two Ministers for Health to the Pre-Hospital Emergency Care Council responsible for setting the standards for pre-hospital care in Ireland.

Associate Prof Fardod O'Kelly



Fardod O'Kelly completed his medical training Royal College of Surgeons in Ireland, following undergraduate and master's degrees in natural sciences (Biochemistry) from Trinity College Dublin. In 2013, he was awarded a Doctorate in Medicine in the field of prostate cancer epigenetics. Following his attainment of FRCS(Urol), he was awarded the Colles medal by the RCSI, as well as being a recipient of RCSI and Ethicon travel awards. He completed clinical fellowships in paediatric, adolescent,

and transitional urology in Canada at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa, and at the Hospital for Sick Children (Sick Kids), Toronto.

He has a strong interest in education, teaching and research and is a senior lecturer in postgraduate surgical education in the RCSI, where he is a co-lead on the MSc in Human Factors and Patient Safety. He has authored 100 peer-reviewed academic manuscripts, 8 book chapters, and is a reviewer for over 15 journals, and was awarded THE global Top-10 reviewer for the Journal of Pediatric Urology (2019, 2021, 2023). He has been a visiting scholar at Harvard Business School and has delivered a number of invited lectures globally. He was awarded an advanced diploma in medical law by King's Inns Ireland, and is currently undertaking an MSc in Law and Ethics through the RCSI (2023-2025). He also completed an MBA at the Smurfit Business School, UCD, and is the only Irish recipient of the global EMBA/BGA award.

He is the host of 2 educational podcasts: Circumsessions, in conjunction with the Journal of Paediatric Urology, and the Safe and Sound which is the new RCSI Human Factors which launched in September 2023. In addition, he sits on a number European urological committees and boards, including the EAU/ESPU Guidelines Committee for Paediatric Urology. He is also a board member and educational chair for the Faculty of Sports and Exercise Medicine in the RCSI. In addition to his roles in the RCSI, Fardod is a consultant in paediatric and adolescent urological surgery and is the clinical lead for paediatric surgical services in the Beacon Hospital, Dublin, as well as an adjunct professor in paediatric urology at the University of Wisconsin, USA.

MOIRA O'BRIEN MEDAL & PRESENTATIONS



The 'Professor Moira O'Brien medal was introduced by the Faculty of Sports and Exercise Medicine in 2016, in recognition of Prof O'Brien's involvement, expertise and lifetime experience in Sports and Exercise Medicine, as well as for her support of the Faculty of Sports and Exercise. The Prof O'Brien Medal is awarded at the FSEM Annual Scientific Conference, as the prize for best oral presentation. All abstracts went through a review process and a consensus was reached on the best 6 abstracts, which will be presented during the day.

CONFERENCE COMMITTEE

CO-CHAIRS

Assoc Prof Mick Molloy

Assoc Prof Fardod O'Kelly

COMMITTEE

Assoc Prof Mick Molloy

Assoc Prof Fardod O'Kelly

Dr Wilby Williamson

Louise Keating

Dr Paul Kirwan

Jennifer McKittrick

Lynn Allen

Dr Tom Comyns

Dr SarahJane Cullen

FSEM CONFERENCE ORGANISER

Ms Annemarie Creighton



PROGRAMME OUTLINE

TIME	TITLE	SPEAKER
7.15	REGISTRATION (Sign-in for CPD)	N/A
7.55	Welcome Address	A/Prof Fardod O’Kelly (RCSI)
LEGAL/ETHICS/POLICY/CULTURE		CHAIR: DR PAUL KIRWAN
8.00	Healthcare Update for Professional Indemnity and Insurance in Elite Sports	A/Prof Mick Molloy (RCSI)
8.30	Ethical Issues in Sports and Exercise Medicine	A/Prof Fardod O’Kelly (RCSI)
9.00	Anti-Doping in Sports -National Perspective -International Perspective	Ms Elaine Cahill (Sport Ireland) Prof Farrah-Hani Imran (UKM/FIFA/AFC)
FUTURE HEALTH/HORIZON SCANNING		CHAIR: A/PROF FARDOD O’KELLY
9.30	Next Generation Wearables and Impact on Performance	Dr Rod McLoughlin (IRFU)
10.00	Advances in Modern Imaging for Sports & Exercise Medicine (Advanced Imaging Technologies)	Dr John Sheehan (Blackrock Health)
10.30	COFFEE BREAK – EXAM HALL	
CASE PRESENTATIONS & CROSSFIRE SESSION (PANEL DISCUSSION) & HON FELLOWS		CHAIR: LOUISE KEATING
11.00	Case 1 – ACL in the athlete to repair or not to repair?	Mr Shane Dalton (Clontarf GAA)
11.20	Case 2 – Tendon Related Injuries	Dr Paul Kirwan (TCD)
11.40	Case 3 – Exercise rehabilitation for chronic and complex hamstring injuries	Dr Jack Hickey (Maynooth University)
12.00	Ministerial Address	Mr Neale Richmond
12.10	The EU recognition of Sports Medicine and the implications for Ireland	Dr Paul Dobbelaar (UPMC/SSC)
12.30	From Trackside to Recovery: The Future of Physiotherapy in Olympic Sports	Dr Marie-Elaine Grant (ISCP) <i>Hon Fellow</i>
12.50	From the Field to the Clinic: Embedding Injury Surveillance into your Practice	Dr Siobhan O’Connor (DCU) <i>Hon Fellow</i>
13.10	LUNCH/POSTER PRESENTATIONS – commence at 13.20 SHARP	
THE FUTURE OF SEM IN THE IRISH HEALTHCARE ECOSYSTEM		
STATE OF THE ART UPDATES		CHAIR: A/PROF FARDOD O’KELLY
13.50	ISESA	Dr SarahJane Cullen

