



Multidisciplinary sports meeting

Date: 15 October 2026

Venue: The Royal College of Physicians, London

CPD: 6 credits (applied for)



Multidisciplinary sports meeting



Thursday 15 October 2026



The Royal College of Physicians, London

Course convenors:

Professor Howard Ware

Medical Director, Strategic Planning

[Cleveland Clinic London](#)

Dr Philip Batty

Consultant in Sports and Exercise Medicine

[Cleveland Clinic London](#)

*Registration fees

Early bird Consultant / Physician: £150

Early bird Trainee/Middle-Grade Doctor: £125

Early-bird Allied Health Professional: £100
(Includes physiotherapists)

Company representative: £250

Early-bird fee expires on 3 September.

Register here:

bit.ly/multidisciplinary-sports-meeting

Educational aims and objectives

Delivering exceptional care to athletes demands seamless collaboration across the multidisciplinary team. This one-day meeting brings together leading experts from sports medicine, orthopaedic surgery, physiotherapy, radiology, cardiology and performance medicine to share contemporary approaches to diagnosing, treating and rehabilitating sports-related injuries.

Combining evidence-based lectures with practical, case-led discussions, the programme explores the clinical reasoning behind complex decision-making, from injury assessment and operative management to rehabilitation, return-to-play and performance optimisation. By presenting multiple specialist perspectives on common sporting conditions, the meeting provides delegates with practical insights that can be translated directly into clinical practice, while showcasing how multidisciplinary working and technological innovation are advancing athlete care.

Objectives:

- Improve decision making across disciplines for clinicians and performance professionals managing athletic populations, particularly at high-performance levels.
- Integrate technology into diagnostics and show how data and emerging tools influence decision making and rehabilitation.
- Address return to play and performance optimization as related to athletes with cardiac conditions.

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Programme

08:00	Registration and refreshments
08:30	Introduction and welcome Dr Philip Batty, Consultant in Sports and Exercise Medicine, Cleveland Clinic London
SESSION 1: PROTECTING THE ATHLETES' HEART Chairs: Prof Michael Papadakis & Prof Sanjay Sharma	
08:35	Frequency and causes of sudden cardiac death in athletes Prof Sanjay Sharma, Consultant Cardiologist (Sports), Cleveland Clinic London, St George's University Hospitals NHS Foundation Trust, City St George's, University of London
08:45	Prevention of sudden cardiac death in athletes: From screening to AEDs Prof Michael Papadakis, St George's University Hospitals NHS Foundation Trust, City St George's, University of London
08:55	Case presentation: Sports cardiology Prof Sanjay Sharma, Consultant Cardiologist (Sports), Cleveland Clinic London, St George's University Hospitals NHS Foundation Trust, City St George's, University of London
09:05	Panel discussion
SESSION 2: SPINAL STRESS FRACTURES Chair: Mr Alexander Montgomery and Mr David Cumming	
09:30	Cervical spine sporting injuries Mr Alexander Montgomery, Consultant Orthopaedic Spinal Surgeon, Cleveland Clinic London and Barts Health NHS Trust
09:40	Spondylolysis - diagnosis & management options Mr David Cumming, Consultant Spinal Surgeon, Cleveland Clinic London and East Suffolk and North Essex NHS Foundation Trust
09:50	Case presentation Mr Ali James, Physiotherapist
10:00	Panel discussion
10:30	Refreshments and exhibition
SESSION 3: SHOULDER INSTABILITY Chair: Mr Toby Colegate-Stone	
11:00	When is surgery required? Mr Toby Colegate-Stone, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London, King's College Hospital NHS Foundation Trust
11:10	Shoulder injury: Experiences of a team doctor Dr Mark Gillett, Consultant in Sports and Exercise Medicine, Cleveland Clinic London, Chief Medical Officer, Premier League
11:20	Navigating shoulder rehabilitation: From surgery to return to performance Mr Alessandro Compagnin, Head of Rehabilitation, Isokinetic Medical Group, London
11:30	Panel discussion

SESSION 4: HIP PERFORMANCE IN ATHLETES: FROM DIAGNOSIS TO RETURN TO PLAY

Chair: Mr Kartik Logishetty

- 12:00 Diagnosing hip pain in the athlete**
Dr Charlotte Cowie, Specialist in Sport and Musculoskeletal Medicine, Cleveland Clinic London
- 12:10 Hip dysplasia, impingement, and joint wear: What athletes and trainers need to know**
Mr Kartik Logishetty, Consultant Orthopaedic Surgeon, Cleveland Clinic London, University College London Hospitals NHS Foundation Trust
- 12:20 Training and rehabilitation for hip instability and impingement**
Mr Mehmet Gem, Physiotherapist, Founder and Director of The Hip Physio
- 12:35 Hip surgery in athletes: From prehab to return to play**
Mr Kartik Logishetty, Consultant Orthopaedic Surgeon, Cleveland Clinic London, University College London Hospitals NHS Foundation Trust
- 12:45 Panel discussion**
- 13:00 Lunch and exhibition**

