

# BMC Climbing Injury Symposium 2012

## Speaker Biographies

### Volker Schöffl



#### **Ass. Prof. Dr. Volker Schöffl, M.D., PhD**

Volker is a Fellow in General Surgery, Trauma surgery and orthopaedic surgery, Sports Medicine and Team Physician of the German Climbing and Expedition Team. Member of Medical Commissions (MedCom) for the UIAA ([International Mountaineering and Climbing Federation](http://www.international-mountain-climbing-federation.org)) and for IFSC (International Federation of Sports Climbing); Head of the Department of Sports Orthopaedics – Sports Medicine, specialising in shoulder and elbow surgery at Klinikum Bamberg and University Erlangen-Nuremberg, Germany.

Volker has done many first ascents up to Fr.8b and has been on many climbing expeditions. He is an acknowledged expert on climbing injuries with more than 50 scientific papers to his name. He also co-wrote the influential book translated in several languages 'One Move too many: How to understand the injuries and overuse syndromes of rock climbing'.

### Isabelle Schöffl



#### **Dr.rer.biol.hum. Isabelle Schöffl, MD, PhD, MSc, Dipl.biol**

Dept. of Paediatrics, Klinikum Bamberg and Department of Anatomy, University Erlangen-Nuremberg, FRG. Isabelle has published many scientific papers on the biomechanics of the hand and fingers, and is currently working in the Department of Paediatrics. She has climbed for 12 years and has done many first ascents in Germany and Asia.

### Dr. Waqar Bhatti



#### **Musculo-skeletal Radiology FRCS, DMRD, FRCR**

Waqar Bhatti organised and directed the first comprehensive Musculoskeletal ultrasound imaging service in Manchester on his appointment to the University Hospital South Manchester. Services offered included the introduction of the first dedicated finger ultrasound service, imaging for forefoot disorders and other more common problems such as Shoulder, Elbow, Wrist, Hip and knee disorders.

Waqar has been actively involved with inter-disciplinary research collaborations with our Department of Hand and Plastic Surgery University of Manchester. Through these research activities he has been actively involved in presentations nationally and internationally at the Radiological Society of North America, Chicago where he was awarded a CUM LAUDE for work presented on Ultrasound of Finger flexor tendon imaging.

**Robert Bradshaw  
Hilditch**



**Clinical Lead Podiatric Biomechanics NHS Stoke-on-Trent.  
Lecturer/ Practitioner Clinical Biomechanics Staffordshire  
University**

**Background:** Since my formative years at Sixth Form College (a long time ago) I have had an interest in the study of Biomechanics and how it relates to performance and injury. This has culminated me developing into my current NHS and University roles and as such working in both a clinical and research/academic environment.

My research interests are all related to in-shoe pressure measurements found within climbing, cycling and running footwear and the biomechanical consequences.

My sporting activities are running, cycling and a weekend warrior approach to rock and indoor climbing. Ambitions to learn to ice climb and to see Everest and K2 (a childhood dream, but will probably have to wait until my children are older for this).

**Tim Budd**



**Sports & Remedial Massage Therapist, SRMT, Dip. NLSSM,  
MSMA**

Tim is a fully qualified Sports & Remedial Massage Therapist. His qualification, a Level 5 BTEC Professional Diploma, was obtained at the North London School of Sports Massage. He is a Level 4 member of the Sports Massage Association.

Tim is also a Certified ROCKDOC using RockTape within regular treatments or as a stand-alone service.

Tim and partner Lynne Taylor, work as Sports and Remedial Massage Therapists in the Peak District. They both see a number of climbers on a regular basis. Tim utilises Kinesio tape and Dry Needling alongside his regular massage, soft tissue therapy and myofascial release techniques.

**John Dunne**



**Businessman and Ex-professional Climber**

John is an internationally renowned climber and has established many world class new routes over a period of 3 decades. He was instrumental in bringing competition climbing to the UK in the late eighties.

He has worked with many leading outdoor companies in roles ranging from straight sponsorship to product design consultancy, brand development and strategic business planning.

He is owner and managing director of 3 successful climbing centres and is a trustee of NICAS and sits on the committee of the Climbers Club.

John's long career has resulted in many injuries and various levels of surgical intervention making him a great resource for information and advice on injury prevention.

