



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS

2024 SMA & ACSEP CONFERENCE

16-19 October 2024 | Melbourne Cricket Ground

CONFERENCE PROGRAM

#SMAACSEP2024



WELCOME TO THE 2024 SMA & ACSEP CONFERENCE

In October 2024, SMA and the ACSEP are co-convening a four-day Conference at the iconic MCG, dedicated to excellence in sports and exercise medicine, sports science and physical activity.

With an expected attendance of over 700 delegates representing the multidisciplinary field of sports medicine, it's an event that promises to expand your knowledge and your networks.

Global and local speakers at the forefront of their profession will share their expertise and take on cutting edge science.

Symposia and workshops will deliver theoretical and hands-on learning to enrich your understanding of, and approach to sports medicine research and practice.

Early and senior career researchers will give insights on the important progress they've made in the areas of clinical sports medicine, sports and exercise science, sports injury prevention, and physical activity and health promotion.

There are opportunities to extend your skills and knowledge with several pre-conference workshops offered by ACSEP. These include the MSK Ultrasound Workshop, which provides hands-on experience in diagnostic imaging and interventional techniques; a masterclass in sacroiliac joint mechanical injury by A/Prof Jeni Saunders; and the MOST (Management of Sports Trauma) course, which covers the core skills needed to manage traumatic sporting injuries on and off the field.

But it's not all about work. The intense scientific program will be neatly wrapped up in an immersive social program, giving you the space to catch up with peers, make new acquaintances and expand your referral network along the way.

We'll induct new Fellows, award achievements, entertain, delight and celebrate what it means to be part of a diverse, passionate and committed community of sports medicine professionals.

We look forward to seeing you there.

Warm regards,

2024 SMA & ACSEP Conference Management

conference@sma.org.au

conference@acsep.org.au

REGISTRATION

SMA

SMA is offering registration packages to suit your learning needs, availability and budget.

SMA Members and Associates receive exclusive pricing options for the Conference. Non-members can join the SMA Member community and save on Conference pricing. Additional tickets to our Welcome Cocktail Party and Gala Dinner are also available for purchase, for friends, colleagues and family of all Conference delegates, and SMA members and contacts who are not attending the Conference.

SMA Conference delegates can take advantage of reduced-rate hotel rooms in and around the MCG, thanks to our official accommodation partner, Conference National. There's only a limited number available, so we recommend you book your accommodation early.

[REGISTER](#)

[ACCOMMODATION](#)

ACSEP

ACSEP provide a wealth of opportunities for Members, Fellows, Registrars, Non-Members, and SEM Academy subscribers by offering a world-class scientific conference program.

Don't miss our Pre-Conference Courses:

- MOST (Management of Sports Trauma) Course
- MSK Ultrasound Workshops
- Treating Back Pain Workshops with Dr. Jeni Saunders

Your ACSEP Registration includes access to the SMA x ACSEP Conference Welcome Reception, the ACSEP Gala Dinner, and access to the trade exhibition.

Enjoy special hotel rates at The Pullman and Mantra Jolimont -rooms are limited, so book early.

Don't miss this chance to connect with peers and leading physicians.

[REGISTER](#)

[MOST COURSE &
MSK WORKSHOP](#)

[JENI SAUNDERS
WORKSHOPS](#)

PROGRAM

WEDNESDAY 16 OCTOBER

- **SMA Board Meeting:** 0900 - 1500, Jim Stynes B room
- **ACSEP MOST Course:** 0900 - 1645, Keith Miller room
- **ACSEP Board Meeting:** 1000 - 1600, Lindsay Hasset room

ACSEP sessions
 SMA sessions
 Combined sessions

Time	Olympic A & B	Jack Ryder A	Jack Ryder B	Jim Stynes A
0900 - 1645				ACSEP Registrars Conference
1200 - 1330		Judges Showcase - Clinical Sports Medicine	Judges Showcase - Sports and Exercise Science	
1330 - 1400	<i>Transition</i>			
1400 - 1530		Judges Showcase - Sports Injury Prevention	Judges Showcase - Physical Activity and Health Promotion	
1530 - 1540	<i>Transition</i>			
1540 - 1630	Welcome to Country - Yarra Park, outside Gate 3			
1630 - 1645	<i>Transition</i>			
1645 - 1655	Conference Opening			
1655 - 1830	Vince Higgins Lecture: Dr Dinesh Palipana OAM - Progress favours the bold			
	Refshaug Lecture: A/Prof Clare Minahan - Why the advancement of athletic performance in women is essential to understanding human potential			
1830 - 2030	Welcome Cocktail Party - Australian Sports Museum			