14.10	ARTI	Ms Lynn Allen
14.30	ISCP	Ms Sarah-Jane McDonnell
14.50	The Purposed Framework for Creating a Multidisciplinary Public Sports & Exercise Medicine Service	Dr Frank O’Leary (FSEM)
15.10	Potential funding strategies for public sports and exercise medicine using International Comparisons	Dr Wilby Williamson (FSEM)
15.30	MODERATED ORAL PRESENTATIONS (x6)	
16.30	COFFEE BREAK - EXAM HALL	
GUEST LECTURE AND CLOSING ADDRESS		CHAIR: A/PROF FARDOD O’KELLY
17.00	Effects of Mental Health & Resilience on Athlete Performance	Dr Olivia Hurley (IADT, PSI & ISESA)
17.30	Prizes & Dean’s Closing Address	A/Prof Mick Molloy (RCSI)
18.00	Conferring Ceremony (Registration & Gowning at 17.45) Presentation of FSEM Hon Fellows Presentation of FSEM Associate Membership Certificates Presentation of ICGP / FSEM MSK Diplomas	
19.30	RECEPTION	



POSTER PRESENTATIONS – EXAM HALL – 13.20 - 13.50 (in no particular order)

Ffion Taylor - Navigating stormy waters: A scoping review and call to action for concussion policies in sailing sports

Ryan Rooparinesingh - The effect of Orthopaedic Surgical Training using physiological indicators of strain

Billy Twomey - Feasibility and Effectiveness of Exercise Snacking in Older Adults: A Pilot Randomised Controlled Trial

Maebh Daly - Out-Running the Sun; An Analysis of Skin Cancer Risk, Awareness and Protection Use amongst Irish Athletic Athletes

Bukola Veronica Bolarinwa - The Role of Ultrasound Investigation in Acute Achilles Tendon Rupture

Carl Byrne - What makes an athlete? A scoping review: Assessing the use of the word athlete with anterior cruciate ligament rehabilitation review studies. Is there a standard? & The mechanisms of action underlying the immune enhancing effect of exercise on vaccination response: A scoping systematic review

Joseph Slowey - Sarcoidosis presenting as a mimic of metastatic bone disease in an elite level athlete

Ruairi Connolly - Pro-Motion - Exercise Promotion at A Major Trauma Centre

Lylas Aljohmani - Mini c arm fluoroscopy: minimising radiation exposure for surgeons treating hand trauma patients

ORAL PRESENTATIONS – O’FLANAGAN LT – 15.30 – 16.30

15.30 – Thomas Fallon - Injuries and Illness in Competitive Cycling. It’s Not One Size Fits All

15.40 – Martin McIntyre - Conservative Management of 3C Biceps Femoris intramuscular tendon injury - Return to full training 45 days post injury

15.50 – Rachel Boner - Can objective feedback improve female team sport athletes ability to sprint at submaximal speeds?

16.00 – Aryan Bhairudan Surana - Inter-limb force production asymmetry and correlation with throwing speed in cricketers and non-throwing sport athletes

16.10 – Alex Trimble (*Dr Neil Fleming to present on his behalf*) - A comparison of surface EMG muscle activity between hex bar and straight bar deadlift

16.20 – Paul Kirwan - Just Squeeze - Validity of the ActivForce Digital Dynamometer in assessing hip adductor strength in GAA players



SPEAKERS BIOS & TITLES OF TALKS

MORNING SPEAKERS:

Associate Prof Mick Molloy - Healthcare Update for Professional Indemnity & Insurance in Elite Sports



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Associate Professor Fardod O'Kelly - Ethical Issues in Sports and Exercise Medicine



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Elaine Cahill - Anti-Doping in Sports - National Perspective



Elaine Cahill is the Head of Education at Sport Ireland Anti-Doping, where she combines her passion for sport and education. With over 15 years of experience in the sports industry, Elaine discovered her love for education while working in the fitness sector a decade ago. Since then, she has worked with leading organisations such as Les Mills, Aura Fitness Academy, and Sport Ireland Coaching to design and deliver educational programs within both the fitness and sports sectors.

As an experienced coach, Elaine has a passion for coach education and has guest lectured on the role of a coach at the University of Limerick and Stellenbosch University. She holds an undergraduate degree in Sport Science from St Mary's University, London, and an MSc in Sport, Exercise, and Performance Psychology from the University of Limerick. Her diverse experience positions her as a key contributor to advancing education within sport and Anti-Doping initiatives in Ireland.

