









BMC Climbing Injury Symposium 2018
Speaker Biographies

<p>Volker Schöffl</p>	<p>Professor Dr. Volker Schöffl, MHBA</p>
	<p>Volker is a Fellow in General Surgery, Trauma surgery and orthopaedic surgery, Sports Medicine and Team Physician of the German Climbing and Expedition Team. Member of Medical Commissions (MedCom) for the UIAA (International Mountaineering and Climbing Federation) and for IFSC (International Federation of Sports Climbing); Head of the Department of Sports Orthopaedics – Sports Medicine, specialising in shoulder and elbow surgery at Klinikum Bamberg and University Erlangen-Nuremberg, Germany.</p> <p>Volker has done many first ascents up to Fr.8b and has been on many climbing expeditions. He is an acknowledged expert on climbing injuries with more than 50 scientific papers to his name. He co-wrote the influential book translated in several languages '<i>One Move too many: How to understand the injuries and overuse syndromes of rock climbing</i>'.</p>
<p>Isabelle Schöffl</p>	<p>Dr.rer.biol.hum. Isabelle Schöffl, MD, PhD, MSc, Dipl.biol</p>
	<p>Dept. of Paediatrics, Klinikum Bamberg and Department of Anatomy, University Erlangen-Nuremberg, FRG. Isabelle has published many scientific papers on the biomechanics of the hand and fingers, and is currently working in the Department of Paediatrics.</p> <p>Isabelle has climbed for 12 years and has done many first ascents in Germany and Asia.</p>
<p>Waqar Bhatti</p>	<p>Professor Dr.Musculo-skeletal Radiology, FRCS, DMRD, FRCR</p>
	<p>Waqar Bhatti organised and directed the first comprehensive Musculoskeletal ultrasound imaging service in Manchester on his appointment to the University Hospital South Manchester. Services offered included the introduction of the first dedicated finger ultrasound service, imaging for forefoot disorders and other more common problems such as shoulder, elbow, wrist, hip and knee disorders.</p> <p>Waqar has been actively involved with inter-disciplinary research collaborations with our Department of Hand and Plastic Surgery University of Manchester. Through these research activities he has been actively involved in presentations nationally and internationally at the Radiological Society of North America, Chicago where he was awarded a CUM LAUDE for work presented on Ultrasound of Finger flexor tendon imaging.</p>


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<p>Adela Carter</p> 	<p>English Institute of Sport</p> <p>Adela is the Climbing Head Coach for the English Institute of Sport. Adela coaches Shauna Coxsey, current World Cup Bouldering Champion.</p> <p>Full bio to follow.</p>
<p>Andy Cave</p> 	<p>PhD, D.Litt, IFMGA Mountain Guide</p> <p>Andy started out life as a coalminer and has been climbing for 35 years. His books 'Thin White Line' and 'Learning to Breathe' have been widely translated and won 8 literary awards between them.</p> <p>He has pioneered many hard new routes in Himalayas, Patagonia, Alaska and beyond and has overcome many injuries and adversity along the way. He'll share his journey and give insights into what helped him to keep climbing.</p>
<p>Uzo Ehiogu</p> 	<p>MSc (Physio), BSc (Physio), BSc (ExSci), MMACP, CSCS</p> <p>Uzo Ehiogu is a clinical teaching fellow and Specialist Musculoskeletal Physiotherapist at the Royal Orthopaedic Hospital NHS Trust in Birmingham and is also Clinical Director of Inside Edge Physiotherapy a specialist clinic for climbers and outdoor recreational athletes. He is a rehabilitation and human movement professional using rehabilitation and conditioning systems that promote physical and mental robustness.</p> <p>Uzo is a strength and conditioning coach, visiting Guest Lecturer (on UK Masters of Science programmes in Physiotherapy and Sports Medicine) and is a Member of Musculoskeletal Association of Chartered Physiotherapists. He is currently studying for a Masters of Science in Strength and Conditioning Science at St Marys University.</p> <p>Uzo is a Keen Climber and multi sports recreational athlete and a former Royal Marines Commando and Military Parachutist.</p>