*Program subject to change

PROGRAM

THURSDAY 17 OCTOBER

- ACSEP sessions
- SMA sessions
- Combined sessions

Time	Olympic A	Olympic B	Yarra Park	Jim Stynes A	Jim Stynes B
0800 - 0900			Workshop: Dr Steven Duhig - Simplifying complexity: New directions in rotator cuff assessment for overhead athletes	Workshop: SEPA Running shoes	
0900 - 0930	ACSEP Welcome to the Conference	President, CEO & Convenors			
0930 - 1030	Keynote Session: Dr Andrew Massey - Football: Enjoyment, competition, health				
1030 - 1100	<i>Morning Tea</i>				
1100 - 1230	Symposium: Dr Marc-Olivier Dube - Rethinking the way we manage acute knee injuries: ACL healing, meniscal tear rehabilitation and a new Australian knee injury registry	SMA Free Papers: Biomechanics & motor control	Olympic and Paralympic Stream: Dr Carolyn Broderick, Dr Steve Reid, Siobhan Crawley - The multidisciplinary approach	Female Health Abstracts - Registrar	SMA Free Papers: Physical activity and health promotion
1230 - 1330	<i>Lunch</i>				
1330 - 1430	Keynote Session: Prof Lauren Ball - The art and science of community health: Lessons from a living laboratory	Symposium: Manna McLeod - The role of the nurse in the high performance sport environment	Biologics Panel: Dr Jane Fitzpatrick, Dr Prof Karim Khan, Dr David Humphries, Dr Hussain Khan - The good, the bad, the ugly	SMA Free Papers: Elite athlete health and injury	Knee Abstracts - Registrar
1430 - 1500	<i>Afternoon Tea</i>				
1500 - 1630	Symposium: BioSpine	Symposium: Rosie Purdue - Beyond maternity: Navigating the return to sport for female athletes	Anti-Doping Updates: Dr Sue White, Dr Adam Deacon, Dr Kira James	Symposium: Paula Peralta - Paralympic athletes. Paris, a practical approach	ACSEP Free Papers - Medical
1630 - 1650	<i>Transition</i>		5 Slides, 5 Minutes - Interesting clinical SEM cases (1640 - 1730)		
1650 - 1750	Keynote Session: A/Prof Prue Cormie - Exercise medicine for cancer	Invited Session: A/Prof Joanne Kemp - Exercise for hip pain in young adults: where are we now SMA Free Papers: Hip morphology and pain		SMA Free Papers: Clinical shoulder	Workshop: Dr Sarah Yong - Hand and wrist injuries in sport: The challenges and a brief survey of common injuries across a sporting spectrum
1800 - 1900	SMA AGM - Olympic A				
1800 - 1930	Women in SEM Conference - Jolimont Foyer, Pullman on the Park Hotel (<i>Offsite</i>) - Included with ACSEP Conference registration. SMA Members register here				
1900 - 2200	ASMF Fellows Dinner (<i>by invite only</i>) - Committee Room by Grossi, MCG				

PROGRAM

FRIDAY 18 OCTOBER

ACSEP sessions
 SMA sessions
 Combined sessions

Time	Olympic A	Olympic B	Yarra Park	Jim Stynes A	Jim Stynes B
0800 - 0900	Workshop: Melissa Haberfield - The role of health and exercise professionals implementing injury prevention programs in community sport	Workshop - Compartment testing	Workshop: College updates + Q&A	Workshop: Prof George Murrell - Shoulders 101	Workshop: Kieren Morgan - Rehabilitation strategies after Lisfranc injury with tightrope fixation: Balancing return to play and return to performance
0900 - 0930	<i>Transition</i>				
0930 - 1030	Keynote Session: Prof Martin Hägglund - Targeting a holistic approach to prevention of injury and health problems in youth sports		Elite Sport Challenging Situations Panel: Dr Sue White, Dr Sharon Flahive, Dr Andrew Massey, Dr Paul Blackman, Dr Michael Makdissi	SMA Free Papers: Assessment and monitoring for performance and health	SMA Free Papers: Hip FAI and dysplasia
1030 - 1100	<i>Morning Tea</i>				
1100 - 1230	Symposium: Melissa Haberfield - Promoting women runner's health and running participation: The TRAIL-W project	Symposium: Dr Sarah Warby - Treatment algorithms for shoulder instability: Operative vs. non-operative management	Paediatric Sports Medicine: Dr Damien McKay, Dr Carolyn Broderick, Dr Loretta O'Sullivan-Pippia	Invited Session: Dr Ruth Chimenti - Achilles tendinopathy: Key indicators of recovery or decline SMA Free Papers: Tendons	SMA & ACSEP Free Papers: Cardiovascular and thermoregulation
1230 - 1330	<i>Lunch</i>				
1330 - 1430	Keynote Session: A/Prof Brent Edwards - Using materials science to inform athletic training load and injury risk		Symposium: Dr Jessica Orchard & Prof Tim Meyer - Current debates around screening athletes for cardiac disease	Invited Session: A/Prof Clare Minahan SMA Free Papers: Sports science	SMA Free Papers: Musculoskeletal surgery
1430 - 1500	<i>Afternoon Tea</i>				
1500 - 1630	Symposium: Dr Andrea Mosler - Keeping football players on the pitch	SMA Free Papers: Women's health	Symposium: Dr Richard Saw - Pressure injuries and skin health in para sport	SMA & ACSEP Free Papers: Back pain and bone stress	SMA & ACSEP Free Papers: Concussion
1630 - 1650	<i>Transition</i>				
1650 - 1750	Symposium: Dr Joshua Heerey - Management of hip-related pain in active adults: Current evidence and clinical considerations	Invited Session: A/Prof Brent Edwards (25 minutes + Q&A)			
1730 - 1800				SEPA AGM	
1800 - 1930	Scientific Poster Session - Harrison Room				