Prof Farrah-Hani Imran - Anti-Doping in Sports - National Perspective



Prof. Madya Dr Farrah-Hani Imran is the first Malaysian national athlete to receive the surgical Professor Madya title from National University of Malaysia (UKM) and PhD from University College Dublin, Ireland. She is currently a Senior Lecturer & Senior Consultant Plastic Surgeon in UKM; responsible for Academia, Administration, Medical Education, Research and Clinical Work.

She was the Head of Plastic and Reconstructive Surgery & Burns Unit in UKM, and has authored multiple academic books & journal publications.

Prof. Madya Farrah-Hani graduated from the Royal College of Surgeons, Ireland (RCSI) with the Association of Graduates Medal, the first Malaysian recipient, followed by a career in surgery, sports and highly regarded educator. Prof Farrah is also the first Malaysian to receive the Constable Fellowship Award from the American Association of Plastic Surgeons, Her World Youth Woman of the Year, and IWF-EY WABN Class of 2018 by EY & IWF Leadership Foundation. Prof. Madya Farrah-Hani actively advocates ethics, principles, integrity, courage and is a mental strength activist among colleagues and students, striving for inclusivity, awareness and empowerment of enthusiastic, mature-minded members of global society.



She is a former national athlete. Her multiple voluntary National & Ministerial appointments include:

- AFC MO & DCO: 18 years (*Asian Football Confederation*), FIFA MO & DCO: 9 years (*Fédération Internationale de Football Association*), **MO: Medical officer; DCO: Doping Control Officer**
- Malaysian Anti-Doping Agency Education Committee, Anti-Doping Agency of Malaysia (ADAMAS);
- Former Malaysian Anti-Doping Agency Result Management Committee, Anti-Doping Agency of Malaysia (ADAMAS);
- Medical and Anti-Doping Committee, Olympic Council of Malaysia;
- Index Study Reference Expert, Malaysian Sports Culture 2021-2023 (IBSM 2021-2023);
- Technical Expert Group, Sexual Harassment in Sports 2022;
- Ex-Officio, Malaysian Youth Mental Health Index Research 2022;
- Past National Transformation 2050 Youth Ambassador;
- National Women in Sports Committee, Ministry of Youth and Sports Malaysia.
- Deputy *Chef-De-Mission*, Asian Games Hangzhou 2023

She also voluntarily serves on the:

- Committee, Chapter of Women Surgeons, College of Surgeons, Academy of Medicine, Malaysia (CSAMM);
- Committee & Life Member, Cleft Lip & Palate Association of Malaysia (CLAPAM);

Member/Life Member:

- Member, International Society of Surgery, *Societe Internationale de Chirurgie (ISS/SIC)*;
- Life Member, Medico-Legal Society of Malaysia (MLSM)
- Life Member, Malaysian Society for Simulation in Healthcare (MaSSH)
- Life Member, Malaysian Association of Education in the Medical & Health Sciences (MAEMHS)

Adjunct Prof Rod McLoughlin - Next Generation Wearables and Impact on Performance

MB, MRCP, MSc, FFSEM (Ire & UK). Irish Rugby Football Union (IRFU) Medical Director



Rod is a Consultant Sports & Exercise Medicine Physician with over 30 years' experience. Rod is IRFU Medical Director since 2013 and has overseen delivery of medical support to three Senior men's Rugby World Cups. He was Medical Director to the 2017 Women's Rugby World Cup held in Dublin and Belfast. During the COVID Pandemic he was a member of the 6 Nations, European Professional Club Rugby, and United Rugby Championship (URC) testing oversight groups and a member of the Government COVID-19 Expert Group on return to Sport'. In 2021 he was awarded URC's Chairman's Award as a member of the URC medical committee for its management of COVID across the league.

Rod is a current member of the 6 Nations, United Rugby Championship (URC) and Chair of the European Professional Club Rugby (EPCR) medical subcommittees. He is currently a member of the Faculty Fellowship & Membership committee. His specialist interest area is high performance medicine strategy, systems and processes.



Rod has been involved in elite sport at Olympic and international level for over 18 years Rod was the Olympic Council of Ireland Medical Officer from 2006 to 2016 during which time he oversaw the delivery of medical support to three Olympic Games, the first ever European Games in Azerbaijan, a World Youth Olympics and three European Youth Olympics. He also held the post of Director of Performance Medicine at The Irish Institute of Sport from 2007 to 2016.

Rod graduated from University College Dublin in 1984 and then completed General Practice and Sports Medicine Training. On returning to Ireland, he practiced at O'Neills Sports Medicine Clinic and ExWell Medical. He was Medical Officer to Monkstown Rugby Club and Wicklow GAA. He was Academic Director of the Cert in Injury Management and Fitness in Sport and lectured on a BSc course in Sports Management both at University College Dublin. He was an examiner in the Intercollegiate Diploma in Sports and Exercise Medicine (Great Britain and Ireland) from 2000 to 2016.

