

NSWIS MEDICAL CONFERENCE PROGRAM



SATURDAY 18TH NOVEMBER

Load Monitoring in Athletes – Injury Prevention and Performance Optimization

TIME	SESSION	SPEAKER	TIME
8.00 am	ARRIVAL AND REGISTRATION: Foyer Coffee and tea available		
8.30 am	OPENING: Theatrette Welcome	Corey Cunningham	15 mins
8.45 am	SESSION 1: Theatrette		
	<ul style="list-style-type: none"> Load monitoring - applications and real world challenges. Examples from Cricket Australia 	Dean McNamara	30 mins
	<ul style="list-style-type: none"> Overload injuries in cricket – screening, management and prevention 	John Orchard	45 mins
	<ul style="list-style-type: none"> Load monitoring in gymnastics – is that possible? 	Phil Cossens	30 mins
10.30am	MORNING TEA: Foyer		
11.00am	SESSION 2: Theatrette		
	<ul style="list-style-type: none"> Understanding stiffness: Its implication for performance and injury in athletes 	Emma Millett & Rob Mullard	60 mins
	<ul style="list-style-type: none"> Beyond injury rehab – optimising an athletes return to sport 	Steve Adams	30 mins
	<ul style="list-style-type: none"> Blood flow restriction for athletes with and without injury 	David Young	30 mins
1.00 pm	LUNCH: Foyer		
	<ul style="list-style-type: none"> Opportunity for networking 		