



## Collision sports injury conference

Date: 10 October 2025

Venue: The Berkeley Hotel, London

CPD: 6 credits (applied for)



# Collision sports injury conference

 Friday 10 October 2025  
 The Berkeley Hotel, London

## Course convenors:

### 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

## Educational aims and objectives

This conference is designed to stimulate clinical thinking and deepen expertise in the management of athletes with complex injuries resulting from high-energy collision sports. The focus is on advancing tailored, multidisciplinary care to optimise outcomes and support safe, effective return-to-play pathways.

Through interactive sessions, open dialogue, and shared clinical experiences, attendees will engage with leading national and international experts presenting the latest insights on current practices, emerging research, and evolving treatment strategies. Delegates are encouraged to bring challenging or controversial cases for collaborative group discussion and analysis.

## \*Registration fees

**Early bird Consultant / Physician:** £90

**Early bird Trainee:** £80

**Early-bird Allied Health Professional:** £70  
(Includes physiotherapists)

**Company representative:** £250

\*Early-bird fee expires on 3 September.

Click here to register: <https://bit.ly/COLSI>

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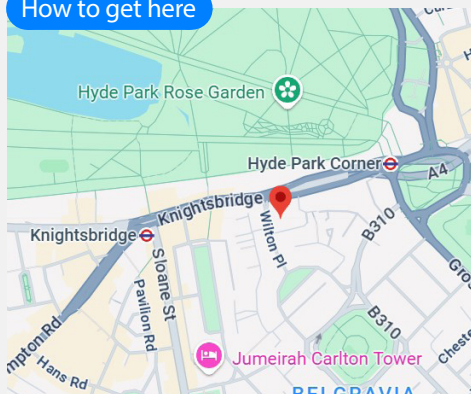
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# Programme

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

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

## How to get here



## Venue address

The Berkeley Hotel  
Wilton Place  
London, SW1X 7RL

## Travelling by tube

The Berkeley is a 5-minute walk from Knightsbridge and Hyde Park Corner stations on the Piccadilly Line.

## Travelling by train

For Gatwick services, Victoria Station is 10 minutes from The Berkeley by car. Waterloo Station is 20 minutes by car.

## International rail

The Eurostar runs from St Pancras International Station, 25 minutes from The Berkeley by car or 20 minutes by London Underground.



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