In 2023 Rod was appointed University of Limerick Adjunct Professor of Practice in the Department of Physical Education & Sports Sciences, Faculty of Education & Health Sciences.

Rod has also been a past board member, Chair of the Accreditation Committee and Treasurer of the Faculty of Sport & Exercise Medicine, member of the GAA Medical & Scientific Committee and Past President of the Irish Sports Medicine Association.

***Dr John Sheehan - Advances in Modern Imaging for Sports & Exercise Medicine
(Advanced Imaging Technologies)***



John is a Consultant Radiologist whose expertise transcends medical imaging, reaching into the vanguard of digital health innovation and transformative healthcare leadership. With fellowships at Northwestern Memorial Hospital in Chicago, John's clinical acumen is matched by his strategic roles at Blackrock Health, Dublin, Mobile Medical Diagnostics (MMD), and xWave Technologies.

As a regular invited keynote speaker, John addresses pivotal topics around healthcare and technology, including data, cybersecurity, and the legal and ethical dimensions of medical practice. This role underscores his position as a thought leader, influencing the discourse on how technology can be harnessed to advance healthcare while navigating its complexities with integrity.

Co-chairing the American Irish Medical Summit with Prof. Peter Naughton and the Digital Health Symposium at the UNGA in NY alongside Prof. Martin Curley, John spearheads international healthcare dialogues. His leadership roles as Clinical Director at MMD, Clinical Advisor at xWave, and Vice Chair of Ireland's Digital Health Association with Prof. Curley, highlight his commitment to AI-driven diagnostic advancements and the betterment of community healthcare.



Inspired by visionaries like Michael Dowling, John champions a healthcare ethos centered on accessibility, equity, and integration. His contributions to MMD and xWave are a testament to his dedication to leveraging digital innovations to remove patient care barriers and drive transformative change.

John's leadership style is marked by an unwavering commitment to innovation and a solution-focused approach. He is deeply invested in mentorship, nurturing a culture of disruptive thinking and compassionate action among emerging healthcare professionals.

Louise Keating - School of Physiotherapy, RCSI - MISCAP, MPhtySt (Manip), PG Dip HPEd, CORU Registered, Lecturer (PhD candidate) – Chair of session 3



Louise Keating BPhysio, MPhtySt (Manip), PG Dip (Ed) is a Lecturer at the School of Physiotherapy, RCSI and a practising Clinical Specialist in Musculoskeletal Therapy in private practice for over 20 years. She was co-PI on the SCRUM rugby project - Training Load and Injury Risk in Schoolboys' Level Rugby in Leinster and has received research funding from the IRFU Charitable Trust, EuroSpine, HRB and SFI for a range of projects across sports and musculoskeletal physiotherapy. She has also received the RCSI President's Teaching Award for Excellence twice.

Mr Shane Dalton - ACL in the athlete to repair or not to repair?



Mr Shane Dalton (Clontarf Athletic Therapy) is a Certified Athletic Therapist, Executive Board Member and Vice Public Relations Officer of Athletic Rehabilitation Therapy Ireland (ARTI). He holds a BSc (Hons) in Athletic Therapy & Training from Dublin City University (DCU). He possesses numerous certifications, including the BACPR (Level 4) Exercise Instructor in Cardiac and Respiratory Rehabilitation, Certified Strength and Conditioning Coach, Certified Functional Movement Coach, and Youth Fitness Specialist.

Shane's expertise spans various sports and levels of competition. He has worked with intercounty GAA teams, international soccer athletes, high-performance golf (Paddy Harrington Scholarship Program, rugby players, and mixed martial arts fighters. Shane brings 25 years of experience in rehabilitation, teaching, and coaching, serving both elite athletes and the general population.

Dr Paul Kirwan - Tendon Related Injuries



Dr Paul Kirwan, PhD, MSc, BSc, MISCAP. Paul Kirwan is a chartered physiotherapist with 3 decades of clinical experience. He currently holds clinical and academic roles, as an assistant professor in Trinity College Dublin and as a clinical specialist physiotherapist in Connolly Hospital, Dublin. He has established and currently runs a dedicated tendinopathy clinic in Connolly Hospital. He is also a private practitioner and physiotherapist for Bohemian FC since 2013.



After graduating from Trinity College in 1994 with a BSc in Physiotherapy, he worked in numerous hospitals/clinics gaining a wealth of musculoskeletal clinical experience in orthopaedics, rheumatology, sports medicine and spinal pain, in hospital and outpatient settings. He became a Certified Strength and Conditioning Specialist in 1999 (NSCA, USA). In 2009 he completed his MSc in Sports and Exercise Physiotherapy from University of Galway, graduating top of his class. He was awarded a HRB research fellowship in 2014 to complete his PhD in the field of tendon pain, which he completed in 2020 at the Royal College of Surgeons in Ireland. He has taught at both undergraduate and post graduate level and has received numerous national and

international awards for his research. In addition, Paul has been an invited speaker at national and international conferences and has published key papers in leading journals (Nature, The Lancet Rheumatology, British Journal of Sports Medicine, British Medical Journal Open Sports and Exercise Medicine, Sports Medicine, Journal of Orthopaedics and Sports Physical Therapy, BMC Sports Science Medicine and Rehabilitation).

