

Finding the edge - Optimising athletic performance

Virtual Symposium – Delivered on 8 May 2021

Program

Presenter	Topic
Session 1	
Professor Craig Purdam , FACP	<i>High Performance support teams for our athletes</i>
Dr Adam Castricum , Sports and Exercise Physician	<i>Medical considerations for the high performance athlete</i>
Dr Jill Leckey , Performance support – Nutritionist Australian Cycling Team	<i>Riding the nutritional tightrope on the road to Gold</i>
Session 2 Presented by physiotherapists who have been awarded Sports and Exercise specialisation by the Australian College of Physiotherapists (ACP)	
Trish Wisbey-Roth , FACP	<i>Rehab in the time of COVID – From hip fracture to cycling success</i>
Matt Lancaster , FACP	<i>Pianos and pole vaulting</i>
Alison Low , FACP	<i>A complex calf tear in an elite runner</i>
Session 3	
Jonah Oliver , Performance Psychologist National Performance Psychology Network Lead AIS	<i>Promoting Psychological Flexibility in the high performance athlete</i>
Ms Keren Faulkner , FACP Dr Andrea Mosler , FACP Dr Adam Castricum	<i>An elite athlete presents with a potentially career ending condition. The panel will explore the professional roles of the multi-disciplinary support team for the athlete, which eventually led to their continued international level participation and success in their chosen sport.</i>
Dr Rod Whiteley , FACP	<i>You can't do this alone - Why we should be sharing clinical data to get better outcomes for our athletes</i>
Session 4 Case presentations by registrars of the ACP training program	
Ryan Carroll , APAM	<i>Lateral ankle sprain and the use of patient reported outcome measures</i>
Clare Walsh , APAM	<i>Improving the psychosocial aspects for an adolescent after an ACL injury - A case report</i>

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