





Collision sports injury conference

Date: 10 October 2025

Venue: The Berkeley Hotel, London

CPD: 6.5 credits



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A note from the organising committee...

Welcome to the Collision sports injury conference.

We are thrilled to host this dedicated gathering of clinicians, researchers, and specialists who are at the forefront of managing complex injuries in high-energy collision sports. Whether you are a sports physician, surgeon, physiotherapist, or team clinician, your work sits at the critical intersection of performance, recovery, and athlete wellbeing, and we are proud to create a forum that supports your ongoing excellence.

This conference was conceived as a focused educational platform to explore the unique challenges faced when treating professional collision sport athletes. These are injuries that demand more than routine care – they require collaborative, tailored strategies that integrate clinical precision with a deep understanding of the demands of elite performance.

Over the course of the event, you'll engage in interactive sessions, case-based discussions, and open dialogue with leading national and international experts. From complex shoulder instability to early return-to-play decision-making, the topics have been chosen to reflect the real-world scenarios and clinical dilemmas you navigate every day.

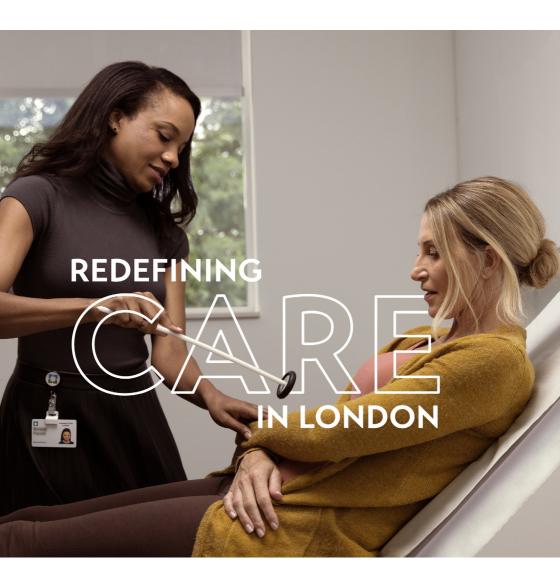
We are grateful for your attendance and active participation. Your experience, insights, and curiosity are what make this event meaningful. We look forward to a stimulating and collaborative meeting, and to building a stronger community of clinicians dedicated to excellence in collision sports medicine.

We extend our heartfelt thanks to the faculty for their invaluable time and expertise, and to Orthopaedic Research UK (ORUK) for their support and organisation. We also express our sincere appreciation to the Cleveland Clinic Philanthropy UK, and to our sponsors, whose generous support makes this event possible and allows us to offer subsidised registration fees. We warmly encourage you to visit their exhibition stands during the meeting and learn more about their work.

