

BMC Climbing Injury Symposium – One Move Too Many....?

Showroom & Workstation
15 Paternoster Row, Sheffield, S1 2BX

Saturday 13 November 2010

Conference Programme

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| 8.30 – 8.50 | Registration |
| 8.50 – 9.00 | Welcome |
| Welcome & Introduction Cinema 1 | BMC President, Rab Carrington / BMC CEO Dave Turnbull Aims & Objectives of symposium |
| 9.00 – 9.45 Cinema 1 | Overview of the medical aspects of sport climbing & injury statistics (Volker Schoffl) |
| 9.45 – 10.30 Cinema 1 | Biomechanics & Anatomy of the hand (Isabelle Schoffl) |
| 10.30 – 11.15 Cinema 1 | Finger injuries in rock climbers (Volker Schoffl) |
| 11.15 – 11.45 | Drinks break |
| 11.45 – 12.30* Cinema 1 | 'Maturation and windows of opportunity – impact on injury prevention' (Dave Binney) |
| 12.30 – 13.15 Cinema 1 | Foot & ankle trauma in climbers (Mark Davies) |
| 13.15 – 14.15 | Lunch break |
| 14.15 – 15.00 Showroom 5 | Podiatrist workshop (Gary Gibson / Robert Bradshaw Hilditch / Dave Dunning) |
| 15.00 – 15.45 Cinema 1 | Strength and conditioning for climbing (tbc) |
| 15.45 – 18.30 | Practical training in rock climbing at The Edge Climbing Centre Please bring your climbing gear with you! |
| SATURDAY NIGHT ACTIVITIES | |
| 19.30 + Showroom 5 | Evening Buffet & beers, with the bar open until midnight |
| 21.00 – 22.30 Showroom 5 | Talks & slideshow 'Rock Climbing in Laos' (Volker & Isabelle Schoffl) |

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| 9.00 – 9.45 | Nutritional considerations in rock climbing (Audry Morrison) |
| 9.45 – 10.30 | Long-term consequences of rock climbing to the hands (Volker Schoffl) |
| 10.30 – 11.00 | Drinks break |
| 11.00 – 11.45 Cinema 1 | Taping Workshop (Volker & Isabel Schoffl) |
| 11.00 – 11.45 Showroom 5 | Podiatrist workshop (Gary Gibson / Robert Bradshaw Hilditch / Dave Dunning) |
| 11.45 – 12.30 Showroom 5 | Ultrasound Workshop (speaker tbc) |
| 11.45 – 12.30 Cinema 1 | Dedicated young climbers – how their developmental needs differ from adults (Audry Morrison) |
| 12.30 – 13.30 | Lunch break |
| 13.30 – 14.30 Showroom 5 | Physiotherapist practical session (Cris Costa) |
| 13.30 – 14.30 Cinema 1 | Practical first aid at the crag (Dave Hillebrandt) |
| 14.30 – 15.15 Showroom 5 | Future aspects of sport climbing – UIAA & IFSC (Volker Schoffl) |
| 14.30 – 15.15 Cinema 1 | Poster Presentations (Chaired by Dr. Dave Hillebrandt, BMC Medical Advisor) |
| 15.15 – 15.45 | Details of Mountain Medicine course and conclusion of weekend Dave Hillebrandt |
| 15.45 – 16.55 Cinema 1 | Conclusion of symposium. Distribution of attendance certificates. Closing by BMC Rab Carrington? Dave Turnbull? |
| 16.55+ | Practical training in rock climbing at The Edge Climbing Centre |

PLEASE NOTE THAT THIS PROGRAMME IS SUBJECT TO CHANGE AND THE BMC ACCEPTS NO LIABILITY FOR ANY CHANGES MADE.