

# Prevention and Management of ACL Injuries in Sport

Sports Institute Northern Ireland (SINI) would like to invite Sports Medicine professionals to a seminar exploring ACL injury prevention and management.

The evening will include the presentation of a collaborative project between Ulster GAA and SINI: the design and implementation of a warm up aimed at reducing non-contact ACL injuries in Gaelic sport.

The resulting warm-up, the Activate GAA Warm-Up can now be seen at  
[www.activategaa.sini.co.uk](http://www.activategaa.sini.co.uk)

## **6.00pm The ACL Epidemic**

*Mr Chris Connolly, Orthopaedic Knee Consultant, Belfast Knee Clinic and Musgrave Park Hospital*

## **6.20pm My Experience of ACL Injuries**

*Louis O'Connor, Superintendent Physiotherapist, Trauma and Orthopaedics, RVH, has eighteen years' experience of working with ACL injuries in Trauma and Orthopaedics at RVH and through his work with Tyrone GAA*

## **6.40pm ACL Injury: Is Surgery Always Necessary?**

*Dr Michael Webb, Sports Physician, SINI, and Medical Director, Ulster Rugby*

## **7pm Coffee and Refreshments**

## **7.15pm ACL Injuries in the GAA, The Coach's Perspective**

*Roger Keenan, Ulster GAA Coaching Development Manager*

## **7.25pm Designing an Effective Injury Prevention Program for Your Team**

*Chris McNicholl MSc., Sports Physiotherapist, SINI, discusses the Activate GAA Warm-Up project - from inception to dissemination*

## **7.45pm Practical Demonstration of the Activate GAA Warm-Up** (Throws Area – Sports Centre)

## **8.30pm The ACL Rehabilitation Journey - Functional Milestones to Consider**

*Prof Philip Glasgow, Head of Sports Medicine, SINI*

## **8.50pm Questions**

## **9.00pm Close**

Loughview Suite (University of Ulster at Jordanstown)

26th March, 5.45pm for 6pm start

Please confirm attendance via email to [annesmyth@sini.co.uk](mailto:annesmyth@sini.co.uk)