Mr Philip Ahrens Mr Toby Colegate-Stone





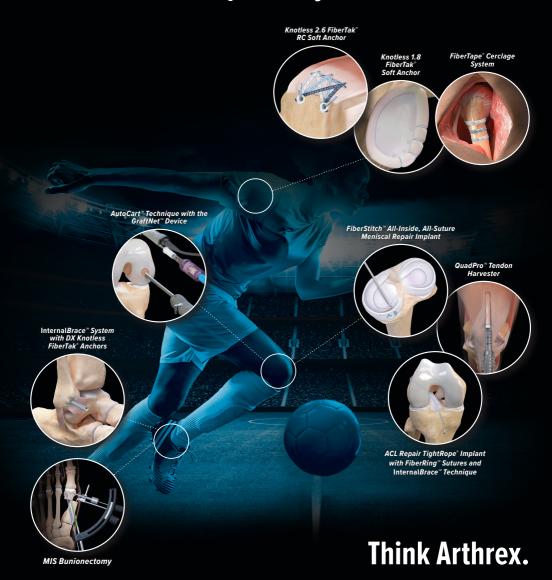




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Programme

08:30	Registration and refreshments
09:00	Introduction and welcome Mr Philip Ahrens, Consultant Trauma and Orthopaedic Surgeon, Royal Free Hospital and Cleveland Clinic London Mr Toby Colegate-Stone, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London
	SHOULDER INSTABILITY Chair: Mr Philip Ahrens
09:10	Management of the first-time shoulder dislocation in the contact athletes – the perspectives of the physios and surgeons Mr Toby Colegate-Stone, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London
09:25	Management of recurrent instability in contact athletes – planning for the best outcomes Professor Duncan Tennent, Consultant Orthopaedic Surgeon, St George's Hospital and Cleveland Clinic London
	ACJ INJURY AND INSTABILITY Chair: Mr Philip Ahrens
09:40	When to fix and when to leave alone – what to do for optimal recovery Mr Toby Colegate-Stone, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London
	CLAVICLE FRACTURE Chair: Mr Toby Colegate-Stone
09:55	Do all clavicle fractures need fixing? Are we under or overtreating our athletes? Mr Philip Ahrens, Consultant Trauma and Orthopaedic Surgeon, Royal Free Hospital and Cleveland Clinic London
10:10	Discussion
10:25	Refreshments
	ELBOW Chair: Mr Philip Ahrens
10:55	How unstable does an elbow need to be before fixation offers a benefit? Mr Joideep Phadnis, Consultant Orthopaedic Surgeon, Brighton and Sussex University Hospitals
	WRIST Chair: Mr Toby Colegate-Stone
11:10	What are the benefits to wrist fracture surgery for early return to sports? Mr Taff Edwards, Consultant Trauma and Orthopaedic Surgeon, Barts Health and The Royal London Hospital
11:25	Discussion
	TRAUMA Chair: Mr Toby Colegate-Stone
11:40	High energy open fracture management in the contact athlete – how to proceed Mr Aswinkumar Vasireddy, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London
11:55	When to fix proximal hamstring and when to rehab Mr Paul Harnett, Consultant Orthopaedic Surgeon, King's College London and Cleveland Clinic London

12:10	Discussion
12:25	Lunch
	KNEE Chair: Mr Toby Colegate-Stone
13:25	Contact and collision injuries around the knee - key considerations Mr Paul Trikha, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London & Ashford and St Peter's Hospitals NHS Foundation Trust
13:40	Should the contact athlete with a ruptured ACL be managed just the same as everyone else? Mr Kash Akhtar, Consultant Orthopaedic Surgeon, Cleveland Clinic London
13:55	Meniscal failure in the young knee (RECORDED) Mr Tim Spalding, Consultant Orthopaedic Surgeon, Cleveland Clinic London
14:10	Discussion
	FOOT AND ANKLE Chair: Mr Toby Colegate-Stone
14:25	Decision-making on sports related acute tendo Achilles ruptures Mr Kumar Kunasingam, Consultant Orthopaedic Surgeon, Croydon University Hospital
	SPINE Chair: Mr Alexander Montgomery
14:40	Spinal injuries in the contact athlete – how to approach and advise for optimal recovery Mr Alexander Montgomery, Consultant Orthopaedic Surgeon, Royal London Hospital, Barts Health NHS Trust and Cleveland Clinic London
14:55	Management of cervical radiculopathy in elite rugby athletes Mr Ali James, Head Physiotherapist (Men's 1st team), Aston Villa FC
15:10	Discussion
15:25	Refreshments
	SPORTS MEDICINE Chair: Dr Mark Gillet
15:55	The role of the physician in sports rehabilitation Dr Philip Batty, Consultant in Sports and Exercise Medicine, Cleveland Clinic London
16:10	Rehabilitation post trauma - goal setting and progression Dr Mark Gillet, Consultant in Sports and Exercise Medicine, Cleveland Clinic London
16:25	Contextual return to play Dr Charlotte Cowie, Specialist in Sport and Musculoskeletal Medicine, CMO The Football Association and Cleveland Clinic London
16:40	An orthopaedic surgeon's perspective of NFL injuries Dr Karim Meijer, Medical Director & Head Team Physician, Denver Broncos
16:55	Discussion
17:10	Close









Controversies in shoulder and elbow surgery – 2025 and beyond

17 November 2025 Birmingham

Register at www.oruk.org

Faculty biographies



Mr Philip Ahrens, Consultant Trauma and Orthopaedic Surgeon, Royal Free Hospital and Cleveland Clinic London

Mr Philip Ahrens qualified from Charing Cross and Westminster medical school in 1992. His postgraduate orthopaedic training was in London, and undertook a fellowship in shoulder surgery in Nice, France.

He was appointed Consultant to the Royal Free Hospital Hampstead in 2003. His specialist interests are in shoulder and elbow arthroscopy, sports injury and joint replacement.

He is active in both research and training and is the lead investigator in multicentre clinical trials. He has held a number of leadership roles locally and nationally in management, research and digital development.

He is a member of the British Orthopaedic Association, The British Elbow and Shoulder Society, and is a founder member of the Watanabe Club.



