



in Partnership with



4TH INTERNATIONAL SPORTS MEDICINE CONFERENCE

SPORTS INJURIES: TREATMENT & PREVENTION

21st January
2022

Who should attend?

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



Pitch Side Care

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

Sport specific injuries



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, pharmacies, 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 Orthopaedic 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 Linköping University Hospital, Department of Orthopaedics (Linköping, 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.



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, 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. Henrichs 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. Henrichs 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
Cell: +254 736 215631**

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.

Contacts: jeffmailu@gmail.com

Cell: +254 721 676105



DR. PERIS N. WAITHIRU

SMSK Coordinator

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.

Contacts: +254 721 562 084

E-mail: ndutapew@gmail.com



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.

Contacts: +254 713 466 300

E-mail: catherinewjw@yahoo.com



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.

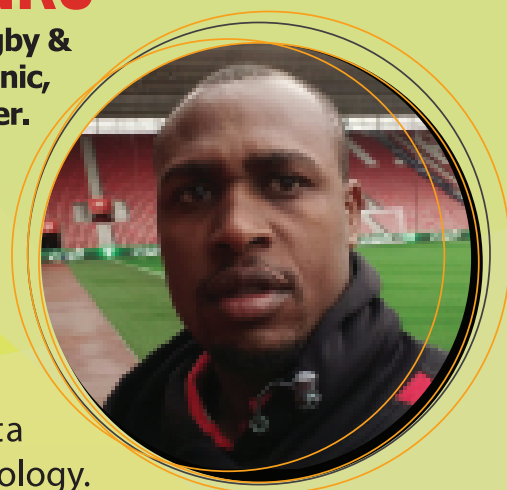
He is a PhD candidate at University of Western Cape and part time lecturer in physiotherapy and sports science at Kenyatta University and Jomo Kenyatta University of Agriculture and Technology.

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.

Contacts: +254 729 006 837

E-mail: lamech2030@gmail.com



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 Diplome. 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.

Contacts: +254724 007 200

E-mail: altaf.mapara@gmail.com



DAY PROGRAM

21st 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







For more information contact
DR. PERIS N. WAITHIRU
SMSK Coordinator

LAMECH BOGONKO
SMSK Coordinator

P.O Box 44097 - 00100, Nairobi
Email: info@smsk.or.ke
Website: www.smsk.or.ke
Cell: +254 (0) 721 562 084
+254 (0) 729 006 837
Iregi Road, Parklands

Map to Amref International University

