

6TH INTERNATIONAL SPORTS MEDICINE CONFERENCE

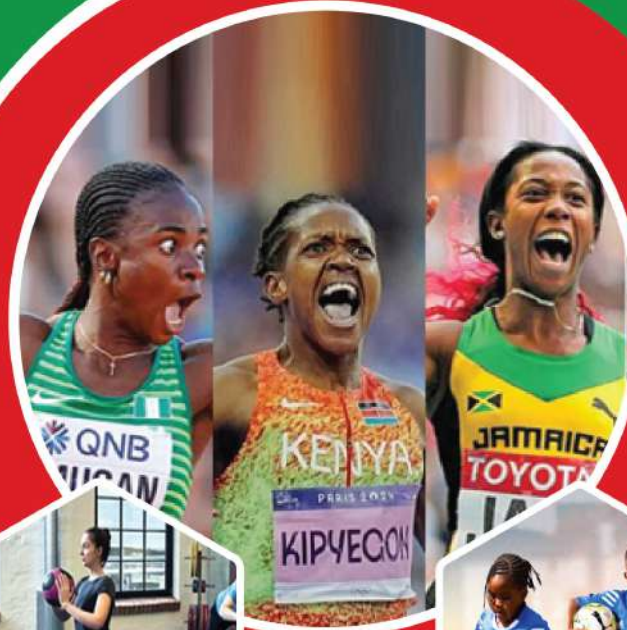
INNOVATIONS IN TRAINING: THE FUTURE OF THE FEMALE AND YOUNG ATHLETES PERFORMANCE



24th & 25th JULY
2025

Who should attend?

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



Injury Prevention



Young Athletes

THEME: EMPOWERING THE FEMALE AND YOUNG ATHLETE

VENUE: ROUSSEL HOUSE, KAREN, NAIROBI

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**CPD
Points
Awarded**

REGISTRATION CHARGES:-

MEMBERS: 10,000/=

NON MEMBERS : 12,000/=

STUDENT: 7,000/=

MPESA PAYBILL: 700201

A/C NO: 6640002709

Cell No. 0729 006 837

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www.smsk.or.ke

X @SMSK_Kenya



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.

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, SMSK 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.

CONFERENCE DELEGATES

At the 6th International Sports Medicine Conference, delegates receive training that equips them with the competencies required to work with sports teams and in event medicine settings, addressing the needs of both disabled and able-bodied athletes across all age groups. Participants gain knowledge and practical skills in exercise medicine, including the management of chronic diseases, emergency care, pitchside response, and the broader medical support of individuals and teams in athletic environments.

The conference offers 1–2 day seminars held in various cities across Kenya and neighboring countries, targeting professionals such as physical therapists, occupational therapists, nurses, emergency medical service providers, physicians, surgeons, nutritionists, sport scientists, sports psychologists, and athletic trainers

DR. LAURA LINTNER

Dr. Laura Lintner is an Assistant Professor of Family Medicine and Assistant Director of the Sports Medicine Fellowship at Wake Forest University School of Medicine in North Carolina. She completed her Family Medicine residency and Sports Medicine fellowship training at this same institution. She provides medical coverage for local high schools, universities, and independent teams. Her interests include running, weightlifting, the female athlete and resident & fellow education. She is married to Travis and they have 3 children: Millie (9), Nolan (7), and Oakley (5). This is her 5th time in Nairobi and her 3rd time participating in the SMSK conference.



DR. JAMES ONDIEGE OCHOLA

Dr. James Ondiege Ochola is a Consultant Orthopaedic surgeon at Kenyatta National Hospital. Currently, he is the CMO at Kenya Rugby Union, was CMO for Team Kenya to the Paris 2024 Olympics and Trindado Commonwealth Youth Games 2023. He also serves as a World Rugby Medical Trainer.



MS. VANESSA AKIWUMI

Proudly born and raised in Kenya, I am a sports psychologist and life coach with a deep-rooted passion for sports psychology and athlete mental performance. As the founder of Life Coaching KE (LCKE Solutions Limited), I specialize in helping athletes build mental strength, enhance focus, and navigate the psychological demands of elite sport. I've worked with individual athletes and national bodies—including the International Olympic Committee (IOC) and the Kenya National Paralympic Committee (KNPC) - to design performance-focused mental wellness programs. My approach integrates mindset coaching, emotional regulation, and strategic development to support athletes in reaching their full potential both on and off the field.