Mr Kash Akhtar, Consultant Orthopaedic Surgeon, Cleveland Clinic London

Mr Kash Akhtar is a Consultant Knee Surgeon at Cleveland Clinic London. His clinical expertise includes sports knee injuries, meniscal preservation and transplantation, cartilage repair, complex ligament reconstruction, and realignment surgery. He is passionate about helping active individuals return to peak performance using the latest evidence-based techniques.

A dedicated educator, he holds two postgraduate degrees and a Fellowship in Medical Education. He is an Associate Professor in Orthopaedic Surgery & Surgical Education at Barts and the London Medical School, QMUL. He is a sought-after international speaker, having been invited to deliver over 100 presentations worldwide.

Mr Akhtar is also Lead for Digital Health Education and Innovation at Cleveland Clinic London and co-founder of orthohub, a global platform for orthopaedic education. He hosts the award-winning "orthohub see one / do one" podcast and the "Exploring Health with Cleveland Clinic London" podcast, bringing expert insights to healthcare professionals and the public alike.



Dr Philip Batty, Consultant in Sports and Exercise Medicine, Cleveland Clinic London

Dr Philip Batty is a Consultant Sport and Exercise Physician with over 25 years of experience. He graduated from the University of Liverpool in 1987 and has worked in various high-profile roles, including Deputy Club Doctor for Manchester United, Head of Sports Medicine at Blackburn Rovers and Manchester City, and Senior Team Doctor for England Rugby. Dr Batty is currently the Team Doctor for Middlesex County Cricket Club and Consultant for the English National Ballet. His specialties include musculoskeletal injuries, ultrasound, exercise as therapy, and adolescent rehabilitation. He has previously served as Training Programme Director in the North West and is a Past President of the Independent Doctors Federation. He strongly believes in the use of exercise for treating medical conditions and promoting overall health.



Mr Toby Colegate-Stone, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London

Mr Toby Colegate–Stone is a Consultant Orthopaedic Shoulder, Elbow & Sports Trauma surgeon. He specialises in: Arthroscopic (keyhole) surgery; Sports Injuries & Fractures; Non-interventional treatment strategies; Shoulder Instability & Dislocation surgery; Rotator Cuff shoulder repair; Shoulder Arthritis & replacement surgery.

Mr Colegate-Stone studied medicine at Oxford University and completed his clinical studies at University College London (UCL) before being appointed onto the London Orthopaedic training rotation.

He undertook two recognised sub-specialist fellowship trainings. The first at the internationally renowned Cape Shoulder Institute (Cape Town, University of Stellenbosch) and the second at King's College Hospital where he is now a consultant and Clinical Lead.



Dr Charlotte Cowie, Specialist in Sport and Musculoskeletal Medicine, CMO The Football Association and Cleveland Clinic London

Dr Charlotte Cowie has worked as a Sports Physician in Elite and Professional Men's and Women's Sport for 30 years with a particular interest in musculoskeletal medicine. She has worked in both men's and women's football at National and Premier League level and has worked in a variety of Olympic sports including Tennis and Taekwondo. She has attended 4 Olympic Games with TeamGB, most recently as CMO to TeamGB at the Paris 2024 Games. Her current role with the FA includes responsibility for medical governance across the 23 England teams and advising on medical issues for the wider semi-professional and grassroots game. She also works at the Cleveland Clinic in London.



Mr Taff Edwards, Consultant Trauma and Orthopaedic Surgeon, Barts Health and The Royal London Hospital

Mr Taff Edwards is a fellowship-trained Trauma and Orthopaedic surgeon specialising in upper limb. He is a Consultant and the Clinical Director at The Royal London Hospital, Major Trauma Centre, delivering trauma care and an elective service in hand/wrist surgery. He completed the British Society for Surgery of the Hand Advanced Training Fellowship at Wrightington, focusing on wrist/hand surgery, sports injuries, complex elbow reconstruction and peripheral nerve injury. His career spans UK and international hospitals, including work in trauma hospitals in Iraq and Afghanistan. He holds a research Doctorate from Imperial College London and received the British Army Medical Services' Alexander Medal, presented by Prince Richard, Duke of Gloucester, for work of outstanding merit. Mr Edwards is a Senior Lecturer on Queen Mary University of London's Master in Trauma course and has publications including authorship in Gray's Anatomy (2019 and 2025). His Private Practice is at Cleveland Clinic London.



