

Programme
11th November
2025



**British Orthopaedic Sports Trauma
and Arthroscopy Association**

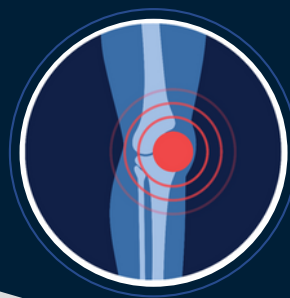
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Injuries in Football > Back in Action

ANNUAL MEETING



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Registration

	Early <i>before 22 September 2025</i>	Mid <i>before 31 October 2025</i>	Late <i>from 1 November 2025</i>
Consultant Surgeons*	£ 175	£ 195	£ 225
Trainees & Allied Health Professionals*	£ 125	£ 150	£ 175
Medical Students*	£ 55	£ 60	£ 65

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Room: Citizens Suite**08:15 REGISTRATION****08:55 WELCOME****Rhidian Thomas**
President, BOSTAA**SESSION 1: BASEM SESSION**

Return to sports after hamstring injuries

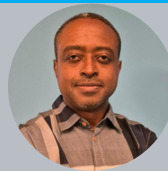
**Chairs:****Prof. Dane Vishnubala**
Sport and Exercise Medicine
Doctor - BASEM**Ricci Plastow**
Consultant Orthopaedic
Surgeon - London**Jimmy McDaniel**
S&C coach, Hull
Kingston Rovers**Huw Roberts**
Lead Physiotherapist,
PGMOL**Colin Holton**
Consultant
Orthopaedic Surgeon
Leeds**09:00 Hamstring injuries - a challenging problem****Jimmy McDaniel****09:15 Conservative management and return to play****Huw Roberts****09:30 When to operate?****Colin Holton****09:45 Discussion**

Room: Citizens Suite**SESSION 2: SPORTS INJURIES UPDATE I**

What's new in...

Chairs:**Fazal Ali**Consultant Orthopaedic
Surgeon - Chesterfield**Neil Jain**Consultant Orthopaedic
Surgeon - Wilmslow**Sue Deakin**Consultant
Orthopaedic Surgeon
West Suffolk10:00 **Knee injuries**10:15 **Foot and ankle injuries**10:30 **Discussion****TBC****Sue Deakin**10:35 **COFFEE | INDUSTRY EXHIBITION | POSTERS****SESSION 3: SPORTS INJURIES UPDATE II**

What's new in...

Chairs:**Len Funk**Consultant Orthopaedic
Surgeon - Wrightington**Shamim Umarji**Consultant Orthopaedic
Surgeon - London**Sam Gidwani**Consultant
Orthopaedic Surgeon
London**Prof. Jimmy Kauta**Consultant Orthopaedic
Surgeon
Cape Town, South Africa11:00 **Hand and wrist injuries**11:15 **Shoulder injuries**11:30 **Discussion****Sam Gidwani****Prof. Jimmy Kauta**

Room: Citizens Suite**GUEST SPEAKER: RETURN TO SPORT AFTER KNEE
REPLACEMENT SURGERY**

11:40 - 12:00

**Alisdair Santini**
BASK President**SESSION 4: ADVANCES IN SPORTS SURGERY****Chairs:****Ravi Badge**
Consultant Orthopaedic
Surgeon - Warrington**Matt Hampton**
Consultant Orthopaedic
Surgeon - Sheffield**Prof. Deiary Kader**
Consultant Orthopaedic
Surgeon SWLEOC**Jonathan Korgaonkar**
Consultant Sports & Exercise
Medicine Specialist
London12:00 **AI in Sports Medicine**12:15 **Innovations in Regenerative Medicine****Prof. Deiary Kader**
Jonathan Korgaonkar

Room: Citizens Suite

12:30 **IBSA UK Symposium**



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12:45 **LUNCH | INDUSTRY EXHIBITION | POSTERS**

14:00 **XIROS Symposium**



Room: Citizens Suite**GUEST SPEAKER: KNEE INJURY PREVENTION**

14:15 - 14:40

**Nev Davies**
Reading**Chairs:****BEST POSTER SESSION**

14:40 - 15:00

**Jimmy Murray**
ST6 South Yorkshire
Deanery**Irrum Afzal**
Researcher - Academic
Surgical Unit, SWLEOC15:00 **TEA | INDUSTRY EXHIBITION | POSTERS****PODIUM SCIENTIFIC PAPERS**

15:30 - 16:30

5 minutes presentation and 2 minutes discussion**Chairs:****Shantanu Shahane**
Consultant Orthopaedic
Surgeon - Chesterfield**Nicolas Nicolaou**
Consultant Orthopaedic
Surgeon - Sheffield

Room: Joes East**PARALLEL SESSION:**
ELITE ATHLETE RECOVERY**Chair:****Neil Jain**Consultant Orthopaedic
Surgeon - Wilmslow**Ian Horsley**Chartered Physiotherapist
Wakefield**Jeehan Lynch**Consultant MSK
Physiotherapist
Hampshire**Matt Taberner**Leader in Elite Sport
Performance**Ben Rosenblatt**Founder and Director
292 Performance Ltd**David Binningsley**Chartered
Physiotherapist15:30 **Return to Play Following Shoulder Injury:
A Synopsis and Introduction to The Bern Consensus****Ian Horsley**15:40 **Shoulder Rehabilitation Top Tips****Jeehan Lynch**15:50 **Returning to Play in Elite Sports:
Utilising the Chaos Control Continuum****Matt Taberner**16:00 **Questions**16:15 **Strength & Conditioning Tips in Elite Football Applied
to Common Practice****Ben Rosenblatt**16:25 **Hip Rehabilitation in Elite Football****David Binningsley**16:35 **Life as a Physio at a Professional Football Club TBC**16:45 **Questions****Room:** Citizens Suite16:30 **ESSKA Certification Programme - Andrew Cattell**16:40 **Awards: Best Podium Paper, Best Poster and special award for dedication to BOSTAA**16:50 **Travelling Fellowship Report - Humza Osmani**16:55 **Annual General Meeting (BOSTAA Members)**17:30 **Closing remarks**