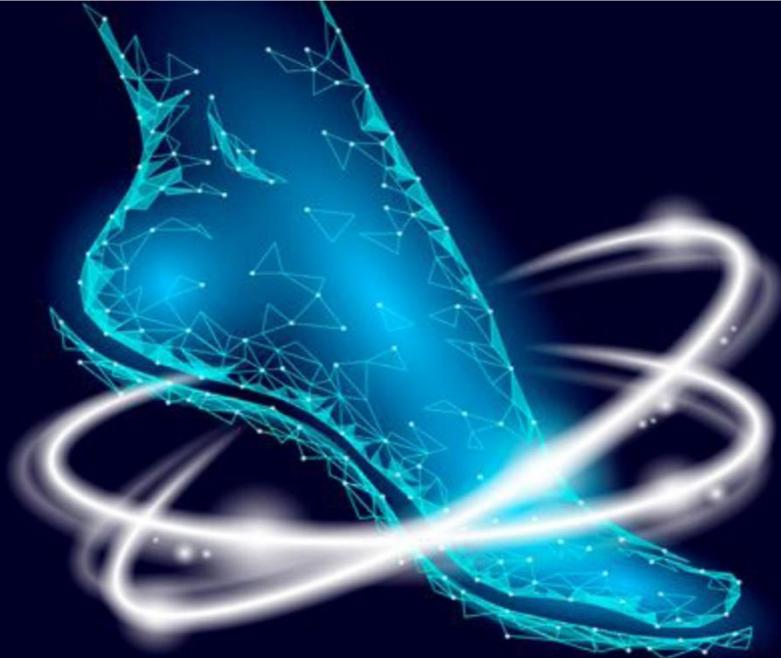


2020 NATIONWIDE FOOT & ANKLE ROADSHOW

Auckland: 29 March
Hamilton: 30 March
New Plymouth: 1 April
Wellington: 2 April
Christchurch: 5 April
Wanaka: 7 April

Featuring Keynote Speakers:
Bill Vicenzino & Michael Nitschke



**SEPNZ & SMNZ in conjunction with USL
Sport are proud to present:**

2020 Nationwide Foot and Ankle Roadshow

**Following on from the successful Shoulder
Roadshow we are pleased to bring some more
Sports Medicine heavy hitters to NZ.**

Key note speakers Bill Vicenzino and Michael Nitschke will be presenting in miniconference format followed by a Panel Discussion with a local guest speaker in each location. Guest speakers will be announced next week. Workshops from Bill and Michael will be held before the miniconference. Spaces are limited, get in quick!

Registrations will open soon

<https://event.sportsmedicine.co.nz/>
[#2020footandankleroadshow](#)



Bill Vicenzino BPhy, GDSportsPhy, MSc, PhD (@Bill_Vicenzino)
Chair in Sports Physiotherapy
University of Queensland

Bill enthusiastically pursues an understanding of the best approach to managing musculoskeletal conditions, and to its dissemination. He focuses his scholarship in the areas of injuries related to physical activity and sports participation. He achieves this as the Chair in Sports Physiotherapy, Director of the Master of Physiotherapy (Musculoskeletal, Sport) and Sports Injuries Rehabilitation and Prevention for Health (SIRPH) research unit at the University of Queensland (Australia). His clinical research has focused on such conditions as tennis elbow, gluteal tendinopathy, chronic ankle instability and patellofemoral pain, with a number of randomized clinical trials attracting NHMRC funding and being published in high impact medical journals (*BMJ, Lancet, JAMA*). Bill has over 200 peer reviewed publications, 2 books, 26 book chapters and over 300 invited presentations.



Michael Nitschke BPod (2006), MAPodA, AAPSM (@Nittaz)
Sports & Arthritis Clinic, Adelaide

Michael is a Certified Sports Podiatrist (APodA) and partner in Adelaide's Sports & Arthritis Clinic (SPARC). He is also a nationally competitive long distance runner and Level II advanced middle/long distance running coach (AA), and an assistance coach at Adelaide Harriers AC.

With a decade of clinical experience in private practice and exceptional anatomy and biomechanics knowledge, Michael now specialises in the diagnosis and treatment of running injuries. He is currently in the process of his post graduate research studies looking at the training characteristics of recreational runners and the relationship between performance and injury risk.



As an accomplished track athlete Michael is well versed in working with amateur, junior and elite athletes. However Michael's passion for the sport has grown beyond that of just the competitive side. Michael is committed to growing the entire running community in South Australia by providing an innovative running service accessible to all runners, recreational and elite.



Bill Vicenzino Keynote: Persistent ankle problems: evidence based solutions.

Ongoing recurrent ankle sprains and mid-foot pain can be quite debilitating and difficult to treat. This presentation will cover some of the evidence around such conditions as chronic ankle instability, ankle osteoarthritis and tibialis posterior tendinopathy, with suggestions for their management with physical treatments. Bill is a member of the International Ankle Consortium, which meets regularly to update the evidence on ankle injuries and problems and has co-authored numerous publications from this group. He is currently involved in several ongoing international projects in this topic.

Bill Vicenzino Workshop: Evidence based physical treatment for chronic ankle instability.

There is evidence that combining several physical therapies in treating ankle instability is the optimal approach. This workshop will provide participants with an opportunity to explore these approaches.

Michael Nitschke Key Note Lecture: A hierarchical approach to creating the sustainable endurance runner:

Prioritising training characteristics to develop consistent training habits while utilising knowledge on running gait attributes and footwear design to increase running exposure.

Michael Nitschke Workshop: Utilising online tools/applications to assess and describe training habits and characteristics, and how to prescribe and organise the endurance runner's training intensity distribution.



SPORTS MEDICINE
NEW ZEALAND INC.



SEP NZ SPORTS & EXERCISE
PHYSIOTHERAPY
NEW ZEALAND

HAKINAKINA ME KORI TINANA HAUMANU KORIKOI AOTEAROA