PROGRAM

SATURDAY 19 OCTOBER

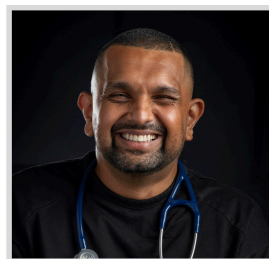
ACSEP sessions
 SMA sessions
 Combined sessions

Time	Olympic A	Olympic B	Yarra Park	Jim Stynes A	Jim Stynes B
0800 - 0900	Workshop: A/Prof Kerry Peek - Is nurture more important than nature? Spotting at risk head injury situations in men's and women's football (soccer)	Workshop: Dr Sarah Warby - Dynamic ultrasound assessment and conservative rehabilitation of posterior/inferior shoulder instability	Workshop: Cultural competency Panel of First Nations Athletes (TBC)	Workshop: A/Prof Deirdre McGhee - Assessment and treatment of breast injuries in contact sports: A workshop for doctors, physiotherapists, and sports trainers	Workshop: Dr Martin Lindley - Unlocking the secrets of breath: Exhaled volatile organic compounds and exercise metabolism beyond VO2 max
0900 - 0930	<i>Transition</i>				
0930 - 1030	Keynote Session: Dr Ruth Chimenti - From pain to performance: Integrating multimodal treatments for tendinopathy	ACSEP Free Papers: Biologics, Bone and OA		SMA Free Papers: Female performance and health	Workshop: Michael Huckstep - General MSK radiography: Strengthening clinical communication between referrers and x-ray – a radiographer's perspective
1030 - 1100	<i>Morning Tea</i>				
1100 - 1230	Symposium: Dr Larissa Trease - Athletic Low Back Pain (LBP): what we know and what do we need to know to optimise the recovery of athletes with LBP?	SMA Free Papers: ACL	Medical Issues in Sports Medicine: Dr Ilana Gory, Dr Babara Paldus, Dr Andrew Tietchal	Invited Session: Prof Martin Hägglund - 20+ years of injury surveillance in top-level football: what have we learned? SMA Free Papers: Sports injury prevention	Symposium: A/Prof Mandy Plumb - How do you provide sport science and sport medicine services to young female athletes who are living in regional, rural, and remote communities?
1230 - 1330	<i>Lunch</i>				
1330 - 1440	SMA Free Papers: Knees	SMA Free Papers: Hip structure and function	The Female Athlete: Dr Rachel Harris, Dr Kay Crossley, Dr Brooke Patterson, Dr Pip Inge	SMA Free Papers: Neuroplasticity and injury	ACSEP Medical Abstracts - Registrar
1440 - 1500	<i>Transition</i>				
1500 - 1630	Best of the Best Awards - Olympic A		<i>Conclusion of ACSEP Conference</i>		
1900 - 2300	ACSEP Conference Dinner - Melbourne Museum (<i>Offsite</i>)				
1900 - late	SMA Gala Dinner - Members Dining Room				

KEYNOTE SPEAKERS



A/Prof Clare Minahan
2024 Refshauge Lecture
Applied Sports Scientist,
Griffith University



Dr Dinesh Palipana OAM
2024 Vince Higgins Lecture
Emergency Physician,
Gold Coast University Hospital



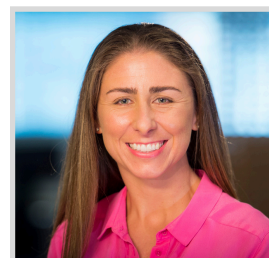
A/Prof Brent Edwards
Exercise Scientist,
University of Calgary



Prof Lauren Ball
Dietitian and Exercise Physiologist,
The University of Queensland



Dr Andrew Massey
Medical Director,
FIFA



A/Prof Prue Cormie
Exercise Physiologist
Peter MacCallum Cancer Centre



Prof Martin Hägglund
Physiotherapist,
Linköping University



Dr Ruth Chimenti, DPT, PhD
Assistant Professor, Department of
Physical Therapy & Rehabilitation
Science, University of Iowa

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*As at 7 August 2024