

**3<sup>rd</sup> BMC Climbing Injury Symposium 2014**

**Speaker Biographies**

<b>Volker Schöffl</b>	<b>Professor Dr. Volker Schöffl, MHBA</b>
	<p>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 (<a href="#">International Mountaineering and Climbing Federation</a>) and for IFSC (<a href="#">International Federation of Sports Climbing</a>); Head of the Department of Sports Orthopaedics – Sports Medicine, specialising in shoulder and elbow surgery at Klinikum Bamberg and University Erlangen-Nuremberg, Germany.</p>
<p>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 ‘<i>One Move too many: How to understand the injuries and overuse syndromes of rock climbing</i>’.</p>	
<b>Isabelle Schöffl</b>	<b>Dr.rer.biol.hum. Isabelle Schöffl, MD, PhD, MSc, Dipl.biol</b>
	<p>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.</p>
<b>Dr. Waqar Bhatti</b>	<b>Musculo-skeletal Radiology, FRCS, DMRD, FRCR</b>
	<p>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.</p> <p>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.</p>

<b>ALISON BLOXHAM</b>	<b>MCSP, Practice Principal</b>
	<p>Alison qualified in 1982 from the Joint Services School of Physiotherapy and worked in various NHS hospitals for 11 years, latterly as head of Out-Patient Physiotherapy at Westmorland General Hospital, Kendal. In 1993 Alison left the NHS and travelled as a contract Physiotherapist in USA for 2 years working in a variety of facilities. On her return to Kendal in 1995 she started at the Kendal Physiotherapy Centre in private practice and became owner and Lead Clinician at the Centre in 1996.</p> <p>Specialist interests include sports injuries and muscle balance re-education, particularly in relation to chronic back and neck problems for which Alison receives referrals from all over the Northwest.</p>
<p>Alison has, over the years, been involved in providing Physiotherapy to Kendal Rugby Club, Sedbergh School, the Territorial Army, Lakeland Climbing Centre and various national and international sports events. Since 2001 Alison has been the Physio for the British team at the World Transplant Games, and also coordinated Physiotherapy provision for the British Games which run annually. As a keen outdoor enthusiast and climber Alison has experience of treating fell runners, cyclists, climbers and walkers and recognises that the need to do these activities often outweighs the need to rest! After suffering a shoulder injury whilst training to climb Half Dome she knows all too well the agony of rest versus rehab and the hard balancing act this entails!</p>	
<hr/>	
<b>Nick Bond</b>	<b>Radiologist, MSc, PGC, DCR(R) SRR</b>
	<p>Nick has worked for 27 years in the NHS; in various north-west radiology departments with a specialist interest in obstetrics and gynaecology.</p> <p>Now recently retired and working as a part-time locum, Nick has more time for other interests such as guest lecturing, guidebook writing, more injury-free climbing and gardening.</p>
<hr/>	
<b>Robert Bradshaw Hilditch</b>	<b>Clinical Lead Podiatric Biomechanics NHS Stoke-on-Trent. Lecturer/ Practitioner Clinical Biomechanics Staffordshire University</b>
	<p><b>Background:</b> Since his formative years at Sixth Form College (a long time ago) Robert has had an interest in the study of biomechanics and how it relates to performance and injury. This has led to NHS and University roles and working in both a clinical and research/academic environment. Robert's research interests are all related to in-shoe pressure measurements found within climbing, cycling and running footwear and the biomechanical consequences.</p> <p>Robert's 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.</p>
<hr/>	

