



in Partnership with



## 4TH INTERNATIONAL SPORTS MEDICINE CONFERENCE

# SPORTS INJURIES: TREATMENT & PREVENTION

21st January  
**2022**



**Pitch Side Care**



**Sport specific injuries**

### Who should attend?

- # Physiotherapists
- # Sports Scientists
- # Physicians
- # Orthopaedic Surgeons
- # Strength and Conditioning /Trainers
- # School Physical Education Teachers
- # Medical Students
- # Sports Science Students
- # Physio Students

**Theme:**  
**Sports Injuries prevention**

**CHARGES**

Early Bird Kes 8,000 {2nd January 2022}  
Late Registration: Kes 10,000  
Students / registrars: 5,000

**Cell No. 0729 006 837**  
**Email:info@smsk.or.ke**

MPESA PAYBILL: 700201  
A/C NO: 6640002709

**Venue :AMREF University, Nairobi, Kenya**  
**{ Langata road}**

## **ABOUT SMSK**

The Sports Medicine Society of Kenya (SMSK) is a platform society for all stakeholders involved in development of sports medicine to help implement proper medical care and players welfare. The ordinary membership include sports physio, sports scientist, doctors, nurses, nutritionists, primary care physicians and Orthopaedic Surgeon(s). Its objectives include promoting and protecting the interests of its members. Communicate the concerns of his members and lobby government, public and private sector for actions that address the same. It acts for and on behalf of its members in discussions and negotiations on industry specific issues.

## **ABOUT IRMA**

Institute of Rehabilitation Medicine Africa (IRMA) is a Kenyan institution that is based in Nairobi. The Institute is accredited by the Physiotherapy Council of Kenya (PCK) to provide continued professional development (CPD) courses among the Physiotherapist and other allied health professionals in the country.

The institute will conduct workshops dealing with practical aspects of sports medicine as applies to surgeons, physicians, sports physical therapists and sports (athletics) trainers. It is projected that going into the future there shall be an annual sports medicine conference in Kenya and two to three workshops / trainings that confer practical skills and updates to the said cadres of health workers.

As far as the organizers know, there is no coordinated society handling sports medicine or arthroscopic matters in the country.

It is the hope of the organizers that these efforts will bear fruit and as Sports Medicine Society of Kenya (SMSK) will be launched at the end of the workshop.

## **CONFERENCE DELEGATES**

The workshop is tailor made for physicians involved in care of athletes, sports physiotherapists, physical education teachers in high schools, sports trainers and orthopedic surgeons with keen interests in arthroscopy and sports medicine. Orthopedic Residents looking to undertake further training in sports training may also benefit

The conference will focus on student athlete (collegiate athlete) a participant in an organized competitive sport sponsored by the educational institutions in which the student is enrolled. Student-athletes are full-time students and athletes at the same time. Colleges offer athletic scholarships in many sports. During their sportsmanship period they incur sports injuries which needs to be managed and rehabilitated properly.

## **VISION**

To be recognized as the center of excellence in providing quality continuing education and resource for variety of healthcare professionals through provision of evidence and competency based learning in East and Central Africa Mission.

## **MISSION**

As a leader in international and continuing education, IRMA aims to help meet the lifelong learning needs and help healthcare organizations and individuals to improve outcomes. We provide international standards of training at competitive rates.

We provide seminars that are typically 1-2 days in locations at various cities in Kenya and surrounding countries for the following professionals, Physical therapists, occupational therapists, pharmacists, speech language, pathologists, nursing, emergency medical services, medicine / surgery, dietetics / nutrition and athletic trainers.

# FACULTY



## TRACY RAY, MD, FAMSSM, FACSM, CAQSM

Immediate Past-President, American Medical Society for Sports Medicine

### Piedmont Orthopedic Sports Medicine

Tracy Ray, MD is a sports medicine physician practicing with Piedmont Healthcare in Athens, Georgia, USA. His training includes medical school at the Medical College of Georgia and family medicine residency followed by a sports medicine fellowship at the Cleveland Clinic in Cleveland, Ohio. Dr Ray recently moved to his current practice location from Duke University in North Carolina, USA. He is currently serving the most immediate, past-president of the American Medical Society for Sports Medicine, the largest physician only, sports medicine society in the world. Dr. Ray's visit to Kenya in 2022 is his 4th in 5 years and his 7th visit to the African continent. His wife, De'Ette, to whom he has been married for 33 years, accompanies him.



## DR. VICTOR K. BARGORIA

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

Dr. Bargoria 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 is a chairman of the Kenya Athletics Medical Commission.

## LAURA J. J. LINTNER, DO

She is a Sports Medicine Physician from the US. This is her second time traveling to for the KSSM meeting along with the Running the Race team. She completed her family medicine residency and sports medicine fellowship at Wake Forest University School of Medicine in North Carolina. She has remained on faculty at WFUSOM where her role consists of teaching residents in primary care medicine, fellows in sports medicine, clinical practice in osteopathic manipulative medicine, and serving as the medical provider for athletic teams and events in the community.



## DR. JEREMY HENRICHES,

Dr. Jeremy Henriches 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, 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 Medical Society for Sports Medicine where he previously served on the Practice and Policy Committee for 6 years.

Dr. Henriches is board certified 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. Henriches is also the founder and President of Running the Race, Inc., a nonprofit organization dedicated to sports medicine missions.



