

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



**CPD
Points
Awarded**

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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

The training will provide competencies required to work with sports teams and in event medicine settings which encompass disabled and able bodied athletes across all age groups.

They will gain knowledge and the understanding of the practical application of exercise medicine in chronic disease including emergency presentations, pitchside care and medical problems, and the wider care of the exercising individual and team in a sporting environment.

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.

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. RICHARD OTIENO

I am a physician and research scientist specializing in sports medicine and wearable-enabled remote patient monitoring. After completing my medical training and early research practice in Russia, I earned my masters in AI & Business from the London School of Economics, where I focused on the intersection of data analytics and healthcare innovation. As the founder of Doctor Little—I lead the development of an AI-driven physician-assistant platform that integrates clinical data, treatment protocols, wearable sensor streams, and real-time analytics to help health professionals make better, data-informed decisions for their patients.

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.

BETTY OKERE

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.

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, BSC

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 orthopedic surgeon who trained at the College of Surgeons of East, Central and Southern Africa (COSECSA) and the University of Nairobi. He previously worked as a medical doctor 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



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Guest Speaker

DR. KIGERA

Dr. Kigera is an orthopedic surgeon and a lecturer at the Faculty of Health Sciences at the University of Nairobi. He currently serves as the Associate Editor of the East African Orthopedic Journal, a publication of the KOA. He is an Alumnus of the University of Nairobi and Makerere University. He has undertaken several fellowships including at OrthoCarolina in Charlotte and the Hospital for Special Surgery in New York.

At KOA he has been actively involved since his time as a resident. He then went on to serve as the Honorary Secretary and later Vice Chairman. He was the Chairman between 2018 and 2020 where he presided over tremendous growth of the association. Regionally he actively participates in COSECSA and is a past recipient of the Lindsay Stewart Award. He is an examiner for the college and actively participates in its workshops and conferences.

In the international front, Dr. Kigera is a member of the AAOS and is a past recipient of the Richard Gayle International Surgical Skills Scholarship. The AAOS also recognized him as an International Scholar in 2019 and 2020. Dr. Kigera is also a member of SICOT which also bestowed on him the Abdel Hay Mashhour award. He is also a member of the International Consensus Meeting on Infection and has participated in the formulation of international guidelines in orthopedic infections.

Dr. Kigera has authored over sixty peer reviewed articles in various local and international journals. His research interests are in Trauma, Arthroplasty and Basic Science. He serves as a reviewer in many journals and also serves on the editorial board of the Journal of Orthopedics. Since 2021, he has served as a board member for the International Congress on Peer Review and Scientific Publication and also currently serves as the only African on the Committee on Publication Ethics (COPE).



ORGANIZING COMMITTEE

DR. EDWIN KIPTOLO BOIT

Head Of Sport Science

Dr. Edwin Kiptolo Boit holds a Master degree in Sports Medicine and Health Science and a PHD in Sports Science. He's currently the CEO of NEXT GEN Multi sports academy.

He also runs Next Gen Health and wellness center, which specializes, in chronic diseases of lifestyle and sports injuries. He's been involved in Swimming, Athletics and Rugby Union in the area of Exercise Physiology and Fitness testing



ORGANIZING COMMITTEE

DR. JEFF M MAILU

Consultant Orthopaedic Surgeon: Arthroscopy & Sports Medicine Nairobi Hospital Organizing 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.

PROF. PETER BUKHALA

Sports Science (PhD)

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.

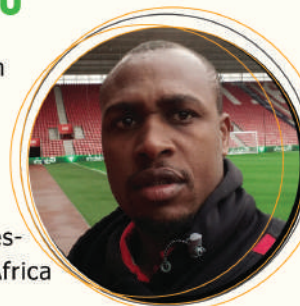


MR. LAMECH BOGONKO

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.

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



ROWENA TIROP

Head Of Sport Psychology

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

She is a member of Kenya Counseling and Psychological Association. She specializes in performance enhancement, motivation, stress management and team dynamics. She uses a holistic approach highlighting the importance of mental health, promoting well-being, confidence, focus and managing injury for athletes, teams, and organizations.

She's a founder of Mindful Performance consultancy in Kenya. She's worked with Paralympic team in Tokyo 2020 and Kenya rugby union.