Dr Jack Hickey – Exercise rehabilitation for chronic and complex hamstring injuries



Jack joined Maynooth University in April 2023 as Assistant Professor in Sport Science. Prior to joining Maynooth University, Jack held academic roles in Sport Science and Exercise Physiology at the Australian Catholic University (ACU) as Lecturer from 2019 to 2022 and Senior Lecturer in 2023. Jack has also been a member of the Sports Performance, Recovery, Injury and New Technology (SPRINT) Research Centre at ACU since its inception in 2021.

Between 2015 and 2018, Jack completed his PhD thesis titled 'Hamstring strain injury: objective assessment tools and exercise progression during pain-threshold rehabilitation' at ACU under the supervision of Associate Professor David Opar. Jack received the 2019 Exercise and Sport Science Australia (ESSA) Medal for best PhD thesis in the field of Exercise and Sport Science. Jack was also awarded as Best Young Investigator in Sport Science at the 2018 ESSA Conference and won the ASICS Medal for Best Overall Scientific Paper at the 2017 Sports Medicine Australia Conference. Jack completed his Master of Clinical Exercise Physiology at Deakin University from 2011 to 2012 and Bachelor of Applied Science in Human Movement at RMIT University in Melbourne from 2008 to 2010, where he was awarded as top student in each year of study. In addition to his academic career, Jack has worked as an ESSA Accredited Exercise Physiologist since 2012, specialising in clinical assessment and exercise rehabilitation for sports injuries and musculoskeletal conditions. Jack continues to provide consultancy services for athletes from elite to recreational levels recovering from hamstring injuries and anterior cruciate ligament reconstruction surgery.



AFTERNOON SPEAKERS

Dr Paul Dobbelaar - The EU recognition of Sports Medicine and the implications for Ireland



Paul Dobbelaar is a Sports & Exercise Physician and Human Movement Scientist from the Netherlands. He graduated as MSc in Human Movement Science from [Maastricht University](#) in 1990 with a Master thesis in altitude physiology.

In 1995 he completed his medical training at Maastricht University. Dr Dobbelaar trained as Sports Physician from 1996 until 2000 in Veldhoven, Heerlen and at the Dutch National Sports Centre Papendal. Dr Dobbelaar has worked in his own sport medical practice in the South of the Netherlands since 2005. He has a broad experience in elite sports having worked as team doctor to the Dutch Climbing and Alpine Club, the Royal Dutch Cycling Union and the Dutch Triathlon Federation as well as Dutch Basketball championship winning team EBBC/Libertel Dolphins.

He was Head of the Medical Staff of the first professional football club in the Netherlands, Fortuna Sittard from 2005-2010. Dr Dobbelaar has a special interest in overuse sports injuries, ultrasound guided interventions and exercise physiology, especially in relation to fatigue and diminished exercise capacity.

Dr Marie – Elaine Grant – Hon Fellow - From Trackside to Recovery: The Future of Physiotherapy in Olympic Sports



Dr Marie-Elaine Grant's career is marked by her tenure as Ireland's Olympic Team Lead Physiotherapist from 1990 to 2010, and further as an expert advisor to the International and Olympics Committee's Medical and Scientific Commission from 2010 to present day, underscores her commitment to advancing physiotherapy practises and ensuring the well-being of athletes.

She graduated from University College Dublin (UCD) in 1981, she is a specialist practicing member of the Irish Society of Chartered Physiotherapists (MISCP), the Chartered Society of Physiotherapists (MCSP) and is a registered physiotherapist with CORU.

After graduating, she undertook a physiotherapy internship at the University Hospital in Geneva, Switzerland. Returning to Ireland, Marie-Elaine was appointed Head of Physiotherapy Department in Blackrock Clinic.; enabling the rapid advancement of clinical expertise in treating a wide range of orthopaedic, musculoskeletal conditions and sports injuries.

In 1990, she was appointed to the Irish Olympic Medical and Sports Science Committee to plan and implement a comprehensive strategy for the provision for the high-quality physiotherapy support for high-performance athletes. Her extensive work involved developing physiotherapy support networks and collaborating with medical teams across various National Governing Bodies of Sport.

Marie-Elaine was appointed to the Irish Olympic Team for five consecutive summer Olympic Games, starting with Barcelona in 1992 and culminating in Beijing in 2008; additionally serving with the Irish



Olympic Team in Turin 2006 & Vancouver in 2010. Her expertise was not limited to elite athletes, she played a pivotal role in supporting developmental youth athletes, having been appointed to 10 Irish European Youth Olympic Squads.

In 1997, Marie-Elaine opened her practice, Dr Grant Chartered Physiotherapy and Sports Injury Centre, in Dublin. Here she continues to enjoy Clinical Practice, particularly in her specialist area of sports & exercise physiotherapy catering to recreational and high performance athletes and sports people.

