WCSEM18 programme will explore current research and practice in Sports & Exercise Medicine. Themes include:

- Epidemiology of physical activity and health
- Exercise and chronic illness
- Obesity/diabetes
- Metabolic syndrome and the global epidemic of lifestyle-related diseases
- Sports injuries and rehabilitation
- Physical activity, wellness and mental health in the general community
- Lessons from the elite athlete for the general community

INTERACTIVE WORKSHOPS
- KT Taping in MSK Injuries
- Imaging in MSK Medicine
- Splinting of Upper Limb / Hand Injuries
- Pilates
- Photobiomodulation

WHO SHOULD ATTEND
- General Practitioners
- Secondary Care Physician
- Orthopaedic Surgeons
- NCHDs
- Physiotherapists
- Dieticians

Recognised for CPD by Irish College of General Practitioners and the Faculty of Sport and Exercise Medicine, UK (FSEM)