Current Treatments for Tendinopathies in Elite Sports – Evidence and Clinical Experience

Invitation to Satellite Symposium

at the

25th Isokinetic Conference

"Football Medicine Strategies Return to Play"

Saturday, 9th April 2016, 14:30-16:00
Queen Elizabeth II Conference Centre
Crown Room, 5th floor

All attending delegates are invited to submit a topically relevant case study (with their RSVP), which may be selected for Panel consideration and comment. Any contribution may be offered to the floor for general discussion at the event.

Panel Members and Presentations:

Prof. Sanjiv Jari (UK)
Chair

Prof. Adam Watts (UK):
Platelet Rich Plasma for Tendinopathy: more than just placebo?
Platelet rich plasma (PRP) remains a controversial treatment. Numerous preparations are now available with different constituents. The evidence for use in the treatment of tendinopathies remains inconclusive. The outcomes of PRP as a second line treatment in 'real life' and the results of a randomised trial comparing PRP to surgery are presented. PRP appears to have a role as a second line treatment and can spare many patients the need for surgery.

Dr. Nils Lynen (Germany):
Return to football after tendinosis of the Achilles tendon – New strategies in the treatment of tendon disorders.
Tendinopathy is a common clinical problem with athletes especially in competitive sports. The Achilles tendon is the most affected structure even it is the largest and strongest tendon in the human body. Although pathology shows that an inflammation is usually present, the traditional treatments such as corticosteroid injections and non-steroidal anti-inflammatory medications (NSAIDS) may not be the most effective options. A clinical investigation shows the safety and performance of the treatment with intra-articular injection of sodium hyaluronate and extracorporeal shock wave therapy (EWST).

Prof. Waqar Batti (UK):
"Suits you, Sir."
The use of diagnostic Ultra Sound allows for a quick and accurate diagnosis of tendon pathology and tendon related disorders . Increasingly sophisticated ultrasound software such as elastography is allowing clinicians to diagnose and appropriately direct therapeutic treatment in a more defined and targeted manner.

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EDUCATION RESEARCH DEPARTMENT

25th CONFERENCE
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