## DR. NASSIB TAWA

Physiotherapy training; Senior Lecturer at Jomo Kenyatta University of Agriculture & Technology for the last 10 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 also Member of the NOC-Kenya medical commission. 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

Head of Orthopaedic surgery,  
program director Orthopaedic residency ,  
AIC Kijabe Hospital

Mbugua is a board certified orthopedic surgeon with fellowship in sports medicine and arthroscopy. Currently he is the Head of Orthopaedic surgery, program director Orthopaedic residency, A.I.C. Kijabe Hospital. 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  
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# ORGANIZING COMMITTEE

## DR. JEFF M MAILU

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

Mailu is a board certified orthopedic surgeon with fellowships in sports medicine and arthroscopy.

Currently is the Head of research at Cure Kijabe. He serves with Kenya Rugby Union and a number of other professional teams. He is the chair of the planning committee.

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## DR. PERIS N. WATHIRU

SMSK Cordinator

Consultant Orthopedic Surgeon, Clinical Fellow in Arthroscopy and Sports Medicine Kiambu County and AIC Cure Hospital.

Peris is a board certified surgeon who is completing her clinical fellowship at Cure.

She is passionate about training and skills transfer, and has special interest in Exercise and Sports medicine.

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## DR. CATHERINE WAMBUA

**Consultant Physical Therapist**

Dr. Catherine Wambua: Consultant Physical Therapist with a broad experience in areas including orthopedic, neurological, Sports rehabilitation, cardiac rehabilitation and wound care management. She has over 26 years of experience in the United States of America.

She is a member of the American Physical Therapy Association, Alabama board of physical therapy and PCK. Catherine served as clinical faculty for the University of Alabama at Birmingham School of Physical Therapy, Alabama State University for 12 years and, part-time faculty in Jomo Kenyatta University of Agriculture and Technology.

Catherine is the CEO and proprietor of Restore Physiotherapy and Rehabilitation Hospital in Karen, Nairobi.

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## MR. LAMECH BOGONKO

**Sports Physiotherapist, Kenya 7s Rugby & Founder East Africa Sports Injury Clinic, exercise and sports medicine center.**

Lamech has vast experience in sports physiotherapy, with special interest in injury prevention.

He is a PhD candidate at University of Western Cape and part time lecturer in physiotherapy and sports science at Kenyatta University and Jomo Kenyatta University of Agriculture and Technology.

He has worked with several professional clubs and teams in South Africa and Kenya.

Currently he is the sports physiotherapist for the Kenya Rugby 7s.

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## PROF. PETER BUKHALA

**Sports Science ( PhD)**

Prof. Peter Bukhala holds a PhD in Sports Science. He is currently the Director Research and Postgraduate Support at Masinde Muliro University of Science and Technology, Kenya. He's a visiting prof. at Kenyatta university and the current Africa representative for the International Federation of Adapted Physical Activities global committee.



## MR. ALTAF MAPARA



Altaf is a Canadian trained Physical Therapist, who holds a Master's degree in Physical Therapy from McGill University and an Undergraduate Degree in Biological Science, Kinesiology and Psychology from the University Of Alberta. He also holds an IOC sports Therapies Diploma. Altaf, has worked both in Australia and Canada and now in his home town of Nairobi, Kenya where he specializes in Sports Physiotherapy, Manual Therapy, Orthopedic rehabilitation (Pre and Post Surgery), Cardiac rehabilitation (Cardiac disease, Respiratory disease and ICU management) and Neuro rehabilitation for a variety of

populations from - pediatric patients spanning through to geriatric patients. Altaf, comes with a diverse background of having worked with Elite level rugby players in Canada at the varsity level and with Paralympic wheel chair athletes at the national level and has worked with Kenya 7's Rugby team, Athletics Kenya Sprinters and the Kenya Junior Tennis Team.

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# DAY PROGRAM

21<sup>st</sup> JAN 2022

## PROGRAM SCHEDULE

### Sports Medicine Conference

- 01 8.30AM | REGISTRATION
- 02 9.00 AM | INTRODUCTION
- 03 9.15 AM | COMMON SPORTS INJURIES AROUND THE HIP
- 04 9.45 AM |
- 05 10.15 AM | INJURY PREVENTION FOR PROFESSIONAL ATHLETES
- 06 10.45 AM | TEA BREAK
- 07 11.00 AM | SHOULDER PAIN AND COMMON PATHOLOGIES
- 08 11.30 AM | GENERAL PRINCIPLES FOR REHAB OF SHOULDER INJURIES
- 09 12.00 PM | RETURN TO PLAY PROTOCOLS FOR PROFESSIONAL ATHLETES
- 10 12.30 PM | NUTRITION FOR PROFESSIONAL ATHLETES
- 11 1.00PM | LUNCH
- 12 2.00 PM | DEMONSTRATION; IN GROUPS DEPENDING ON ATTENDANCE  
1. Evaluation Techniques Of The Hip Joint  
2. Evaluation Techniques Of The Shoulder Joint  
3. Other Suggestions From The Visiting Team Or Rest Of Committee?
- 13 3.00 PM | PANEL DISCUSSION; (VICTOR, LAMECH, SOME PLAYERS ??SINAIDA)  
1. Athletes experience from injuries  
2. Olympics rehab team experience  
3. Experience from running international events in Kenya
- 14 4.00PM | FINAL REMARKS AND WAY FORWARD



## NOTES:



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For more information contact  
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**LAMECH BOGONKO**  
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#### Map to Amref International University