PURITY KAMANDE

Purity Kamande is a registered clinical and sports nutritionist with extensive experience supporting athletes across various disciplines and age groups to enhance performance through tailored nutrition strategies. She has worked with national teams including Team Kenya under the National Olympic Committee of Kenya, Kenya Rugby Union-affiliated teams, and individual athletes in triathlon, sprinting, and basketball 3x3 and other sporting disciplines.



She is a member of Professionals in Nutrition for Sports and Exercise (PINES) and a Volunteer trainer for SportsWave Africa Foundation. Purity brings expertise in sports-specific nutrition interventions, sports event nutrition support, tournament administration support. She holds a Masters of Science in Health Promotion and Sports Science and a Bachelors of Science in Human Nutrition and Dietetics from Masinde Muliro University of Science and Technology.

NEWTON GITHINJI

Newton is a Clinical Exercise Physiologist with extensive experience in injury prevention, rehabilitation, and performance development for young athletes. With a background rooted in evidence-based practice and a passion for youth athletic care, Newton has helped countless young athletes recover from injury, build resilience, and improve performance through tailored strength and conditioning programs.



In addition to clinical work, Newton serves as the General Manager at Nextgen Health and Wellness and Tuzidi Fitness, where they lead high-performance teams focused on delivering comprehensive health, fitness, and rehabilitation services. Their leadership in these roles reflects a commitment to creating structured, supportive environments for athletes and clients of all levels. Through a hands-on approach and individualized program design, Newton ensures each athlete receives the attention and tools they need to return stronger, perform better, and stay injury-free.

DR. NJERI KARIANJAH

Dr. Njeri Karianjahi is a Kenyan-born consultant pediatrician and adolescent medicine specialist, based in Nairobi, Kenya. She is passionate about providing timely and evidence-based preventive, promotive healthcare to adolescents and young adults during this dynamic transition period as well as support parents, educators and healthcare workers to be better prepared in their support and care of 10-21 year olds.



Presently, Dr. Karianjahi serves at Gertrude's Children's Hospital, Nairobi, Kenya where she provides healthcare for adolescents and young people aged 10-21 years. She is also a board member of the Kenya Paediatrics Association (KPA) and the current chair of the Tobacco control and cessation committee under the umbrella of the KPA. Title of presentation: Psychological aspects of youth sports

DR. OMAR TAYARI

Dr. Omar Tayari is a sports and exercise medicine physician at the institute of Naval Medicine in United Kingdom.

He's a lead in Tri-service heat illness clinic at INM which manages patients from British Army, Royal Navy, Royal Air force and Royal Marines. He's a specialist in heat illness during intense exertion with special interest in exercise physiology and sports performance in extreme environments.



DAYNE GOETSCH, PT BSc (Physiotherapy)

Dayne Goetsch is a physiotherapist with a deep interest in injury prevention. His approach goes beyond symptom management — he focuses on identifying and treating the root cause of dysfunction. Whether it's faulty movement patterns, fascial restrictions, or poor biomechanics, Dayne works to correct these underlying issues to help athletes move better, recover faster, and avoid future injuries.



With a strong focus on functional movement and using priority principles of the body, Dayne uses a combination of manual therapy, dry needling, and fascial release, alongside specific rehab strategies to deload the body and restore optimal performance. He's especially passionate about the role fascia plays in movement and pain — a topic he regularly explores both in clinical practice.

In this talk, Dayne will break down how physiotherapy can play a key role in preventing injuries in young sportspeople — by looking at the body as a whole, treating the cause, and building more resilient movement from the ground up. He runs his practice, DG Physiotherapy, in Hillcrest, KwaZulu-Natal, South Africa

DR. DAVID JOMO

Dr. David Jomo is an Orthopaedic surgeon who trained at the College of Surgeons of East, Central and Southern Africa (COSECSA) and the University of Nairobi. He currently the Head of Orthopaedic Surgery at AIC Kijabe Hospital and is also listed as a contact for the Nairobi Spine & Orthopaedic Centre.



FACULTY

DR. CHARLES MURIUKI

Dr. Charles Muriuki is a highly skilled Obstetrician & Gynecologist (OBGYN) and Advanced Minimally Invasive Surgeon, specializing in laparoscopy, hysteroscopy, and endometriosis excision surgery. With a keen interest in endometriosis and reproductive health, he is dedicated to providing comprehensive, patient-centered care for conditions such as fibroids, ovarian cysts, pelvic pain, and infertility.