<b>Richard Clarke</b>	<b>MCSP Physiotherapist</b>
	<p>Richard graduated from Northumbria University in 2002 and worked for several years in the NHS in the North East before leaving to work and travel in Australia. On his return to the UK, Richard worked in several clinics in and around the Manchester area, specialising in Occupational Health and Sports Physiotherapy. During this time, Richard worked closely with TASS athletes (Talented Athletes Scholarship Scheme) and Olympic 2012 hopefuls in a variety of sports, including rowing, badminton and cycling.</p> <p>Richard recently completed his Master's degree at Keele University in Physiotherapy and this research into climbers was the subject of his dissertation, having developed this interest working with the numerous local climbers who injured their shoulders!</p>
<p>When not studying or working, Richard enjoys several outdoor sports, including mountain biking, fell walking and running.</p>	
<b>Gary Gibson</b>	<b>Podiatrist</b>
	<p><b>As a Podiatrist:</b> Qualified as a Podiatrist at the Northern Foot Hospital in 1982. Has worked in the NHS ever since, specialising in Mental Health and Rehabilitation issues. Gary has worked for a professional football club, Port Vale FC, on a voluntary basis for 25 years. Gary is also a member of council for his professional body representing the field of Public Relations and Industrial Relations.</p>
<p><b>As a climber:</b> Gary has been climbing since 1973, initially climbing with his brother but once he found his own footing (pardon the pun) he became focussed and totally obsessed in the field of first ascents. Gary has contributed some magnificent climbs throughout Britain and helped develop the new style of sports climbs so prevalent across the country. To date Gary has done 3569 new routes. Gary has also written ten climbing guidebooks and contributed to another 24, including one on football.</p>	
<b>Steve McClure</b>	<b>Professional Climber</b>
	<p>Steve McClure is one of the best rock-climbers in the world. Over the last 15 years he has dominated UK sport climbing and single-handedly taken UK performance to a new level. Having climbed numerous new routes at the grade of 9a and onsighted up to 8b+ Steve remains one of Britain's top performers. Despite being better known for his sport climbing achievements Steve maintains a strong traditional climbing background, you might also find him wiggling in wires in Pembroke or sleeping in a portaledge on a 1000m wall in Greenland.</p> <p>Brought up in Cleveland near to the North York Moors, and with both parents keen climbers there was no escape from the sport. Climbing from the moment he could walk his first extreme was at 11, his first E3 at 13 and first E5 onsight at 16. Consequently, and in an attempt to climb at his own cutting edge, he has suffered many climbing injuries and continually flirts close to the edge. At 43 years old he's still hanging in there...</p>

<b>Audry Morrison</b>	<b>BSc (Human Nutrition), RNutr</b>
	<p>Audry is a registered sport nutritionist and 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 (<a href="#">International Mountaineering and Climbing Federation</a>). 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.</p>
<p>Audry has been a keynote speaker internationally on climbing metabolism at sea level and at altitude.</p>	
<b>Andreas Schweizer</b>	<b>Professor Hand Surgeon</b>
	<p>PD.Dr.med. Andreas Schweizer is an orthopedic surgeon specialising in hand surgery working at Balgrist University Hospital in Zurich and as Venia Legendi at the University of Zurich. He regularly treats injured rock climbers in his clinic and is the medical advisor for the technical committee in the Swiss Alpine Club. His scientific interests and extensive published work are in the field of injuries, overuse syndromes and biomechanics of the fingers in rock climbing. He is an avid and ambitious boulderer, sport and alpine climber for over more than 25 years.</p>
<b>Stewart Watson</b>	<b>MSK Physiotherapist</b>
	<p>Stewart is a physiotherapist based in Tirol, Austria. He is a member of the Chartered Society of Physiotherapy, with a 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.</p>
<b>Michael Yang</b>	<b>Masters Student at Imperial College, London</b>
<p>Awaiting photo</p>	<p>Michael has a background in Mechanical Engineering from the University of British Columbia, as well as industry experience with cardiovascular devices and aerospace manufacturing. He is currently completing his Masters dissertation thesis on the safety of current fall arrest systems used by children when rock climbing at the Biomedical Engineering department at Imperial College, London. After his Masters, Michael hopes to apply his knowledge to the design of orthopaedic devices such as sports equipment. Contact: <a href="mailto:michaelyangzh@gmail.com">michaelyangzh@gmail.com</a></p>