

BMC Climbing Injury Symposium 2018: Programme
Radisson Blu Hotel Birmingham

Saturday 10 November	
08:30 – 09:00	REGISTRATION & REFRESHMENTS
09:00 – 09:10	Welcome from BMC Deputy CEO Nick Colton Aims & objectives of symposium
09:10 – 09:40	Trends in climbing injury epidemiology (Volker Schöffl) <i>Overview of climbing injuries: acute or overuse; location on body; graded severity; new trends; “Newbie“ syndrome.</i>
09:45 – 10:30	Climbing and the Olympics: expected changes from a medical point of view (Christoph Lutter) <i>Does the injury distribution change in modern rock climbing?</i>
10:30 – 10:50	DRINKS BREAK
10:50 – 11:50	Hand imaging (Waqar Bhatti) <i>Live ultrasound demo: techniques & tips in assessing hand injuries.</i>
11:55 – 12:30	How to develop a robust recreational climber from the hip up (Uzo Ehiogu) <i>How the lower quadrant is a potent driver for change in climbing with special reference to the young adult hip</i>
12:30 – 13:30	LUNCH BREAK
13:30 – 14:00	The Pursuit of Weight Loss (Rebecca Dent) <i>Discussing the latest evidence on RED-S (Relative Energy Deficiency in Sport) and its risks to health and performance.</i>
14:05 – 14:35	Injuries and overstrain in the lower limb (Volker Schöffl) <i>Types of injuries; diagnostics & treatments; new problems arising from new-style bouldering?</i>
14:40 – 15:00	Anorexia in climbing (Isabelle Schöffl) <i>Trends, early detection, prevention</i>
15:00 – 15:20	DRINKS BREAK
15:20 – 16:00	Train HARD or SMART? (Gareth Jones) <i>How to calculate training workload to reduce injury risk and keep climbing</i>
16:00 – 16:30	Q&A with expert panel
16:30 – 19:00	Free time with option to climb at The Depot (10 minute walk away) for the special rate of £6
19:00	Evening meal in the Collage Restaurant
20:30	Andy Cave in the Lunar Suite

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Sunday 11 November	
08:45 – 09:10	ARRIVAL & DRINKS
09:10 – 09:30	Hand anatomy & biomechanics (Isabelle Schöffl) <i>The difference in the anatomy & biomechanics of the hand in young & adult climbers, and why campus boarding is not recommended for under 18s.</i>
09:30 – 10:30	Finger injuries (Volker Schöffl) <i>Types of injuries & treatments. Outcomes of rest, taping and surgery. Can previous climbing level be achieved post-surgery?</i>
10:30 – 10:50	DRINKS BREAK
10:50 – 11:20	Robust shoulders & injury prevention (Eleanor Richardson) <i>Exercises to help “future proof” shoulders & what the research tells us; the role of the kinetic chain in rehabilitation; rotator cuff capacity assessment.</i>
11:25 – 11:55	Shoulder conditions in climbers (Volker Schöffl) <i>Diagnosis of conditions requiring surgery. Can previous climbing level be achieved post-surgery?</i>
12:00 – 12:30	Kids in climbing: how do they differ? (Isabelle Schöffl) <i>Physiology of young climbers. How the German climbing teams are medically screened and monitored.</i>
12:30 – 13:30	LUNCH
13:30 – 14:15	The Psychology of Injury (Rebecca Williams) <i>The role of stress and coping in prevention, rehabilitation and comeback from injury</i>
14:15 – 14:30	End of Symposium

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