She was awarded a PhD in 1997 from the University of Limerick, her research thesis was supervised by the renowned sports leader and former co-founder of the British Olympic Medical Centre, Prof Craig Sharp.

Since 2010, she has been a member of the Medical and Scientific Commission, of the International Olympic Committee (IOC). In this role, she is responsible for monitoring all physiotherapy activities and facilities for all nations participating in the Olympic Games (both summer and winter). Her key aim is to protect the health of the world's Olympic athletes and advance the role of physiotherapy within the global Olympic movement. She has overseen the preparation and delivery of physiotherapy services for several Olympic games, inclusive of Winter Olympic from 2012 to date. She is currently preparing for Paris 2024. In 2022 she was appointed to the European Olympic Medical and Anti-Doping Commission further extending her influence on the important role of physiotherapy in sports medicine.

More recently, Marie-Elaine has published several peer-reviewed publications relating to sports injury and physiotherapy topics and is a regular presenter at international conferences. In 2014 she became an associate member of the UCD Institute for Health & Sport Performance and Commission of the UCD Elite Athlete Academy Physiotherapy Assessment System. Since 2015, she has been an Advisory Board Member for the IOC Diploma in Physical Therapy Programme, ensuring the relevance and effectiveness of ongoing education for physiotherapists and sports professionals. She lectures on BSc Physiotherapy programs and post-graduate MSc programs in Sports and Exercise Physiotherapy and mentors post-graduate physiotherapists. Through Olympic Solidarity, she has also provided sports physiotherapy education to developing nations in Africa.

Through her clinical practice, academic pursuits, and leadership roles, she continues to shape the future of sports physiotherapy, ensuring that athletes receive the highest standards of care and support in their pursuit of excellence.



Dr Siobhan O'Connor – Hon Fellow - From the Field to the Clinic: Embedding Injury Surveillance into your Practice



Dr Siobhán O Connor MSc, PhD CAT is an Associate Professor in the School of Health and Human Performance, Dublin City University. She lectures on the BSc. Athletic Therapy and Training and BSc Sports Science and Health programmes and is Programme Chair of the Graduate Certificate in Women's Health. She also coordinates three micro-credentials focusing on active females' health and wellbeing. Siobhán is a Certified Athletic Therapist (CAT) and member of Athletic Rehabilitation Therapy Ireland (ARTI), the governing body for Irish Certified Athletic Therapists.

She was the Vice President of ARTI from its conception in 2009 until 2017 and served as the Vice President of the World Federation of Athletic Training and Therapy from 2018 to 2023. She is co-director of the Centre for Injury Prevention and Performance and her research is in the field of injury surveillance, prevention, concussion and mental health in high stress occupations. She has a particular interest in women's health across the lifespan. She currently supervises 3 PhD students, 6 professional doctorate students and has 4 postdoctoral researchers and 1 research assistant under her supervision. Dr O'Connor has published >100 peer-reviewed research papers, with over 70 papers as a senior author.

Dr SarahJane Cullen – ISESA - PhD MSc BSc



SarahJane is an Associate Professor in Sport & Exercise Physiology in the School of Health & Human Performance in Dublin City University (DCU). She is a Performance Physiologist with Sport Ireland Institute, having worked with athletes in preparation for Tokyo and more recently Paris Olympic and Paralympic Games. She coordinates the jockey research programme in conjunction with The Irish Horseracing Regulatory Board.

SarahJane is Vice Chair of the Irish Sport and Exercise Sciences Association (ISESA). She is an ISAK-accredited anthropometric instructor (Level 3). SarahJane's research interests include: 1) Physiological and psychological impacts of making weight in weight category sports, 2) Female athlete health and performance 3) Body composition assessment in athletes. SarahJane was Tournament Nutritionist for the Women's Rugby World Cup in 2017. She was also part of Team Ireland's sport science team at the holding camp for Team Ireland at the Olympic Games in Rio 2016 and London 2012.

Lynn Allen – ARTI



Ms Lynn Allen is the Programme Co-ordinator, Lecturer and Placement Co-ordinator on BSc in Athletic & Rehabilitation Therapy. Lynn has a BSc in Sport Rehabilitation and Athletic Therapy a Masters in Exercise Physiology from Trinity College Dublin. Lynn is currently undertaking her Professional Doctorate in Elite Performance (Sports) in Dublin City University, examining metacognition in Athletic Therapy education. Lynn has completed her Level 9 Postgraduate diploma in Teaching and Learning.



Lynn is a Certified Athletic Therapist and President of Athletic and Rehabilitation Therapy Ireland (ARTI) since September 2022, having previously sat on the board and acted as Vice Secretary and Ethics Chair from 2018. Lynn is also Vice Chair of the Education and research committee of the World Federation of Athletic Training and Therapy. Lynn’s research interests include athletic therapy education, metacognition, clinical reasoning skills, reflective practice and psychology of sport injuries.

