



Andrew Franklyn-Miller (Sports Surgery Clinic)

Main Talk: Athletic Groin Pain a Biomechanical Approach

Athletic Groin Pain is a common condition in field sports. It is characterised by a progressive painful groin limiting performance and training and traditional a surgical approach has been offered despite evidence to suggest rehabilitation is superior. Confusion remains in eponymous names in diagnosis and focus on identifying the grouping of painful anatomical areas as entities. New research proposes addressing the multiple painful structures as a biomechanical overload allowing the use of whole body rehabilitation to improve return to play outcomes. 3D biomechanics may allow the identification of specific movement deficits and direct specific individualised targets for rehabilitation improving outcomes and influencing athletic performance without surgery. Dr Franklyn-Miller will explore evidence in a large cohort trial at the clinical examination, biomechanical examination and rehabilitation using a segmental coordination approach.

Workshop: Return to Play Testing: VU powered by Pivot

Few validated measures of return to play following lower limb injury exist. The literature uses many different forms of agility test to challenge multi directional movement but these are not traditionally used post rehabilitation as a tool, making return to play a medico-legally challenging area. The use of measures such as rate of force production, agility, change of direction speed and symmetry are all important but not widely applied in the field of rehabilitation. This workshop will explore the background and validity of a new field based test and the application of inertial sensor technology in the validation of such a measure as a return to play test.