SESSION 5: KNEE

Chair: Mr Kash Akhtar

- 14:00 Evolving indications in sports knee surgery**
Mr Tim Spalding, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London, University Hospitals Coventry and Warwickshire NHS Trust
- 14:10 Applying lessons from elite sports**
Mr Geoff Scott, Director of Medicine and Performance at Nottingham Forest & Hauora – Physiotherapy and Performance, London
- 14:20 Injection treatments and challenges in 2026**
Dr Mark Gillett, Consultant in Sports and Exercise Medicine, Cleveland Clinic London, Chief Medical Officer, Premier League
- 14:30 Discussion**

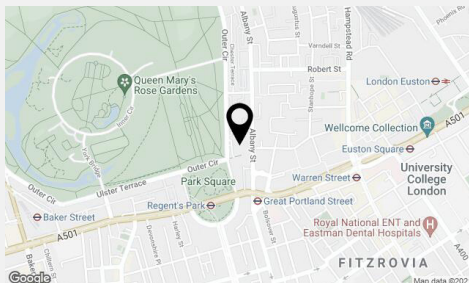
SESSION 6: ACHILLES INJURY

Chair: Mr. David Redfern

- 14:50 Achilles repair: When and how? Combining evidence and experience**
Mr David Redfern, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London
- 15:00 Foot and ankle pain: The role of a pain management specialist**
Prof Ash Shetty, Consultant in Pain Medicine, Cleveland Clinic London, University College London Hospitals NHS Foundation Trust
- 15:10 Case presentation: Achilles injury in elite basketball player**
Mr Dave Hancock, CEO of Apollo, Physiotherapist and Strength and Conditioning Coach
- 15:20 Discussion**

15:50	Refreshments
SESSION 7: THE DISTAL RADIO ULNAR JOINTS IN SPORTS: DIAGNOSIS, IMAGING REHABILITATION AND RETURN TO PLAY Chair: Mr Dafydd (Taff) Edwards	
16:20	Anatomy, biomechanics and injury Mr Dafydd (Taff) Edwards, Consultant Trauma and Orthopaedic Surgeon, Cleveland Clinic London, Barts Health NHS Trust
16:35	Imaging the DRUJ and TFCC Dr Saurabh Singh, Focused Radiologist, Cleveland Clinic London
16:45	Rehabilitation and reconditioning Miss Jennifer Parr, Jen Parr Hand Therapy, Complete Physio & Kaizen Physiotherapy & Performance
17:00	Discussion
17:15	SESSION 8: CONCUSSION AND BRAIN HEALTH PANEL DISCUSSION Title: How clinical reasoning and technology leads to smarter rehabilitation Session Lead: Dr Philip Batty, Consultant in Sports and Exercise Medicine, Cleveland Clinic London
Synopsis: This session will explore the challenges of both assessing and rehabilitating concussion. It will examine how understanding of the condition has evolved, why effective evaluation must span multiple domains, and how technology can add objective insight to guide smarter rehabilitation decisions. Panellists: Mr Simon Shepard, Chartered Physiotherapist, CEO, Optima-life Mr David Bartlett, Chartered Physiotherapist, Chief Operating Officer, Your Brain Health Dr Charlotte Cowie, Specialist in Sport and Musculoskeletal Medicine, Cleveland Clinic London Dr Mark Gillett, Consultant in Sports and Exercise Medicine, Cleveland Clinic London and Chief Medical Officer, Premier League Prof Mike Loosemore, Lead Consultant in Sport and Exercise Medicine, ISEH and Chief Medical Officer for GB Boxing and GB Snow Sports	
17:45	Close
17:50	Drinks reception

How to get here



Venue address

The Royal College of Physicians,
London 11 St Andrews Place, Regent's
Park, London, NW1 4LE

Travelling by tube

Regent's Park (Bakerloo line): 4-minute walk.

Great Portland Street (Circle, Metropolitan, and
Hammersmith & City lines): 4-minute walk.

Warren Street (Victoria and Northern lines):
8-minute walk

Travelling by train

Euston: 11-minute walk.

Marylebone: 20-minute walk.

King's Cross and St Pancras International:
25-minute walk

International rail

St Pancras International:

From here, you can take a 5-minute taxi ride,
walk 25 minutes, or take a 3-minute tube ride
(Metropolitan or Circle line) to Great Portland
Street



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