



MACC

MEDICINE AFRICA CYCLING CONGRESS

CAPE MEDICAL CONGRESSES (PTY) LTD Registration No: 2017/157553/07

Directors: Dr Richard De Villiers, Marie-Louise De Villiers, Tertia Brand

FRIDAY 24 NOVEMBER 2017, COETZENBURG DETAILED PROGRAMME

07:00 – 08:00		<i>REGISTRATION & COFFEE</i>	
08:00 – 08:30	Welcome and Key note address (Dr Richard De Villiers & Dr Jeroen Swart)		
08:30 – 09:00	Dr Mark Greve: Acute cycling injuries		
	<i>MAIN AUDITORIUM (HALL A)</i>	<i>BREAKAWAY VENUE (HALL B)</i>	
09:00 – 09:30	Professor Robert Lamberts: Symptoms of functional overreaching; practical implications to optimize training prescription	Amos Meyers: Intra-Rater Reliability, Concurrent Criterion Validity, and Clinical Utility for the Use of an iPhone to Assess Trunk, Hip, and Knee Function during a Single-Leg Squat	
09:30 – 10:00	Lotte Kraus: Cycling optimisation: Managing lower back pain		
10:00 – 10:30	Dr Thane Munting: Hip and FIA - Implications for cycling.	Dr Paul Keet: Sporty eye options for dismal vision. Sun, Cycling and eyes	
10:30 – 11:00	<i>COFFEE & TEA</i>		
11:00 – 11:30	Dr Mike Posthumus: The principles of training with power. An overview of key metrics and their implementation to optimise training loads and recovery.	Dr Jo-Anne Kirby: Case report - Coracoid Fracture Dr Jeroen Swart: Case report - The Ischial Hygroma	
11:30 – 12:00	Morgan Lloyd: Performance and Injury Prevention Screening for the Cycling Athlete	Dr Lood Rabie: Upper airway problems in cycling	
12:00 – 12:30	Wendy Holliday - Kinematic analysis in cycling biomechanics - An evidence based approach	Dr Willem Prinsloo - Shoulder injuries in cycling	
12:30 – 13:00	Dana Kotler: Medical care of cyclists: Implementation of a Cycling Medicine Program for management of the injured cyclist		
13:00 – 14:00	<i>LUNCH</i>		
14:00 – 14:30	Dr Mark Abelson: Heart disease in cyclists	Janet Keet: Headaches & neck pain in cycling	
14:30 – 15:00	Dr Borut Fonda: Force pedals in cycling biomechanics optimisation: science to practice	Dr Graham McCollum: Morton's neuroma and Achilles tendinopathy: Cycling curse	
15:00 – 15:30	Dr Adrian Rotunno: Africa cycling and a day in the life of a grand tour doctor	Dr Shaun Scheepers: Radiology of road cycling injuries	
15:30 – 16:00	<i>COFFEE & TEA</i>		
16:00 – 16:30	Dr Richard De Villiers: Interesting radiological findings in MTB injuries	Gabi Dekenah: Lymo therapy in cycling	
16:30 – 17:00	Dr Helen Milson: Prevention of cycling related overuse injuries		
17:00 – 24:00	<i>BEER, WINE & OPEN DISCUSSION</i>		