## **Gary Gibson**



### **Podiatrist**

**As a Podiatrist:** Qualified as a Podiatrist at the Northern Foot Hospital in 1982 and have worked in the National Health Service ever since where I specialise in Mental Health and Rehabilitation issues. I have worked for a professional football club, Port Vale FC, on a voluntary basis for 25 years and have been a trade union representative for my profession for 17 years. I am currently a member of council for my professional body representing them in the field of Public Relations and Industrial Relations.

**As a climber:** I have climbed since 1973, a total of 37 years. I initially climbed with my brother but once I found my own footing, pardon the pun, became focussed and totally obsessed in the field of first ascents. I have been embroiled in these since 1977 and despite having been highly controversial over a long period in time have contributed some magnificent climbs throughout Britain and helped develop the new style of sports climbs so prevalent across the country. To date I have done 3569 new routes.

I have also written ten climbing guidebooks with my next one, Pembrokeshire Range East coming out in the autumn and contributed to another 24, including one on football.

## **Charlie McCall**



### **Physiotherapist, BSc (Hons), MSc, NSCA**

Charlie qualified as a physiotherapist in London in 2001 and completed a MSc in Sports and Exercise Medicine in 2008. After a decade working in London in the NHS and then privately at a multidisciplinary sports medicine clinic, she relocated to Bristol. She now works at the Bristol University Sports Medicine Clinic. Charlie has worked at the English Institute of Sport and with elite athletes and squads in various sports including England Student rugby, GB fencing, figure skating, judo, athletics, and paralympic sports. She was part of the GB medical team at the World University Games in Shenzhen, China in 2011, and is the Chief Physiotherapist for the domestic programme for British University and Colleges Sports (BUCS).

Charlie enjoys the great outdoors and loves to go walking and exploring the wilderness. She dabbles with climbing and tries to keep fit running, nordic walking, and doing aerial hoop!

## **Steve McClure**



### **Professional Climber**

Steve McClure is one of the best rock climbers in the world, having climbed the hardest sport route in the UK at 9a+, numerous new routes at the grade of 9a and on sighted many at 8b+. Despite being better known for his sport climbing achievements, you might also find him wiggling in wires in Pembroke or sleeping in a portaledge on a 1000m wall in Greenland.

Born in North East England, and with both parents' keen climbers there was no escape from the sport. He was on the cliff before he could walk! Over the last 40 years Steve has ventured into most climbing disciplines and pushed some of them to the limits. And with this pushing has come the inevitable injuries. Having had pretty much all of them Steve is probably a useful addition to the Symposium!

Steve is sponsored by Petzl, Beal, Marmot, 5.10 and Entreprises.



**Audry Morrison****BSc (Human Nutrition), RNutr**

Audry is a registered nutritionist and a climber. She has a special interest in climbing metabolism and nutritional issues related to improvements in all types of climbing performance. She is a corresponding member of the Medical Commission for the UIAA ([International Mountaineering and Climbing Federation](http://www.internationalclimbing.com)). She has co-authored scientific papers on climbing physiology and injuries, and contributed chapters to '*Moderne Berg-und Hohenmedizin*' (2010) ('Modern Mountain and Altitude Medicine'), a guidebook growing in popularity which is being currently being translated into English.

Audry has been a keynote speaker internationally on climbing metabolism at sea level and at altitude.

**Tom Randall****Route Setter & Climbing Coach**

Tom has been involved with performance coaching for a number of years as British Senior Team Manager (2007-2009) and British Junior Team Coach (2008-2012). His background in a national level martial arts and field athletics during his teenage years has been adapted to create a blend of training and periodization models from climbing and athletics. He has climbed up to E9 / 8c on rock outside, and is probably best known for his strange love of crack climbing. During the working week he holds down a moderately normal job of route setting and private client coaching and is also director of the Midlands bouldering wall The Climbing Station.

Tom is sponsored by Wild Country.

**Stewart Watson****MSK Physiotherapist**

Physiotherapist based in Tirol, Austria. Member of the Chartered Society of Physiotherapy. Special interest in sport injury management and prevention. Plays a role in the injury management of some of the top athletes on the current competition climbing circuit. An all-round climber enjoying competitions, bouldering, alpine and sport climbing.

Stew is sponsored by Wild Country, La Sportiva, Chillaz, Edelrid, PhysioÖtztal.