Utilizing state-of-the-art minimally invasive techniques, Dr. Muriuki ensures faster recovery, minimal scarring, and optimal reproductive outcomes



Guest Speaker

DR. KIGERA

Dr. Kigera is an orthopedic surgeon and lecturer at the Faculty of Health Sciences, University of Nairobi. An alumnus of both the University of Nairobi and Makerere University, he has completed fellowships at OrthoCarolina in Charlotte and the Hospital for Special Surgery in New York. He serves as Associate Editor of the East African Orthopedic Journal and has held several leadership roles within the Kenya Orthopaedic Association (KOA), including Chairman from 2018 to 2020. Regionally, he is active in COSECSA, where he is an examiner and a past recipient of the Lindsay Stewart Award.



Internationally, Dr. Kigera is a member of AAOS, SICOT, and the International Consensus Meeting on Infection. He has received multiple honors, including the Richard Gayle International Surgical Skills Scholarship and the Abdel Hay Mashhour Award. A prolific researcher, he has authored over 60 peer-reviewed articles focused on trauma, arthroplasty, and basic science. He serves as a reviewer and editorial board member for several journals, and since 2021, he has been a board member of the International Congress on Peer Review and Scientific Publication. He is currently the only African member of the Committee on Publication Ethics (COPE)

ORGANIZING COMMITTEE

DR. EDWIN KIPTOLO BOIT Head of Sport Science

Dr. Edwin Kiptolo Boit brings together deep academic expertise in Sports Medicine and Health Science (MSc) and Sports Science (PhD) with real-world entrepreneurial experience to develop and support emerging young athletes. His work is grounded in research and informed by a strong commitment to sports development and innovation. As the CEO and Founder of NextGen Sports Academy, he leads a cutting-edge institution that delivers a multi-sport curriculum driven by science and data. The academy is designed to lay a strong foundation for the next generation of sporting champions. Through the NextGen Foundation, an extension of the academy's mission.



Dr. Boit works to make sports accessible to children from underserved communities. The foundation focuses on the power of sport to unlock potential, offering pathways for holistic growth and personal development. In parallel with his leadership roles, Dr. Boit teaches at Kenyatta University in the School of Health Science, Department of Exercise and Sport Science. His areas of instruction include Anatomy, Physiology, Biomechanics, and the Application of Computer Technology in Sports. Beyond his professional and academic contributions, Dr. Boit is also a decorated athlete.

As a former international swimmer for Kenya, he represented the country at the World Championships and the All-African Games, earning two bronze medals. He continues to compete as a Master's swimmer, reflecting a lifelong dedication to sports, both in high-level competition and in nurturing the next generation of champions.

BETTY OKERE Head of Sport Nutrition

Betty is a registered Clinical Dietician with over 15 years experience with skills in the following areas: Public Health, Nutrition, Health policy development and Advocacy with Civil society engagement.



Betty holds a Diploma in Diabetes from University of South Wales and a Masters in Public Health Monitoring and Evaluation and she is currently the resident Dietician at Kilimani Diabetes and Endocrine Centre.

ORGANIZING COMMITTEE

DR. JEFF M MAILU

**Consultant Orthopaedic & Sports Medicine Surgeon
Organizing Committee Chair**

Dr Mailu is a board certified orthopedic surgeon with fellowships in sports medicine and arthroscopy. He is currently the Clinical Lead at the Sports Medicine Centre, Nairobi Hospital and Lead Consultant, Paediatric Sports Medicine at Gertrude's Children's Hospital and Nairobi Spine and Orthopaedic Centre. He is the current SMSK President.



DR. PERIS N. WAITHIRU

SMSK Secretary

A Consultant Orthopedic Surgeon, with Fellowship in Arthroscopy and Sports Medicine, Kiambu County and Kenyatta University.

Peris is a board certified surgeon who has passion about training and skills transfer, and has special interest in Exercise and Sports medicine.



DR. FRANCIS K. MBUGUA

SMSK Scientific Head

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.



PROF. PETER BUKHALA

SMSK Vice President

Prof Peter Bukhala holds a PhD in Sports Science. He is currently the Chairman of Health Promotion and Sports Science at Masinde Muliro university of Science and Technology, Kenya.

