



**Olympic Park Sports Medicine Centre presents:
1st series Olympic Park Injury Forum
“A SPORTS MEDICINE APPROACH
TO HEALTHY KNEES”**

*A dynamic seminar exploring essential knowledge
for health and fitness professionals.*

Presented by some of Melbourne’s top sports medicine professionals

**Dr Chris Bradshaw: Sports Physician
Wayne Rodgers: Sports Physiotherapist
Andrew Wynd: Physiotherapist
Nicki Quigley: Podiatrist**

FRIDAY 5TH SEPTEMBER 2PM-5PM



Program over view:

Recognising overload and muscle imbalances
Keeping knees on track in running and cycling
The degenerative knee joint
Lower limb biomechanics and simple screening tests
Understanding anterior knee pain and patello-femoral dysfunction
ACL reconstructions: Advanced rehabilitation & sports conditioning

*The program will have a strong emphasis on
corrective exercises and functional rehabilitation
with heaps of “use tomorrow” training tips*

www.opsmc.com.au

PRESENTERS

Nicki Quigley: Bachelor of Podiatry & Bachelor of Applied Science (Human movement)

Nicki has a background in biomechanics and exercise physiology, and has worked with the VIS in sports science. Nicki has a special interest in lower limb biomechanics, and management of injuries in elite athletes, recreational athletes and junior athletes. Nicki has a diverse knowledge of sports including AFL, softball, cricket, soccer, netball and running.

Wayne Rodgers: Bachelor of Physiotherapy & Graduate Diploma of Sports Physiotherapy.

Wayne has many years of experience in managing clients with a wide variety of sports and musculoskeletal injuries. With a strong involvement in the health and fitness industry and with elite national and recreational athletes. Wayne also lectures Sports Physiotherapy at various institutes.

Andrew Wynd: Bachelor of Physiotherapy

Andrew has a special interest in endurance athletes of all types including cyclists, runners, triathletes, surfing and multisport athletes and is a member of the Australian XC ski team himself. Andrew also specialises and is involved in bike fitting cycling assessments and lower limb biomechanics.

Dr Chris Bradshaw: Bachelor of Medicine and Surgery

Chris is well known in the world of sports medicine. Chris is presently head doctor at Geelong Football Club and has also been the head doctor at Fulham Football (Soccer) club in the UK. Chris represented Australia in the 1990 Commonwealth games in Decathlon. Chris has published widely in the field of clinical sports medicine has presented papers at many international conferences.

Friday 5th September 2pm-5pm

Individual full price \$30

Special earlybird rate: Register by 15th Aug two for the price of one

Mercy Private Hospital 159 Grey St East Melbourne

Ground floor Mercy seminar room (behind café)

Parking available Mercy Hospital car park Grey street (parking fees apply) or metered parking in surrounding streets.

RSVP essential (complete form below)

Name/s.....

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Email addresses.....

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Profession: Personal Trainer Soft Tissue Therapist Other

Business name/location.....

Cheque –made payable to Olympic Park Sports Medicine Centre

Credit card expiry

Cardholders Name.....Signature.....

Registration by 1st Sept to Emma fax: 03) 9415 8399 ethorneycroft@opsmc.com.au