Sarah-Jane McDonnell – ISCP



Graduated from Trinity College Dublin with a BSc Hons in Physiotherapy in 1998. Subsequently practiced physiotherapy in Ireland, New Zealand and Australia before completing a Masters in Sports Physiotherapy from the University of Queensland, Australia in 2004. She completed a Masters in Exercise Science in Strength and Conditioning in 2011. In 2019 completed a Postgraduate Certificate in Leadership for Not for Profit Organisations.

Currently Head of Rehabilitation in Sport Ireland Institute. Over 15 years experience working in Olympic sport predominately in rowing and swimming. Has an extensive background in leading cross discipline teams in rowing, swimming and badminton.

Research interests in REDs and Low Back Pain in rowing. Was a member of Team Ireland at the 2008 Beijing Olympics, the 2012 London Olympic and Paralympic Games and Rio 2016 Olympics. In 2018 also provided games support at Peongchang Winter Olympics. Performance Support Lead, Physiotherapy for the Tokyo and Paris Olympic Games, Team Ireland.

Dr Frank O’Leary - The Purposed Framework for Creating a Multidisciplinary Public Sports & Exercise Medicine Service

MB BCh BAO FFSEM MFSEM(UK) MICGP MSc(Sports & Exercise Medicine), Dip MSK Injury & Management, MSc(Clinical Education), DCH, DPD, DRCOG, PGCert (MSK US)



Dr Frank O’ Leary is a Consultant in Sports & Exercise Medicine working at the UPMC Sports Surgery Clinic in Dublin. He recently completed the London higher speciality training programme in Sport & Exercise Medicine. Dr O’Leary graduated in medicine from University College Dublin in 2007. He subsequently completed the Trinity College Dublin General Practice training programme in 2012.

He then practiced as a GP with a special interest in Sports & Exercise Medicine while obtaining roles as Medical Officer with the Sport Ireland Institute and assistant programme director for the TCD/HSE Specialist training scheme in General Practice. In 2019 Dr O’ Leary moved to the UK where he initially worked in Rehabilitation Medicine before obtaining a place on the London Sports & Exercise Medicine Training programme in 2021. During his training Dr O’Leary qualified in diagnostic musculoskeletal ultrasound with post graduate qualifications from the University of East London and AECC University in Bournemouth.



Dr O’Leary has extensive experience in elite and international sport as a team physician in rugby, athletics and football. He has previously worked as team doctor to the Ireland Women’s rugby team from 2017 to 2019, team doctor to London Irish RFC in 2022. He has acted as Chief Medical Officer to Team Ireland

at the European Youth Olympic Festival in Azerbaijan in 2019 and was a member of the Team Ireland medical support for the Tokyo 2020 Olympics. He acted as team doctor to Tottenham Hotspur FC youth teams last season.

Frank has a keen interest in medical education and has undertaken an MSc in clinical education. His research interests include concussion in contact sports and illness prevention in elite athletes.

Dr Wilby Williamson - Potential funding strategies for public sports and exercise medicine using International Comparisons



Wilby is a physician scientist with clinical and academic appointments. Wilby is an assistant professor in the Department of Physiology, School of Medicine and Senior Atlantic Fellow of the Global Brain Health Institute, Trinity College Dublin. He is a Fellow of the Faculty of Sports and Exercise Medicine, RCSI and on the IMC Higher Specialist Register as a Consultant in Sports and Exercise Medicine. Clinically, Wilby works for Voluntary Health Ireland (Vhi) where he is in a senior leadership position as

the healthcare strategy lead, leading population health modelling and working with the executive leadership team planning future healthcare approaches and clinical service design to support 1.2 million people living in Ireland.

Prior to working for Vhi Wilby worked in the NHS and HSE. In the HSE he supported the COVID response working as a consultant in the Emergency department in Beaumont and then managing a step down rehab service between Beaumont and Clontarf hospitals. In the NHS Wilby worked across the spectrum of primary care, hospital medicine and population health. He completing membership of the royal college of physicians in parallel with residency in acute critical care before completing higher specialist training in musculoskeletal medicine, team medicine and exercise medicine.

Wilby’s research spans population health to personalised precision medicine delivering in areas of primary and secondary disease prevention and rehabilitation. Common threads to the research include

developing and testing risk stratification tools which expand on ideal cardiovascular health scores and adopt applied physiological metrics including physical function and exercise measures (exercise testing, orthostatic challenge, physical testing, walking speed, grip strength). Wilby uses risk stratification tools in combination with heart health and brain health metrics which include imaging and self-reported measures to understand phenotypes at risk of early ageing and physiological decline. Intervention work includes health promotion, lifestyle medicine and physical activity interventions.

Wilby developed his experience in population health and health promotion working for the MRC Obesity and Epidemiology Unit, University of Cambridge. During this time he secured a Wellcome fellowship to deliver a national health and science communication program. He then moved to the University of



Oxford to work for the British Heart Foundation, Health promotion research group where developed expertise in systemic review and evidence assimilation to inform local and region prevention programs and clinical device design. Wilby secured a clinical academic training fellowship with the National Institute of Health Research (NIHR) to complete this work. He then moved to work in preventive cardiology and applied physiology with the Radcliffe Department of Medicine and Cardiovascular

Clinical Research Facility, securing further Wellcome Trust funding with competitive award of a Clinical Research Training Fellowship to understand young adult cardiovascular risk phenotypes and response to exercise. Wilby developed expertise in cardiac and brain MRI analysis completing graduate training at FMRIB and the Wellcome Centre for Integrative Neuroimaging. He was awarded a DPhil in Cardiovascular Medicine from University of Oxford focusing on health brain health in young adults. He continued his research in heart-brain health working with Professor Kenny and the research team from the TILDA study.

