

Booking Form

I wish to register on the forthcoming 1st Biennial Symposium of Exercise Induced Leg Pain and enclose payment for the sum of:

- £352.50: Two days education, accommodation & dinner
 £150.00: Two days education
 £75.00: One day of education - Day 1/Day 2 (please circle)
 £60.00: Dinner _____
(please state name if for additional guest)

Title: Prof/Dr/Mr/Mrs/Ms/Miss
Name, Surname

Position, Department

Name of Hospital

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*Switch only

1st Biennial Symposium of Exercise Induced Leg Pain

Call For Papers:

Any interested party who wishes to present a paper is invited to submit a 200 word Abstract which should include a Title, Introduction, Methodology, Results, Conclusion, Discussion and Key words.

Please also enclose a short biography. Email the paper to Dr N Padhiar at nat.padhiar@thpct.nhs.uk (Font size 11, Arial, double spacing)

Accommodation:

Accommodation is at Beaumont House, Burfield Road, Old Windsor, Berkshire, SL4 2JP

Registration Details:

The full registration fee of £352.50 Inc. VAT includes:
Delegate Pack
Two Days Education
Certificate of Attendance
One Nights Accommodation
Refreshments and Lunches
Black Tie Course Dinner

Social Programme:

Course Dinner with Band
Dress Code: Black Tie
Partners Welcome (Additional Fee)
After Dinner Speaker: TBC

Contact Details:

For more information or to register by phone please contact Aynsley Pix or Rachel Kent

Tel: 0114 225 9034/5
Fax: 0114 225 9119

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1st Biennial Symposium of Exercise Induced Leg Pain

Shin Splints - A Dinosaur Term?

Thursday 24th – Friday 25th
April 2008

Beaumont House, Windsor

Organising Convenors:

Mr Alan Gibson,
Orthopaedic Surgeon
Avon Orthopaedic Centre

Dr Nat Padhiar,
Consultant Podiatrist & Honorary
Senior Lecturer
The Royal London Hospital



 **Barts and The London**
Queen Mary's School of Medicine and Dentistry

 **Queen Mary**
University of London

Centre for Sports & Exercise Medicine

1st Biennial Symposium of Exercise Induced Leg Pain

Introduction:

The main objective is to hold this symposium every two years to create a multidisciplinary interest group, with secondary objectives being to update, exchange and research ways to improve care and understanding of various aspects of Exercise Induced Leg Pain.

Our programme is designed to get away from the term 'shin splints' and discuss the various causes of exercise leg pain. In addition it will emphasise the importance of a multi-disciplinary approach to diagnoses and management.



Confirmed Faculty:

Mr Mike Allen - UK
Dr Otto Chan - UK
Dr David Elias - UK
Dr Alan Hargens - USA
Mr Alan Gibson - UK
Mr John King - UK
Mr Constantinos Kyriakidis - UK
Dr David Perry - UK
Dr Nat Padhiar - UK

Other speakers to be confirmed

Topics to include:

Chronic Compartment Syndrome
Medial Tibial Stress Syndrome
Stress Fracture
Neurological Pain
Other Less Common Diagnoses
Post Traumatic Muscle Dysfunction

Please note this list is subject to change

1st Biennial Symposium of Exercise Induced Leg Pain

Day One

Session 1 EILP & CCS	Mr M Allen
09.00 Registration & Refreshments	
09:50 Welcome & Introduction	Mr A Gibson
10.00 History of Shin Splints	Mr J King
10.30 EILP	Dr N Padhiar
11.00 Refreshments & Commercial Exhibition	
11.30 External Pressure Modulates Microvascular Flow in Skeletal Muscles	Dr A Hargens
11:50 Pathophysiology & Diagnosis of Chronic Compartment Syndrome	Dr A Hargens
12:20 Investigating CCS – DICP & NIRS	Mr M Barnes
12:40 Investigating CCS – Radiological	Dr D Elias
13:00 Management of CCS	Mr J King
13:20 Lunch & Commercial Exhibition	
Session 2 MTSS	Mr J King
14:20 Medial Tibial Stress Syndrome	Mr M Allen
14:50 Pathomechanics of MTSS	TBC
15:20 Investigating MTSS	Dr O Chan
15:40 Refreshments & Commercial Exhibition	
16:10 Management of MTSS – Non Surgical	Mr J Palmer
16:30 Management of MTSS – Surgical	Mr M Allen
16:50 MTSS & CCS	All
19:00 Champagne Reception & Conference Dinner	

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Day Two

Session 3 Leg Pain with Neural, Vascular & Myopathic Aetiology	Dr D Perry
09:50 Welcome & Introduction	
	Dr N Padhiar
10:00 Neurophysiology of Leg Pain	TBC
10:20 MRI of Lower Spine	Mr C Natali
10:40 Refreshments & Commercial Exhibition	
11:10 Radicular Leg Pain	Mr C Natali
11:40 Conservative Management of Radicular Leg Pain	Mr T Salih
12:10 Differential Diagnosis of EILP	Dr D Perry
12:40 Popliteal Artery Entrapment Syndrome	Mr C Kyriakides
13:10 Lunch & Commercial Exhibition	
Session 4 Short Paper & Case History Presentations	Dr N Padhiar
14:10 Current Practice in Diagnosis & Management of CCS	Dr V Tzortziou
14:20 Popliteal Cystic Adventitial Disease Causing Leg Pain in Athlete	Dr P Sharma
14:30 Eccentric Muscle Contraction & ICP of Anterior Compartment	Ms J Tweed
14:40 Short Paper & Case Presentations	
14:50 Short Paper & Case Presentations	
15:00 Short Paper & Case Presentations	
15:10 Refreshments & Commercial Exhibition	
15:40 Open Forum for Discussion	All
16:10 Close	Mr A Gibson & Dr N Padhiar

Please note this programme is subject to change

Terms & Conditions

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Aesculap Academia Education
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1. Registration

Please complete and return the registration form, ensuring that all payment details have been completed. Payment must be received no later than 4 weeks prior to the course. If payment is not received we reserve the right to allocate your place to another interested party.

2. Cancellation

A full refund will be given for all courses cancelled no later than 4 weeks prior to the course date. After this time and up to 14 days before the course, we will offer to offset the value of the course against another Academia event, or for refunds an administration charge of 10% of the course fee will be made. For cancellations that are made between 14 and 7 days before the course we reserve the right to charge half the participation fee. The full participation fee will be payable for cancellation after this period and for non-attendance.

3. Course Content

We reserve the right to change/amend any course content and faculty at any time. However, we make every effort to ensure that all courses run as advertised.

4. Cancellation of the Course

We reserve the right to cancel/reschedule any course without liability. A full refund of course registration fees (only) will be made to participants who are unable to attend on the rescheduled date.

5. Data Protection

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