DR. EVA LANGAT

Smsk Scientific Committee Member

Dr. Eva Langat is a board certified Orthopedic 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: "The Evolution of Women's Sports Medicine."
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 - 10:30 AM: Session 2: Sports Science
Topics: • Injury Risks, and Prevention in female athlete (Dr. Laura)
• Wearable tech and data analytics for female athletes (Dr. Otieno)
Session Chair: Dr Edwin Boit

05

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

06

11:00 AM - 11:40 AM: Session 3: Injury Management and Rehabilitation
Topics: • Common Injuries in Female Athletes (Dr Jomo)
• Rehabilitation Strategies for female athletes (David VANMED PT)
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)
• Supplements, and Diet Planning rowena tirop
• Eating disorders in female athletes
Session Chair: Rowena Tirop

08

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

09

1:30 PM - 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 Issues & Building resilience and Managing stress anxiety and performance pressure (Vannessa Akiwumi)
• The psychology of injury and return to sport after injuries (Rowena Tirop)
Session Chair: Rowena Tirop

11

2:30 PM - 2:50 PM:
Athlete talk/interview: my experience as a female athlete.
Session Chair: Dr. Peris Nduta

12

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

13

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

14

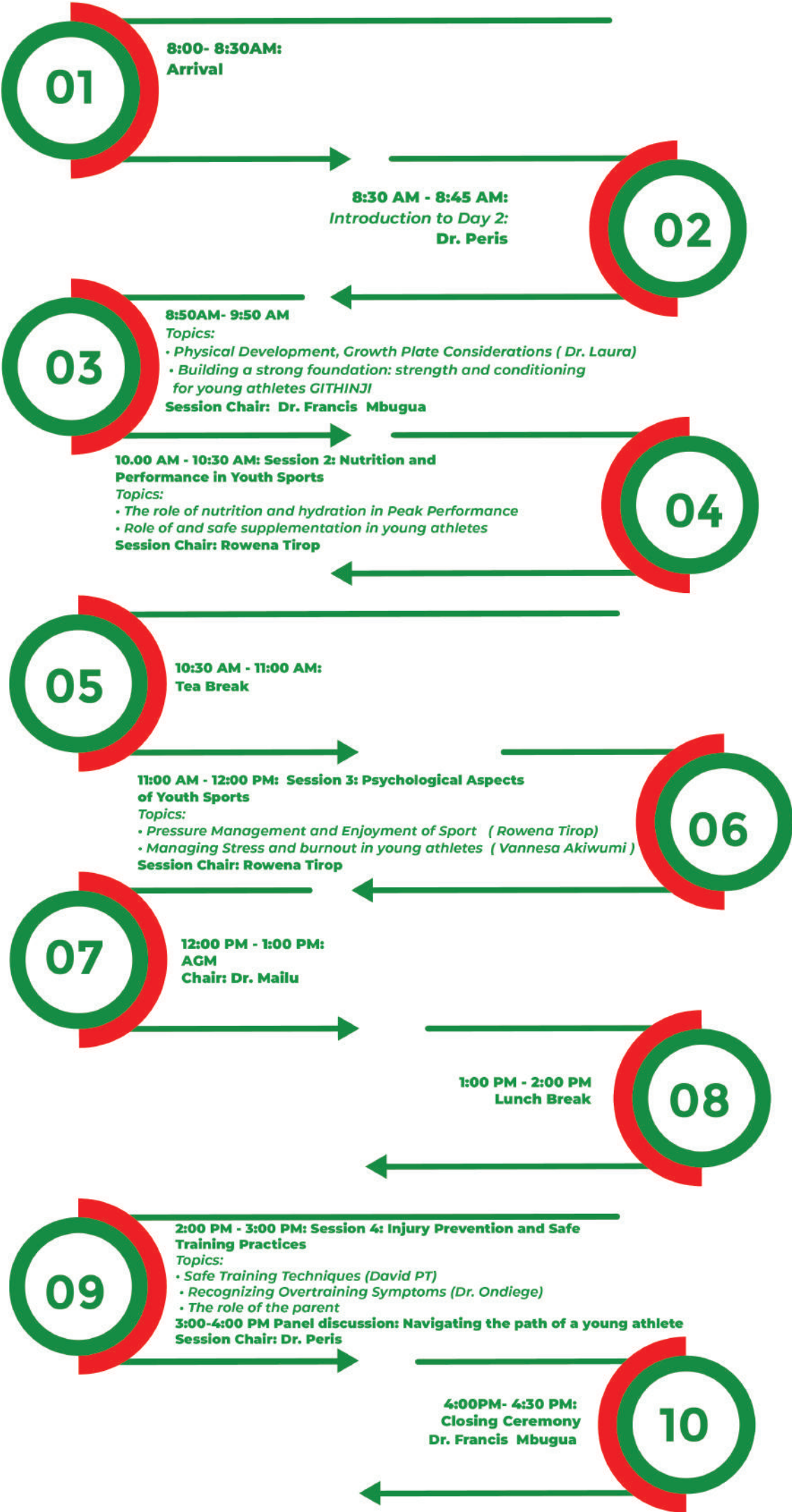
4:30 PM - 5:00 PM:
Day 1 Wrap-up and Q&A
Session Chair: Dr. Mailu

DAY 2

25TH JULY 2025

FOCUS ON THE
YOUNG ATHLETE

PROGRAM SCHEDULE





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