Dr Mark Gillet, Consultant in Sports and Exercise Medicine, Cleveland Clinic London

Dr Mark Gillett is a Consultant in Sports and Exercise Medicine at Cleveland Clinic London Hospital and has been the Chief Medical Officer of the Premier League since 2018. He specialises in ankle, foot, hip, and knee injuries, musculoskeletal injuries, concussions, and arthritis of the foot, ankle, and knee.

He completed his undergraduate medical degree in 1992 at the University of London and went on to do a fellowship at the Royal College of Surgeons in Glasgow in 1992. He has a further Sports Medicine Master's degree from the University of Nottingham. He undertook higher specialist Emergency Medicine training in the West Midlands in 2003.

Dr Gillett has had an extensive career in sports medicine and injuries. He is a founding fellow of the Faculty of Sports and Exercise Medicine and was a sports physician for five years at the English Institute of Sport. In 2008 he became the first team doctor for Chelsea Football Club, was appointed Director of Performance for West Bromwich Albion Football Club in 2010 and moved to Nottingham Forest Football Club in 2018. He was the Chief Medical Officer for Team GB's men's and women's basketball squads during the 2012 London Olympics, and in 2008 was a foundational part of the establishment of the Football Association's AREA pre-hospital care training course.



Mr Paul Harnett, Consultant Orthopaedic Surgeon, King's College London and Cleveland Clinic London

Mr Paul Harnett is a Consultant Orthopaedic Surgeon specialising in pelvis, hip and knee surgery. Half of his time is dedicated to hip and knee replacements including revisions and sports trauma such as knee ligament surgery (ACL and meniscus tears). The other half of his time is spent dealing with complex fracture surgery including acetabular reconstruction and open fractures. His NHS base is King's College Hospital in London, which is one of the leading major trauma centres in the country and a highly respected teaching hospital. He is a graduate of the University of Bristol Medical School with BSc in Sports Medicine. He became Fellow of the Royal College of Surgeons (FRCS) in 2010. He is a keen amateur triathlete.



Mr Ali James, Head Physiotherapist (Men's 1st team), Aston Villa FC Mr Ali James is the Head of Physical Therapies for the Aston Villa FC Senior Men's team.

He is a chartered Physiotherapist and completed his master's degree in the Science and Medicine of Athletic Performance at the University of Oxford

Following his time at Oxford, he spent 2 seasons as a Professional Rugby player with Gloucester Rugby, which has afforded him a great insight into the demands of elite contact sport.

He has completed post graduate studies in Manual Therapy and is currently working towards his master's degrees in Strength and Conditioning at St Mary's University, Twickenham.

Mr James Spent a decade as the Head of Medical Services at Wasps Rugby, in which time he also consulted for the England Senior Men's team for 2 spells, including the 2017 Summer tour of Argentina.

It was during his time at Wasps that he developed his interest in Neck Rehabilitation supporting the return of several players back to Premiership and International Rugby.



Mr Kumar Kunasingam, Consultant Orthopaedic Surgeon, Croydon University Hospital

Mr Kumar Kunasingam is a Consultant Orthopaedic Surgeon with specialist expertise in foot and ankle surgery, including bunionectomy, arthroscopy, sports injuries, and complex reconstruction. He graduated from Guy's and St Thomas' Hospital in 2001, also earning a BSc in Experimental Pathology and Genetics. Early in his career, he taught Anatomy under Professor Harold Ellis and trained in both General and Orthopaedic Surgery within the London Deanery.

To further specialise, Mr Kunasingam underwent advanced training in Sydney, Australia, focusing on minimally invasive techniques and treating elite athletes. He later completed a trauma surgery fellowship at King's College London Major Trauma Centre, gaining experience in managing complex trauma cases.

Appointed as a Consultant at Croydon University Hospital, he established a dedicated foot and ankle unit, reflecting his commitment to high-quality, specialised care. Known for his holistic and patient-focused approach, He emphasises clear communication and shared decision–making. His blend of surgical expertise, academic background, and compassionate care ensures optimal outcomes for patients with a wide range of foot and ankle conditions.



Dr Karim Meijer, Medical Director & Head Team Physician, Denver Broncos

Dr Karim A. Meijer (pronounced "Kareem Mayor") is a board-certified, fellowship-trained orthopaedic surgeon and sports medicine specialist at the The Sports Center – CommonSpirit Health. He is board-certified by the American Board of Orthopaedic Surgery and is a Fellow of the American Academy of Orthopaedic Surgeons. His practice focuses on arthroscopic and reconstructive surgery of the shoulder, elbow, and knee. He is the Executive Medical Director of Sport Medicine for CommonSpirit Health – Mountain Region and the Medical Director and Head Team Physician of the Denver Broncos.



