

## DAY ONE

<b>3<sup>rd</sup> BMC Climbing Injury Symposium, Saturday 15 November 2014</b>	
<b>08:30 – 08:55</b>	<b>Registration</b>
<b>08:55 – 09:05</b>	<b>Welcome from Deputy CEO Nick Colton</b> Aims & objectives of symposium
<b>09:05 – 09:20</b>	<b>Epidemiology of sport climbing injuries &amp; injury statistics</b> (Volker Schöffl)
<b>09:20 – 10:05</b>	<b>Differential diagnosis of finger pain in sport climbers</b> (Volker Schöffl)
<b>10:05 – 10:25</b>	<b>Epiphyseal injuries in junior rock climbers</b> (Isa Schöffl)
<b>10:25 – 10:55</b>	<b>Review of current fall arrest systems (rope &amp; harness) used by children while rock climbing</b> (Michael Yang; research presented by Dave Bruton)
<b>10:55 – 11:25</b>	<b>DRINKS BREAK</b>
<b>11:25 – 12:00</b>	<b>Shoulder injuries &amp; SLAP tears in rock climbers</b> (Volker Schöffl)
<b>12:00 – 12:20</b>	<b>Anorexia Athletica in climbers</b> (Isa Schöffl)
<b>12:20 – 12:50</b>	<b>Knee &amp; hip injuries in climbers</b> (Volker Schöffl)
<b>12:50 – 13:50</b>	<b>LUNCH BREAK</b>
<b>13:50 – 14:10</b>	<b>Osseous &amp; soft tissue adaptation in the fingers of rock climbers</b> (Andreas Schweizer)
<b>14:10 – 14:30</b>	<b>Degenerative changes in the finger joints of rock climbers</b> (Andreas Schweizer)
<b>14:30 – 15:15</b>	<b>Finger imaging</b> (Waqar Bhatti) <i>Our thanks to GE Healthcare for providing the ultrasound equipment.</i>
<b>15:15 – 16:00</b>	<b>Q&amp;A from all experts today (including Steve McClure)</b>
<b>16:00 – 16:30</b>	<b>Walk to Rock Over Climbing boulder wall</b>
<b>16:30 – 18:30</b>	<b>Bouldering at Rock Over Climbing boulder wall</b> <b>Masterclass by Steve McClure, BMC Ambassador</b>
<b>18:45 – 19:45</b>	<b>Buffet dinner at Rock Over Climbing with cash bar</b>
<b>20:00 onwards</b>	<b>Inspirational talk from Steve McClure ‘a window of opportunity’</b>

## DAY TWO

<b>3<sup>rd</sup> BMC Climbing Injury Symposium, Sunday 16 November 2014</b>	
<b>09:00 – 09:45</b>	<b>Is strength training the best way for climbers to recover from shoulder injury?</b> talk/practical (Alison Bloxham & Richard Clarke)
<b>09:45 – 10:30</b>	<b>Physio talk</b> (Stewart Watson)
<b>10:30 – 11:00</b>	<b>COFFEE BREAK</b>
<b>11:00 – 11:30</b>	<b>Sports ability test &amp; medical supervision of junior high ability climbers</b> (Isa Schöffl)
<b>11:30 – 12:00</b>	<b>Taping Workshop</b> (Volker Schöffl & Isa Schöffl)
<b>12:00 – 13:00</b>	<b>LUNCH</b>
<b>13:00 – 13:45</b>	<b>Are supplements needed to improve climbing performance?</b> (Audry Morrison)
<b>13:45 – 14:15</b>	<b>Climbing during pregnancy, a risk too far?</b> (Nick Bond)
<b>14:15 – 15:15</b>	<b>‘Footfall’ - a look at the supporting role or not of your feet when climbing</b> (Robert Bradshaw Hilditch & Gary Gibson)
<b>15:15 – 15:45</b>	<b>Q&amp;A from all experts today</b>
<b>15:45 – 16:00</b>	<b>Details of UK Diploma in Mountain Medicine course.</b>
	<b>END OF SYMPOSIUM, DISTRIBUTION OF CPD CERTIFICATES FEEDBACK FORMS</b>

*PLEASE NOTE THAT THIS PROGRAMME IS SUBJECT TO CHANGE  
AND THE BMC ACCEPTS NO LIABILITY FOR ANY CHANGES MADE.*