His area of specialization is program planning and implementation of recreation and elite sports for persons with disabilities. He has served on international sports committees including the International Paralympic Sports Science Committee, the Special Olympics strategic planning committee (2010-2015) and the host for the ACSM International Team Physician Course 2017. He is also a visiting Professor at the KU Leuven-Belgium IMAPA programme.

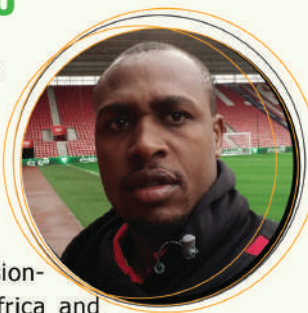


MR. LAMECH BOGONKO

SMSK Treasurer

Lamech has vast experience in sports physiotherapy, with special interest in injury prevention. He is a PhD candidate and Lecturer at Kenyatta University.

He has worked with several professional clubs and teams in South Africa and Kenya. Also he has worked Kenya Rugby 7s.



ROWENA TIROP

Head Of Sport Psychology

Rowena is a Licensed Sport and Exercise Psychologist with over 5 years of experience. She holds an MSc degree in Sport and Exercise Psychology from Brunel University, London UK, and a Bachelor's degree in Psychology and Counseling from Daystar University, Kenya.

She specializes in performance enhancement, motivation, stress management, injury recovery management and team dynamics. Rowena uses a holistic approach, highlighting the importance of mental health, promoting well-being, confidence, focus, and managing injury for athletes, teams, and organizations. She works with the National Olympic Committee Kenya, Team Kenya, the Paralympic team in Tokyo 2020, and the Kenya Rugby Union, Football Federation, Taekwondo Federation e.t.c.



DR. EVA LANGAT

SMSK Scientific Committee Member

Dr. Eva Langat is a board certified Orthopaedic Surgeon, with a passion for sports medicine and special interest in Knee and Shoulder surgery.

Eva is currently pursuing a sports medicine fellowship and working at the Nairobi Spine and Orthopedic Centre.



DAY 1
24TH JULY 2025

**FOCUS ON THE
FEMALE ATHLETE**

PROGRAM SCHEDULE

01

8:00 AM - 9:00 AM:
Registration

02

9:00 AM - 9:30 AM:
- *Welcome Address by the President of the Sports Medicine Society of Kenya.*
- *Keynote Speech: Publishing for the African Sports Scientist (Dr. Kigera)*
Dr. Jeff Mailu

03

9:30 AM - 9:50 AM: Session 1: Understanding Female Physiology
Topic: Hormonal Influences on Performance: Menstrual cycle, perimenopausal, pregnancy and postpartum;
Speaker: Dr. Charles Muriuki

04

9:50 AM - 10:30AM: Session 2: Sports Science
Topics: • Injury Risks and Prevention in female athlete (Dr. Laura)
Session Chair: Dr Edwin Boit

05

10:30 AM - 11:00 AM:
Tea Break

06

11:00AM - 11:40AM: Session 3: Injury Management and Rehabilitation
Topics: • Common Injuries in Female Athletes (Dr. Jomo)
• Sickle Cell Trait (Dr. Omar)
Session Chair: Dr. Eva Langát

07

11:40 AM - 12:30 PM: Session 4: Nutrition for the Female Athlete
Topics: • Nutritional strategies for female athletes (Betty Okere)
• Eating disorders in female athletes (Ashley Kibutha)
Session Chair: Rowena Tirop

08

12:30 PM - 1:30 PM:
Lunch Break

09

1:30PM - 1:50 PM:
Recap of the Morning Session
Session Chair: Dr. Mbugua

10

1:50 PM - 2:30 PM: Session 5: Mental Health and Performance
Topics: • Addressing Mental Health & Building resilience in sports performance (Rowena Tirop)
• The psychology of injury and return to sport after injuries (Vanessa Akiwumi)
Session Chair: Rowena Tirop

11

2:30PM-2:50 PM:
Athlete Talk/ interview: My Experience as a Female Athlete.
Session Chair: Dr. Peris Waithiru

12

2:50PM- 4PM
Panel Discussion: Sports Psychologists/ Physiotherapists/ Female patient
Session Chair: Dr. Peris Waithiru

