

SPEAKER PROFILES

Dr Jeremy Lewis PhD FCSP

Consultant Physiotherapist, Professor of Musculoskeletal Research, Sonographer

www.LondonShoulderClinic.com

Dr Jeremy Lewis is a New Zealand born, Australian trained physiotherapist. He works in the NHS as well as working privately in central London. He has been awarded a Fellowship of the Chartered Society of Physiotherapy. He has been acknowledged as one of the 5 most eminent clinicians in his profession (UK DoH [Department of Health] National AHP Clinical Expert Database).

He assesses and treats patients with complex shoulder problems. Jeremy has also trained as a sonographer and performs ultrasound guided shoulder injections, (including intra-articular hydro-distension procedures for Stage III frozen shoulder) as part of the rehabilitation process if required and appropriate. He has also completed an MSc (Musculoskeletal Physiotherapy), and Postgraduate Diplomas in Sports Physiotherapy, and in Biomechanics, as well as MSc modules in injection therapy for soft tissues and joints. He also has a Postgraduate Certificate in Diagnostic Imaging (Ultrasound) (University of Leeds, UK). Since 1992, Jeremy has taught over 300 shoulder workshops internationally in the USA, Canada, Australia, New Zealand, the Cayman Islands, Brazil, Chile, Argentina, The Azores, Norway, Denmark, Switzerland, the Middle East, Ireland, South Africa, India, extensively throughout Europe and throughout the UK. He has also

lectured on the shoulder at many international conferences. His main areas of research interest are rotator cuff tendinopathy, frozen shoulder contracture syndrome, shoulder pain syndromes and lateral epicondylitis. In addition to his own research he supervises PhD and MSc students. Jeremy is an associate editor for the journals: Shoulder & Elbow and, Physiotherapy. He was a co-editor and author for Grieve's Modern Musculoskeletal Physiotherapy (4th ed).

Jo Gibson MCSP MSc (Adv. Practice)

Jo Gibson is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Partner in private practice. She has worked as a Shoulder Specialist since 1995 and lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex. She provides a consultancy service to several elite sports teams regarding shoulder rehabilitation. Jo is also an Associate Lecturer at Liverpool University and has developed Masters modules for the diagnosis and treatment of upper limb pathology. Jo has published in peer-reviewed journals and has written several book chapters. She is a member of the British Elbow & Shoulder Society Research Committee, Co-Editor of the Educational section of the British Shoulder & Elbow Journal and Chair of the EUSSEER Education Committee.

Ben Ashworth MSc BSc (Hons) ASCC

First Team Physiotherapist - Arsenal FC

Ben is a highly experienced musculoskeletal physiotherapist. He worked in Premiership rugby with London Wasps before taking up a role at the Olympic Medical Institute for the British Olympic Association. Ben currently works as First Team physiotherapist at Arsenal FC having previously been the Lead Physiotherapist in London for the English Institute of Sport, working with Olympic medalists from Rowing and the Lead Physiotherapist for British Judo at the 2012 London Olympic Games. Ben's exposure to elite level rugby and Olympic Judo has fuelled his specific interest in the sporting shoulder.

Ben is currently completing his second masters in strength & conditioning at St Mary's University.

Dr Ian Horsley PhD MSc MCSP CSCS

NW Regional Physiotherapy Lead - English Institute of Sport

Ian has been a physiotherapist for over twenty years. In that time he has spent a considerable amount of time working with sportsmen and women. He worked as a physiotherapist for England Rugby Union, for 14 years, in with various teams, and spent the last 6 years working with the Elite Playing squad, as physiotherapist to England 'A'. Currently Ian is Lead Physiotherapist in the North West for the English Institute of Sport, and Technical Lead for the North directorate, as well as being clinical director of Back In Action Rehabilitation, in Wakefield, West Yorkshire. He has just been awarded a PhD in which he conducted research examining musculoskeletal causes of

shoulder injuries within professional rugby, and is currently reviewing the role of physiotherapy within the management of musculoskeletal injury. He has published several articles in peer reviewed journals on the subject of musculoskeletal injury management, and was a member of the HQ physiotherapy team at the 2012 London Olympics and 2010 Commonwealth Games. In his spare time, Ian spends most of his time ferrying his children around to their various social and sporting engagements, and desperately trying to get some time with his wife!

