



# Masterclass Series

Orthopaedic Masterclass Series

  
The Wellington Hospital

## Masterclass One

Running Injuries – Tuesday 26 January

Humans leap from one leg to the other while running. Each leap raises the centre of gravity during take-off and lowers it on landing as the knee bends to absorb the shock. At mid-arc, both feet are momentarily off the ground. So because of its high impact nature, many injuries are associated with running.

In this session we are joined by Ben Pochee an international runner with an academic background in Sports Science.

### Topics and Speakers

Current Concepts

Stress Injuries

Achilles tendinosis/ heel pain

Impingement

Mr Nicholas Cullen

Mr Mark Herron

Mr Simon Moyes

### Venue

Huxley Lecture Theatre, London Zoo, Regents Park, London NW1 4RY

### Timings

Champagne reception: 18.00, Talk starts 18.45, Buffet dinner: 20.15

RSVP Acceptance only (including name and contact details) to:

Jean Anderson

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Email: [jean@wellingtonevents.co.uk](mailto:jean@wellingtonevents.co.uk)





# Masterclass Series

## Orthopaedic Masterclass Series

### Masterclass One Running Injuries

#### The speakers



**Mr Nick Cullen MBBS BSc (Hon) FRCS (Orth):** Mr Cullen was appointed as a Consultant in the Foot & Ankle Unit of the Royal National Orthopaedic Hospital Trust, Stanmore in August 2005. The Foot & Ankle Unit at the RNOH is a tertiary referral centre, treating many of the complex foot & ankle cases that are referred from hospitals throughout the South of England. Dealing solely with problems of the foot and ankle, Mr Cullen's interests include sports injuries, bunion, toe deformity, arthroscopy, arthritis and tendon disorders.



**Mr Mark Herron MBChB FRCS FRCS (Tr&Orth):** Formerly Consultant Surgeon at the Royal Orthopaedic Hospital where he developed the Foot and Ankle service. Mr Herron set up the Foot and Ankle Clinic at the Priory Hospital in Edgbaston, Birmingham in 2004 and remains the director of this multi-disciplinary group practice. Mr Herron's practice encompasses all areas of adult and adolescent elective and traumatic conditions of the Foot and Ankle. Mr Herron is Foot and Ankle Surgeon to the British Gymnastics Team.



**Mr Simon Moyes MB BS FRCS (Orth):** Simon Moyes took up a post of Consultant Orthopaedic Surgeon at UCL Hospitals in London in 1994 with a special interest in arthroscopic surgery in sports medicine. He went into full time private practice in 1997 and continues this. Mr Moyes' main orthopaedic interests are of arthroscopic and minimally invasive treatment of problems of the knee, shoulder, foot and ankle. Research interests currently are development of minimally invasive and arthroscopic techniques for the knee, shoulder, foot and ankle.

#### Fax Booking/Confirmation Form

**NOTE** – Please complete the form below to book your place

Please write in Block Capitals

Name .....

Profession .....

Email Address .....

Telephone Number .....

Surgery/Office Address .....

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For address stamp

Please tick as appropriate

I would like to attend the following:

Running Injuries 26 January

Buffet dinner

**Please note** this is part of a series of events being held throughout 2010. If you have not yet received the full brochure please contact Jean Anderson.

All the events throughout the masterclass series will be held in the evening.

Please fax this form to Jean Anderson on +44 (0)20 7504 3640 or email your response to [jean@wellingtonevents.co.uk](mailto:jean@wellingtonevents.co.uk)