13

4:00 PM - 4:30 PM:
Afternoon Break

14

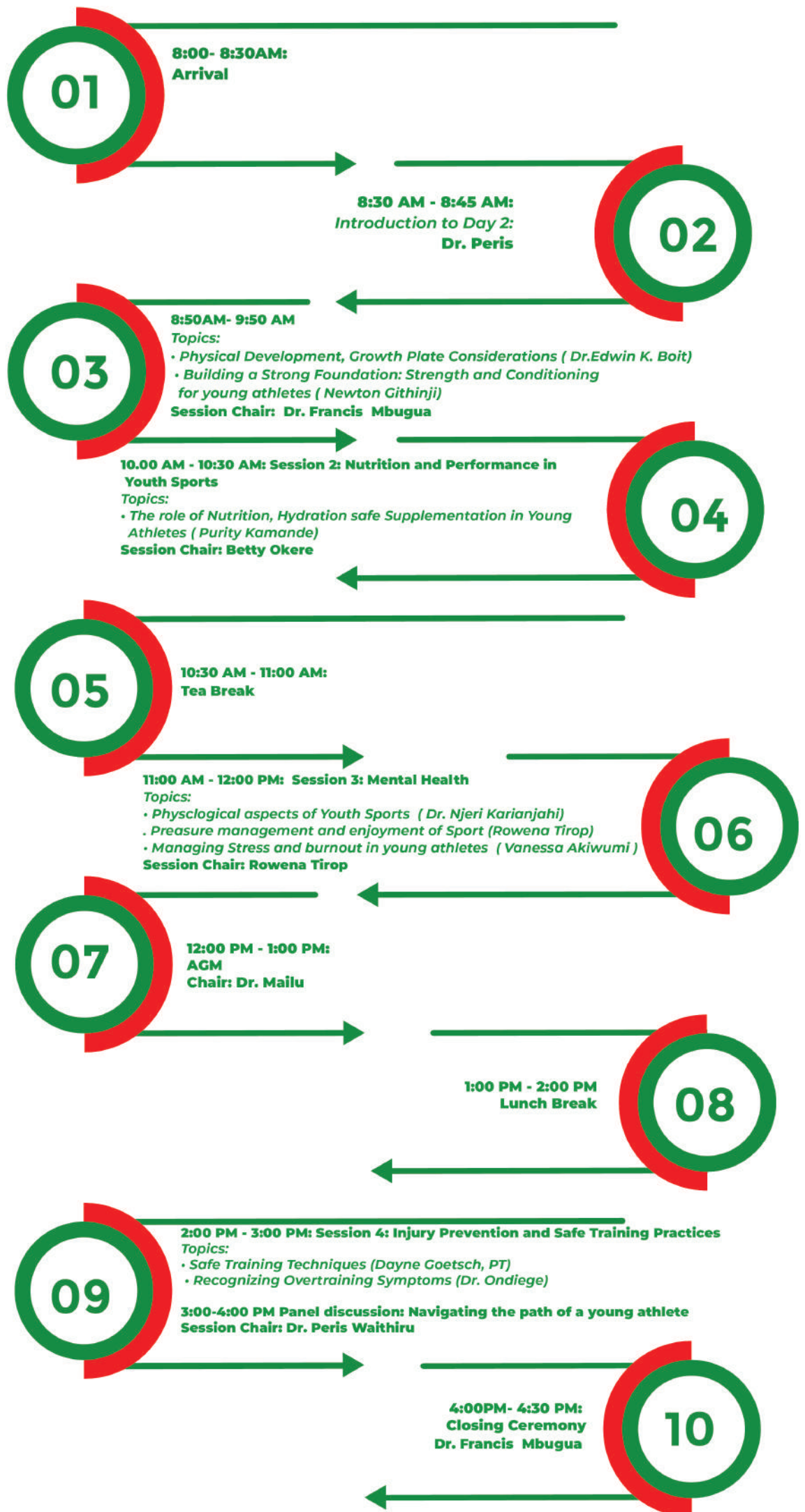
4:30 PM - 5:00 PM:
Day 1 Wrap-up and Q&A
Session Chair: Dr. Mailu

DAY 2

25TH JULY 2025

FOCUS ON THE
YOUNG ATHLETE

PROGRAM SCHEDULE





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Map to Roussel House, Donum Dei

