



# TASMANIAN STATE CONFERENCE

*“Talking About Tendons”*

**Saturday 1 May 2010**  
**Old Woolstore Hotel, Hobart**

PROUDLY SUPPORTED BY:



**Welcome and Official Opening**

**PAUL CRISFORD** President SMA Tasmanian Branch

9.00am - 9.15am

**1**

## **TENDON PATHOLOGY: NEW IDEAS FOR MANAGING DIFFERENT TENDON PRESENTATIONS**

**Associate Professor Jill Cook, Academic**

Every clinical presentation of tendinopathy is different, some people present with grumbly tendon pain, others with acute pain that prevents activity. The pathological processes that underpin different clinical presentations will be discussed and interventions presented that are appropriate to different pathology stages.

Session  
9.15am -  
10.00am

**2**

## **METABOLIC PARAMETERS AND ACHILLES TENDINOPATHY: NOVEL RISK FACTORS FOR A WELL KNOWN INJURY**

**Dr James Gaida, Physiotherapist**

The findings of Jamie's PhD indicate that metabolic factors such as abnormal blood lipids and insulin resistance (pre-diabetes) contribute to Achilles tendinopathy. The clinical implications of these findings will be discussed and potential mechanisms will be explored.

Session  
10.00am -  
10.45am

**Morning Tea** 10.45am - 11.00am

**3**

## **LOAD AND TENDINOPATHY: WHAT ARE THE CRITICAL LOADS THAT OVERLOAD TENDONS?**

**Associate Professor Jill Cook, Academic**

Although we know that overload is a key factor in causing tendinopathy, the types and amount of load are not fully understood. More recently, the role of compressive loads has been identified as a key factor in clinical tendinopathy. This lecture will discuss the anatomical and clinical manifestations of different loads on tendons.

Session  
11.00am -  
11.45pm

**4**

## **BOUNCING ALONG: THE ROLE OF STIFFNESS IN RUNNING PERFORMANCE AND INJURY**

**Matt Lancaster, Physiotherapist**

Through his involvement with elite runners, Matt developed an interest in the concept of leg stiffness and its role in both running performance and injury. His presentation will introduce the spring-mass model of running; consider the contribution of tendon stiffness to global function; review the different stiffness properties of untrained, endurance and power athletes; and finally consider whether stiffness is a property we could and should try to train.

Session  
11.45pm -  
12.30pm

**Lunch** 12.30pm - 1.30pm

**5**

## **NEUROMOTOR CONTROL OF THE LOWER LIMB IN ACHILLES TENDINOPATHY: IMPLICATIONS FOR THERAPY**

**Narelle Wyndow, Podiatrist**

This session will look at recent findings regarding how altered neuromotor control in the triceps surae may be associated with abnormal strain and pathology within the Achilles tendon. The session will also cover how therapy can be targeted in an attempt to address these functional deficits.

Session  
1.30pm -  
2.15pm

**6**

## **WORKSHOP: ASSESSMENT OF LOWER LIMB TENDINOPATHY**

**Associate Professor Jill Cook, Academic**

This workshop will review the history of and key assessment strategies for lower limb tendinopathy.

Session  
2.15pm -  
3.00pm

**Closing Address** 3.00pm - 3.15pm

# REGISTRATION

## Tasmanian State Conference Talking About Tendons

Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ P/Code \_\_\_\_\_

Contact phone \_\_\_\_\_

Email \_\_\_\_\_

Profession/area of study \_\_\_\_\_ SMA Membership No \_\_\_\_\_

Payment details (all prices include GST)

Enclosed is my cheque for \$ \_\_\_\_\_ (payable to SMA - Tasmanian Branch)

PLEASE DEBIT \$ \_\_\_\_\_ FROM MY:

MasterCard  VISA

CARD NO

Card Expiry Date  /

Name (as it appears on the card) \_\_\_\_\_

Signature \_\_\_\_\_

### SMA Member Registration

- Early \$50
- Late \$80

### Non SMA Member Registration

- Early \$130
- Late \$160

### Student Registration

- Early \$60
- Late \$90

EARLY BIRD REGISTRATION UNTIL FRI 16 APRIL  
REGISTRATION CLOSING DATE WED 28 APRIL

### Dietary requirements

\_\_\_\_\_

Sports Medicine Australia occasionally uses photographs of events within publications and on its website. Please tick this box if you do not grant Sports Medicine Australia permission to use your photo or filmed image.

Please return cheque or credit card payments to:

**Sports Medicine Australia - Victoria Branch**  
Sports House, 375 Albert Road, South Melbourne 3205

Phone: 03 9674 8777 Fax: 03 9674 8799 Email: tamara@vic.sma.org.au

EFT payment to BSB 017-010, Acc. no 0017-28052, Acc. name SMA - Tasmania Branch, email confirmation to tamara@vic.sma.org.au  
ABN: 11 930 585 589

Please send/fax this form with payment. All prices include GST. A tax invoice confirming your registration will be issued upon receipt of payment. The SMA refund policy is available at vic.sma.org.au



# SPEAKER profiles

## Keynote Presenter

### Associate Professor Jill Cook

Jill Cook is an Associate Professor in Musculoskeletal Health in the School of Exercise and Nutrition Sciences, Deakin University in Australia. Jill's research areas include sports medicine and tendon injury. Since completing her PhD in 2000, she has investigated tendon pathology, treatment options and risk factors for tendon injury. Jill currently supplements her research by conducting a specialist tendon practice and by lecturing and presenting workshops both in Australia and overseas.

## Session Speakers

### Dr James Gaida

Jamie is a physiotherapist and early career researcher having recently completed a PhD under the supervision of Associate Professor Jill Cook. During his studies, Jamie spent 12-months working alongside Professor Håkan Alfredson at the Sports Medicine Unit in Umeå, Sweden. In 2008, Jamie presented his research findings from this trip and won both the Ken Maguire Award for 'Best New Investigator' and the prestigious Asics Medal for the 'Best Presentation' at the Australian Conference of Science and Medicine in Sport. Jamie has just recently returned from another Swedish trip, working alongside Professor Sture Forsgren and Associate Professor Patrik Danielson in the Department of Anatomy at Umeå University. Jamie is now writing grants for the Department of Physiotherapy at Monash University.

### Matt Lancaster

Matt grew up in Tasmania before studying physiotherapy at the University of South Australia in 1990. After graduating he spent the next few years working intermittently in Tasmania and England to support travels in Europe and Asia before settling in the United Kingdom in 2000. He began a long association with UK Athletics while managing a private practice in Manchester before joining the English Institute of Sport in 2003. He then worked exclusively for UK Athletics from 2007 until returning to Tasmania with his wife and two young boys late last year. He has attended numerous senior and junior world athletics championships and was a member of the support team for England at the 2006 Commonwealth Games and Great Britain at the Beijing Olympics. Matt is now working at ALLCARE Physiotherapy in Hobart.

### Narelle Wyndow

Narelle has been practicing as a podiatrist since 1992. Aside from undergraduate qualifications in podiatry, Narelle has a Graduate Diploma in motor control (Grad.Dip. Sc.) from the University of Queensland and is currently completing a Masters of Sports Medicine at the Centre for Health, Exercise & Sports Medicine at the University of Melbourne focusing on Achilles injuries in long distance runners.