Mr Alexander Montgomery, Consultant Orthopaedic Surgeon, Royal London Hospital, Barts Health NHS Trust and Cleveland Clinic London

Mr Alexander Montgomery is regional lead for Spinal Surgery in the North East London and Essex region. Thirteen years ago, he set up the Spinal Unit at Barts Health, leading it for a decade as it grew into a multidisciplinary team managing major trauma, deformity, tumour, and degenerative disorders. His team was the first in the UK to adopt a robotic arm for spinal surgery. He places a strong emphasis on innovation and minimally invasive techniques and provides care to a diverse patient population, including young professionals, elite athletes, and patients with degenerative and deformity conditions.

With a special interest in sports-related spinal injuries, Mr Montgomery has treated elite athletes from Premier League Football, England and Wales Rugby, and British Olympic teams across cycling, sailing, athletics, boxing, and hockey. He covers professional cricket, boxing, and the National Ballet, counting Olympic gold medallists and heavyweight boxing champions amongst his patients.

An advocate for patient recovery, he firmly believes in the benefits of movement-based exercise, pilates, rehabilitation, and strength and conditioning, to enhance performance before and after surgery while aiming to reduce the need for surgical intervention. He collaborates closely with experts in these fields and has actively contributed to academic research on physio-led Pilates and strength and conditioning.

As an Honorary Senior Lecturer at Queen Mary University, he has presented at international conferences, including the North American Spine Society, the Global Spine Congress, and British Spine Societies. He has lectured globally, from Australasia, the Middle East, Europe and the US, speaking at institutions such as the Rothman Institute and Washington State University. He also initiated spinal research at Barts Health and has contributed to a number of multi-centre clinical trials.



Mr Joideep Phadnis, Consultant Orthopaedic Surgeon, Brighton and Sussex University Hospitals

Mr Joideep Phadnis is a specialist elbow and shoulder surgeon practicing at University Hospitals Sussex, Brighton and Fortius Clinic London.

He is one of the UK's leading elbow surgeons and has a high-volume clinical practice treating all aspects of elbow surgery. A large component of his work compromises tertiary referrals of complex cases sent from other consultant colleagues around the country.

Mr Phadnis is passionate about clinical research and education having published over 100 peer reviewed articles comprising original research, book chapters and multi-media publications in the contemporary literature. He is an Honorary Reader at Brighton & Sussex Medical School and has roles including mentorship, teaching and research within the university. He has given over 50 invited lectures in the UK and around the world in the last 5 years, and is the research lead for the British Elbow & Shoulder Society. In 2023, he was awarded a prestigious national clinical excellence award for his contributions to clinical and academic shoulder and elbow surgery.

Away from work, he lives in Hove with his wife and two children, and loves cooking and playing as many sports as he can fit in.

Learn more about him through his patient reviews at https://www.iwantgreatcare.org/doctors/mr-joideep-phadnis and via his personal website www.sussexshoulderandelbow.com.



Mr Tim Spalding, Consultant Orthopaedic Surgeon, Cleveland Clinic London

Mr Tim Spalding is a knee surgeon at the Cleveland Clinic London and also in the Midlands near Coventry at Nuffield Health Warwick. His focus is on ligament reconstruction and knee preservation covering meniscal repair and meniscal transplantation, articular cartilage repair, osteotomy, and novel ortho-biologics. He is past president of the International ACL Study Group.

Following Fellowship in Toronto, his consultant career started in the Royal Navy in 1995, pursuing specialisation in the sporting knee. In 2000 he moved to University Hospital Coventry and Warwickshire NHS Trust, initiating meniscal transplantation and developing a well-respected fellowship and research program before leaving in 2021.

Mr Spalding has pioneered several new techniques, has over 120 publications and 12 book chapters. He leads the UK National Ligament Registry for ACL surgery, now transitioning into a mandatory national registry. Internationally, he co-leads the International Meniscal REconstruction Forum (IMREF) and the ICRS Cartilage Foundation. He is member-at-large on the ISAKOS Board and Associate Editor at the KSSTA Journal. Since 2003 he is co-organiser of the Sports Knee Surgery biannual conference, universally regarded as one of the top education conferences in UK due to the renowned international faculty.

www.timspalding.com



Professor Duncan Tennent, Consultant Orthopaedic Surgeon, St George's Hospital and Cleveland Clinic London

Professor Duncan Tennent is a Consultant at St George's Hospital, and the Cleveland Clinic, London. He has been on the council of both BESS and BOA, and is an examiner for the FRCS (Tr & Orth), and is a Fellow of Arthroscopy Association of North America. He has published on many aspects of shoulder surgery and surgical education and holds the patent for the Tightrope technique for ACI stabilisation.