Alex Wolf

MSc PG Dip BSc (Hons) ASCC

English Institute of Sport Head of Strength and Conditioning, GB Rowing

Alex Wolf is currently the Head of Strength and Conditioning for the English Institute of Sport and the lead Strength and Conditioning Coach for the GB Rowing programme. Alex has been with GB Rowing for five years and was an integral member of the support team that helped GB Rowing to nine medal winning boats, at the London 2012 Olympics. Alex completed his MSc at the University of Chichester in Sports Biomechanics in 2004 where his research was focused on the effect of fatigue of overhead throwing kinematics. Alex is a qualified athletics coach and has spent a number of years coaching javelin throwers including Paralympic seated throwers.

UK SHOULDER SPECIALISTS 2015

Evidence Based Management of the Shoulder

MANCHESTER
FRIDAY 10TH JULY
11.45 to 17.45

University of Manchester
Renold Building
Altrincham Street
Manchester M1 7JA

Just 250yds from
Manchester Picadilly
train station

University of Manchester
Renold Building

TRAVELLING BY CAR –

TRAVELLING BY TRAIN –

TRAVELLING BY BUS –

TRAVELLING BY PLANE –



Health Education Seminars

www.heseminars.com



Event Programme

A 1 day Shoulder master class bringing together a number of the UK's most highly respected clinicians and rehabilitation specialists. Starting at 11.45 and finishing at 17.45, the seminar will consist of key note lectures on evidence based management of The Shoulder, all attending will be able to apply to their clinical practice on Monday morning.

Diagnostic Ultrasound "Live" - The Ultrasound Anatomy of the Shoulder

Dr Jeremy Lewis PhD FCSP
Consultant Physiotherapist,
Professor of Musculoskeletal
Research, Sonographer

Kinetic Chain Rehabilitation: Movement Matters

Jo Gibson MCSP MSc
(Adv. Practice)

What the Shoulder Research doesn't tell you.....

Mr Ben Ashworth
MSc BSc (Hons) ASCC
1st Team Physio -
Arsenal Football Club

**Biographies on back page*

Rehabilitation of Proprioception in the Shoulder

Dr Ian Horsley
PhD MSc MCSP CSCS
Regional Physiotherapy Lead -
English Institute of Sport

Stronger Shoulder for improved performance?

Not all athletes are the same.

Mr Alex Wolf
MSc PG Dip BSc (Hons) ASCC
Head of Strength & Conditioning -
English Institute of Sport

Bloodletting for pneumonia, bed rest for back pain.....

Is Subacromial decompression another medical illusion? The case for rotator cuff rehabilitation

Dr Jeremy Lewis PhD, FCSP

UK Shoulder Specialists 2015 Booking Form

Please print clearly your name and contact details as these will be used on the delegate certificates. Payment must be received in full before attending the conference.

Confirmation of a delegate place will only be on receipt of full payment. Confirmation of your booking will be sent by email with a map, travel details and further information about the conference.

Title	First name	Surname
Profession		
I work in: <input type="checkbox"/> NHS <input type="checkbox"/> Private Practice <input type="checkbox"/> Military <input type="checkbox"/> Sport <input type="checkbox"/> Education <input type="checkbox"/> Other		
Address		
Post Code		Country
Email		
Tel No (Day)		(Evening)
Where did you hear about the seminar?		
<input type="checkbox"/> Special dietary or other requirements (Details)		

EARLY BIRD DEADLINE – April 10th 2015

EARLY BIRD FEE (bookings before April 10th 2015) £120 (£100 +vat)
(Includes all refreshments, afternoon tea, lecture notes, & CPD certificate - 6 hours)

STANDARD FEE (bookings after April 10th 2015) £150 (£125 +vat)
(Includes all refreshments, afternoon tea, lecture notes, & CPD certificate - 6 hours)

STUDENT FEE (bookings before April 10th 2015) £99 (£82.50 +vat)
(Limited places available and will be allocated on a 'first come first served' basis Proof of student status required at time of booking)

Total Fees: £

CANCELLATION POLICY

All cancellations must be made in writing to Health Education Seminars at the address below. Substitute delegates are welcome at any stage. Cancellations made before April 10th 2015 will receive a full refund less a £40 cancellation fee. We regret that no refund is available if cancellation received after April 10th 2015, for whatever reason.

Please send your completed Booking Form together with appropriate delegate fees (by cheque, payable to Health Education Seminars) to:

Health Education Seminars
42 Richmond Road, Poole, Dorset BH14 0BU
Tel/Fax 01202 568898 email: info@heseminars.com

Please tick if you do not wish to receive post-conference offers from conference companies

EVENT DETAILS MANCHESTER - FRIDAY 10TH JULY 11.45 to 17.45
University of Manchester, Renold Building, Altrincham Street, Manchester M1 7JA
- Just 250yds from Manchester Picadilly train station

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