

2ND INTERNATIONAL SPORTS MEDICINE CONFERENCE



Invited Professionals

- # Physiotherapists
- # Sports Scientists
- # Doctors/GPs
- # Orthopaedic Surgeons
- # Strength and Conditioning /Trainers
- # Medical Students
- # Sports Science Students
- # Physio Students

**18TH-19TH
JANUARY
2019**

Theme:
*Assessment and Rehabilitation
of elite athlete*

Cell No. 0700 527 105
Email: info@irma.co.ke

Faculty Focus



Overuse Injuries



Hip & Groin Injuries



Sports Ultrasonography



CHARGES Doctors / Physios / Sport Scientist: Kes 15,000
Intern / Students : Kes 10,000

DEPOSIT

ACCOUNT NO: 0014847901

ACCOUNT NAME: INSTITUTE OF REHABILITATION MEDICINE AFRICA

BANK: FIRST COMMUNITY BANK, KIMATHI BRANCH

MPESA PAYBILL: 919 700

A / C: 14847901

VENUE : GERTRUDE CHILDREN HOSPITAL,
(MUTHAIGA) NAIROBI, KENYA

"FROM THE FIELD TO THE OPERATING ROOM, REHABILITATION TO RETURN TO PLAY"

GUEST FACILITATORS



DR. JEREMY HENRICHS,

Dr. Jeremy Henrichs is a Sports Medicine physician in the Department of Orthopedic Surgery and Sports Medicine at Carle Foundation Hospital. He is currently the Team Physician for the University of Illinois Track and Cross Country, Soccer, and Men's Basketball teams. He is the Sports Medicine Rotation Director for the Carle Family Medicine Residency and a Clinical Instructor for Carle Illinois College of Medicine. He is a member of the American College of Sports Medicine and the American Medical Society for Sports Medicine where he previously served on the Practice and Policy Committee for 6 years. Dr. Henrichs is boardcertified in Family Medicine with a CAQ in Sports Medicine. He is a graduate of the University of Illinois College of Medicine and Spartanburg Family Medicine Residency. He completed his Sports Medicine Fellowship at the University of Pittsburgh. He has additional training in diagnostic musculoskeletal ultrasound and ultrasound guided office procedures. Dr. Henrichs is also the founder and President of Running the Race, Inc., a non-profit organization dedicated to sports medicine missions.

MR. BEN SEAGREN



My name is Ben Seagren and I am currently completing a fellowship in primary care sports medicine. I am originally from Lafayette, Indiana. I completed my undergraduate degree at Purdue University in West Lafayette, Indiana. I then went on to complete medical school at Indiana University School of Medicine in Indianapolis, Indiana. I then moved to Memphis, Tennessee to start my medical residency in family medicine. I did the first 2.5 years of my family medicine residency at Resurrection Health Family Medicine Residency and served as a chief resident during my third year of training. I finished my last six months of training in Tulsa, Oklahoma at In His Image Family Medicine Residency after an unforeseen funding issue caused Resurrection Health to close. I then returned to Memphis to start my primary care sports medicine fellowship at the University of Tennessee/Campbell Clinic Orthopaedics program. The specialties of my fellowship program are the numerous opportunities to work with high school, college, and professional athletes and extensive training in musculoskeletal ultrasound. After completing fellowship, I hope to work incorporating primary care and sports medicine into mission work overseas and/or in an inner city setting in the US working with the underserved and refugee population. My wife Amy works in the academic advising office at the University of Memphis. We have been married for 5 years.

CHRISTINE HENRICHS, M.D.

Christine Henrichs, M.D. is a practicing Family Physician, a Clinical Associate Professor in the Department of Family Medicine at the University of Illinois College of Medicine at Urbana-Champaign, and past Department Head. After residency, Dr. Henrichs completed a Faculty Development Fellowship at the University of Pittsburgh. She is active in teaching medical students and residents and has led many faculty development activities not only in her own institution, but also as an invited consultant.



DR. VICTOR K. BARGORIA

Orthopaedic and Trauma Surgeon
MOI Teaching and Referral Hospital
Eldoret, Kenya

Dr. Bargarior has earned his degree in medicine and surgery at the University of Nairobi. He got his orthopaedic training at the Moi University School of Medicine (Eldoret, Kenya) and then AO Trauma Fellowship at the Hadassah University Hospital (Jerusalem, Israel). He continued his professional education with the observership at the Linkoping University Hospital, Department of Orthopaedics (Linkoping, Sweden).He currently practices at the MOI Teaching and Referral Hospital. He served as team physician of the national track and field team at many competitions and championships and was also included into the medical staff of the Kenya Team to the 2012 London Olympics. He has authored several publications and presentations in orthopaedic field.He is a member of several medical and orthopaedic societies, including Kenya Orthopaedic Association (KOA); IAAF Athletics Research Team at the 2015 Beijing World Athletics Championship; Most notably, he a chairman of the Kenya Athletics Medical Commission.

TRACY R. RAY, M.D

Associate Professor

Tracy R. Ray, MD is an Associate Professor in the Department of Orthopedic Surgery and in the Department of Family Medicine at Duke University. He directs the Primary Care Sports Medicine Fellowship Program. He serves as a Team Physician with Duke Athletics and supervises the outreach program to multiple local high schools. He has previously served on the Board of Trustees for the American College of Sports Medicine and is a former member of the Board of Directors for the American Medical Society of Sports Medicine and currently serves the society as 2nd Vice-President. He is board certified in Family Medicine and holds a Certificate of Added Qualification in Sports Medicine. He is a graduate of the Medical College of Georgia and completed his Family Medicine at the College of Community Health at the University of Alabama in Tuscaloosa, AL. He completed his medical training with a fellowship in Sports Medicine at the Cleveland Clinic in Cleveland, OH.



DR. NASSIB TAWA

Physiotherapy training: Lecturer at Jomo Kenyatta University of Agriculture & Technology for the last 7 years. Teaching both undergraduate and post-graduate programs in the following areas: orthopedics and sports rehabilitation, pain management and evidence-based practice. Physiotherapy clinical practice: Head of the rehabilitation medicine department at Strathmore University medical center for the last 6 years.

Worked as a member of the national Olympic committee medical commission in 2016. Physiotherapy research: Currently a post-doctoral

researcher at the division of physiotherapy in Stellenbosch University South Africa. He is undertaking independent research in clinical motion analysis (3D technology) in screening, diagnosis and rehabilitation of sports injuries and orthopedic disorders. Physiotherapy regulation: Currently the national Chairman of the Physiotherapy Council of Kenya (PCK) at the Ministry of Health, in charge of regulating training, practice as well as registration and licensure of physiotherapists in Kenya.



DR. FRANCIS K. MBUGUA

Consultant Orthopaedic Surgeon:
Arthroscopy and Sports Medicine
AIC Cure International Hospital, Kijabe

Mbugua is a board certified orthopedic surgeon with fellowship in sports medicine and arthroscopy. Currently he is the Assistant Medical Director and the Head of Orthopedic Training/Residency at Cure Kijabe. He serves with Kenya Rugby Union and a number of other professional teams. He has vast experience in surgeries for shoulder having trained under Dr. Brian Cole of Chicago Bulls and Chicago White sox.

Contacts: francis.mbugua@cureinternational.org
Cell: +254 736 215631