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<p>Gareth Jones</p> 	<p>Dr Gareth Jones, HCPC Physiotherapist. PhD, MSc</p> <p>Gareth is a Physiotherapist and Course Director for Sports & Exercise Medicine at Leeds Beckett University. Gareth is a member of the scientific committee for the International Rock Climbing Research Association and a member of the Musculoskeletal Orthopaedic Sports Medicine Research Group at Carnegie. His publications include research articles on the physical and psychological determinants of injury in rock climbing. He is currently trying to better understand load as a preventative injury measure.</p> <p>Gareth is a member of the Association of Mountaineering Instructors and The Climbers Club. Based in Yorkshire he is currently trying to improve his ability to climb the local limestone and stay injury free. Although his passion is mixed winter climbing in Scotland!</p>
<p>Christoph Lutter</p> 	<p>Dr. Christoph Lutter, MD, MHBA</p> <p>Christoph Lutter (MD, MHBA) works as an orthopedic surgeon in the Dept. of Sports Traumatology and Orthopedics (with Prof. Dr. Volker Schoeffl) in Bamberg (Germany) which functions as reference center for rock climbing related injuries. His main research focus is rock climbing related injuries of the upper extremities and the hand, especially the carpal and the middle hand. Besides his clinical activities, Chris holds the Diploma in Mountain Medicine and the Diploma of Wilderness Medicine.</p> <p>Outside of work his favorite sport is bouldering (and rock climbing), especially in his home-area, the Frankenjura.</p>
<p>Ellie Richardson</p> 	<p>Shoulder Specialist Physiotherapist, MSc</p> <p>Ellie is a Shoulder Specialist Physiotherapist with over 12 years clinical experience. Ellie works closely with many leading upper limb orthopaedic consultants, is a nominated & active member of the British Elbow and Shoulder Society (BESS) and has completed Post Graduate Diplomas in Orthopaedic Medicine and an MSc in Advanced Musculoskeletal Physiotherapy Practice. As well as lecturing at BESS and numerous specialist conferences, Ellie is actively involved in research and co-author for a new shoulder rehabilitation book. Ellie is also the Physiotherapy Lead at Manchester Metropolitan University Sport where she has pioneered the development & delivery of a new athlete "Screening" and physiotherapy service.</p> <p>Outside of Physiotherapy Ellie has represented GB Internationally and Team Scotland at the 2014 Commonwealth Games in track cycling and is also a keen climber. Her personal and professional experience explains why Ellie has a genuine passion about "future proofing" her clients to ensure maximum performance with minimal setbacks.</p>

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Rebecca Williams	BSc DClInPsy CPsychol MCMI
 <p data-bbox="177 645 627 680">http://www.smartclimbing.co.uk</p>	<p data-bbox="651 257 1482 353">Rebecca is a Consultant Clinical Psychologist, registered as a Practitioner Psychologist with HCPC, and chartered with the BPS & CMI.</p> <p data-bbox="651 389 1482 591">Rebecca has worked as a Consultant Clinical Psychologist and within the NHS for the last 17 years part time, and has been working as a Psychological Performance Coach for the last 10 years. She works with climbers of all ages from grassroots to elite level, and specialises in the management of anxiety for climbers and the development of healthy coping skills.</p> <p data-bbox="651 627 1482 990">Rebecca runs a number of workshops on the psychology of climbing and mountaineering, including MTA's Performance Coach 'Coaching the Mind' module, the Diploma in Mountain Medicine, NICAS, the BPS as well as climbing clubs, as well as recently presenting the keynote speech at the International Rock Climbing Research Association congress in Chamonix. She is a member of the BMC's Equality & Diversity Mental Health working group. Within the NHS, she manages and leads the children's Disability Team for North Wales, specialising in behaviour change. She's mainly a boulderer these days!</p>