

# BMC Climbing Injury Symposium – One Move Too Many....?

Workstation, 15 Paternoster Row, Sheffield, S1 2BX

**Saturday 13 November 2010**

**Programme**

<b>8.30 – 8.50</b>	<b>Registration</b>
<b>8.50 – 9.00</b> <b>Welcome &amp; Introduction</b> <b>Cinema 1</b>	<b>Welcome</b> BMC President, Rab Carrington / BMC CEO Dave Turnbull <b>Aims &amp; Objectives of symposium</b>
<b>9.00 – 9.45</b> <b>Cinema 1</b>	Overview of the medical aspects of sport climbing & injury statistics <i>(Volker Schoffl)</i>
<b>9.45 – 10.30</b> <b>Cinema 1</b>	Biomechanics & anatomy of the hand <i>(Isabelle Schoffl)</i>
<b>10.30 – 11.15</b> <b>Cinema 1</b>	Finger injuries in rock climbers <i>(Volker Schoffl)</i>
<b>11.15 – 11.45</b>	<b>Drinks break</b>
<b>11.45 – 12.30</b> <b>Cinema 1</b>	Maturation and windows of opportunity – impact on injury prevention <i>(Dave Binney)</i>
<b>12.30 – 13.15</b> <b>Cinema 1</b>	Foot & ankle trauma in climbers <i>(Mark Davies)</i>
<b>13.15 – 14.15</b>	<b>Lunch break</b>
<b>14.15 – 15.00</b> <b>Showroom 5</b>	Biomechanical / Podiatrist workshop <i>(Gary Gibson / Robert Bradshaw Hilditch / Dave Dunning)</i>
<b>15.00 – 15.45</b> <b>Cinema 1</b>	Strength and conditioning for climbing <i>(Dave Hembrough)</i>
<b>15.45 – 18.30</b>	Practical training in rock climbing at The Edge Climbing Centre Please bring your climbing gear with you!
<b>SATURDAY NIGHT ACTIVITIES</b>	
<b>19.30 onwards</b> <b>Showroom 5</b>	Evening Buffet & beers, with the bar open until midnight
<b>21.00 – 22.30</b> <b>Showroom 5</b>	Talks & slideshow 'Rock Climbing in Laos' by Volker & Isabelle Schoffl

## Sunday 14 November 2010

## Programme

9.00 – 9.45 Cinema 1	Nutritional considerations in rock climbing (Audry Morrison)
9.45 – 10.30 Cinema 1	Long-term consequences of rock climbing to the hands (Volker Schoffl)
10.30 – 11.00	<b>Drinks break</b>
11.00 – 11.45* Cinema 1	Taping Workshop (Volker & Isabelle Schoffl)
11.00 – 11.45* Showroom 5	Biomechanical / Podiatrist workshop (Gary Gibson / Robert Bradshaw Hilditch / Dave Dunning)
11.45 – 12.30* Showroom 5	Ultrasound Workshop (speaker tbc)
11.45 – 12.30* Cinema 1	Dedicated young climbers – how their developmental needs differ from adults (Audry Morrison)
12.30 – 13.30	<b>Lunch break</b>
13.30 – 14.30* Showroom 5	Physiotherapist practical session (Cris Costa / Alison MacFarlane)
13.30 – 14.30* Cinema 1	Practical First Aid at the crag (Dr. Dave Hillebrandt, BMC Medical Advisor)
14.30 – 15.15* Showroom 5	Ice climbing injuries and shoulder injuries (Volker & Isabelle Schoffl)
14.30 – 15.15* Cinema 1	Poster Presentations (Chaired by Dr. Dave Hillebrandt, BMC Medical Advisor)
15.15 – 15.45 Cinema 1	Details of Mountain Medicine course (Dr. Dave Hillebrandt, BMC Medical Advisor)
15.45 – 16.55 Cinema 1	Conclusion of the symposium and distribution of certificates
16.55 onwards	Practical training in rock climbing at The Edge Climbing Centre

\* Choice of sessions to attend

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