Working as the healthcare strategy lead in VHI, Wilby has had the opportunity to apply analytic and systems based approach to identify opportunities for innovation and service development in the Irish health system. This includes the opportunity for integrated approaches to meet the musculoskeletal and injury needs of our society which will help to promote healthy life years and quality of life in parallel with life expectancy.

GUEST SPEAKER

Dr Olivia Hurley – Effects of Mental Health & Resilience on Athlete Performance



Dr. Olivia A. Hurley is the Academic Lead Lecturer in Sport and Performance Psychology at the Institute of Art, Design + Technology (IADT, Dun Laoghaire, Dublin, Ireland). Olivia holds a B.Sc. (Hons.) in Psychology, an M.Sc. and a Ph.D. from University College Dublin (UCD). Olivia is a Chartered Psychologist [Psychological Society of Ireland; PSI]. She is also a member of the PSI’s Division of Sport, Exercise and Performance Psychology, and the British Association of Sport and Exercise Sciences (BASES).

Olivia is one of the Irish Sport and Exercise Sciences Association (ISESA)’s accredited professional sport psychology consultants. In that applied role, Olivia works with top athletes and performers to help them enhance their performances, while also prioritising their well-being. Olivia has had a number of academic peer-reviewed papers and book chapters published, as well as speaking at national and international conferences and on various media outlets. The 2nd edition of her textbook - ‘*Sport Cyberpsychology*’ - was published in May 2024 (Routledge; the 1st edition was published in 2018). Her eBook, ‘*Brave Action:*

Sport Psychology for Life’ was published in February 2021 (see DrOliviaHurley.com for a free copy of this resource, along with accompanying athlete-videos). A former international junior sprinter, Olivia is passionate about all things sport, psychology, performance, and technology-related (see: [@DrOliviaHurley](https://twitter.com/DrOliviaHurley)).



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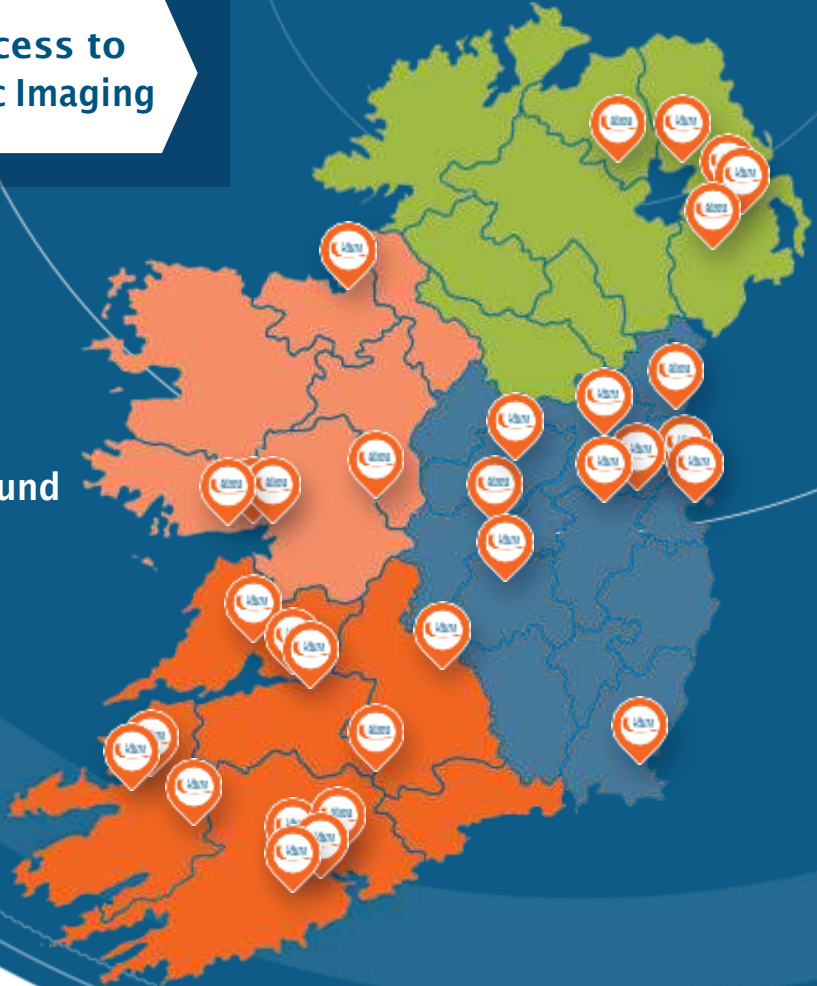
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