His publications include:

- Patel, V., Pearse, E., Arnander, M. and Tennent, D., 2021. Two-year results of arthroscopic conjoint tendon transfer procedure for the management of failed anterior stabilization of the shoulder. JSES international, 5(3), pp.519-524.
- Tennent, D., Colaço, H.B., Arnander, M. and Pearse, E., 2016.
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- Lancaster, P., Eves, T., Tennent, D. and Trompeter, A., 2023. Open Fractures of the Upper Limb-Do the BOAST Guidelines need an update?. Injury.
- Adra, M., El Ghazal, N., Nakanishi, H., Smayra, K., Hong, S.S., Miangul, S., Matar, R.H., Than, C.A. and Tennent, D., 2023. Platelet-rich plasma versus corticosteroid injections in the management of patients with rotator cuff disease: A systematic review and meta-analysis. Journal of Orthopaedic Research, 41(1), pp.7-20.
- Khoriati, A.A., Fozo, Z.A., Al-Hilfi, L. and Tennent, D., 2022. Closed midshaft clavicle fractures: an evidence-based triage management algorithm. Bone & Joint Open, 3(11), pp.850-858.
- Green, G.L., Arnander, M., Pearse, E. and Tennent, D., 2022. CT estimation of glenoid bone loss in anterior glenohumeral instability: a systematic review of existing techniques. Bone & Joint Open, 3(2), pp.114-122.
- Weil, S., Arnander, M., Pearse, Y. and Tennent, D., 2022. Reporting of glenoid bone loss measurement in clinical studies and the need for standardization: a systematic review. The bone & joint journal, 104(1), pp.12-18.



Mr Paul Trikha, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London & Ashford and St Peter's Hospitals NHS Foundation Trust Mr Paul Trikha offers expertise in the latest minimally-invasive or 'key-hole' surgery techniques for meniscus (cartilage) repair and knee ligament (anterior cruciate ligament - ACL, PCL, MCL, LCL) reconstruction.

He leads a comprehensive specialist acute knee injury service for all patients including the young adolescent and elite athletes.

He also treats patella (kneecap) problems and performs knee preserving / replacement surgery including total knee replacement, partial knee replacement, and the new robotic knee replacements.

Mr Trikha studied medicine at St George's Hospital Medical School, London and completed his postgraduate orthopaedic training in London. His specialist fellowship training in sports knee surgery was at North Sydney Orthopaedics Sports Medicine Centre, Australia.



Mr Aswinkumar Vasireddy, Consultant Trauma and Orthopaedic Surgeon, King's College London and Cleveland Clinic London

Mr Aswinkumar Vasireddy is a fellowship-trained Orthopaedic Trauma Surgeon specialising in the management of complex upper limb, lower limb, pelvic and acetabular fractures. He works at King's College Hospital (Major Trauma Centre) in London. The unit is at the centre of the regional trauma network and is one of the busiest major trauma centres in the United Kingdom. At King's, he is also the Director of the Orthopaedic Trauma Fellowship Programme and is responsible for training the next generation of Orthopaedic Trauma Surgeons.

After attending medical school at Guy's, King's & St. Thomas' hospitals and the completion of Basic Surgical Training, he was appointed to the prestigious South East Thames Trauma & Orthopaedic Rotation. He completed further specialist Orthopaedic Trauma training at The Royal London Hospital, as well as Orthopaedic Trauma Fellowships at Queen's Medical Centre in Nottingham and King's College Hospital in London.

In addition, Mr Vasireddy has also completed travelling fellowship visits to multiple major trauma centres in America, including the Shock Trauma Centre in Baltimore and Harborview Medical Centre in Seattle. By undertaking such a wide variety of training posts, he has developed valuable skills and expertise in managing complex fractures. In addition to advanced Orthopaedic training, he has also trained in the fields of Vascular Surgery, General Surgery and Cardiothoracic Surgery. Uniquely and in comparison to many surgeons, he also has extensive experience in Emergency Medicine, Intensive Care and Anaesthesia. As a result, he is also a Consultant in Prehospital Care with the Air Ambulance Service.



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For further information, please contact Jennifer Graham (Jennifer.Graham@Arthrex.co.uk)





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