

MACP RESEARCH GRANT AWARD REPORT BY KATY WILLIAMS

On the 25th – 27th November 2021 I attended the International Olympic Committee (IOC) World Conference on Prevention of Injury & Illness in Sport, in Monaco <https://ioc-preventionconference.org/>(1) (see Figure 1). This was made possible by the financial support of a £750 research grant, awarded by the Musculoskeletal Association of Chartered Physiotherapists (MACP) <https://www.macpweb.org/Research/Awards-and-Bursaries/>(2).



Figure 1: *Grimaldi Forum*

This premier international conference only happens once every 3 years and the diverse faculty represent the pre-eminent international authorities in injury and illness prevention. It provides a unique opportunity for the global sport and exercise community to meet face to face and share clinical research as a keynote, symposium, workshop or poster https://ioc-preventionconference.org/?page_id=2177(3). Having been postponed twice due to the pandemic, it was testament to the organisers that 900 participants from 63 countries came together in person. Included in this was the Association of Chartered Physiotherapists in Sports & Exercise Medicine (ACPSEM), Chair of the Executive Committee, Stephen Mutch <https://www.physiosinsport.org/>(4). Who presented a thought-provoking workshop alongside Niall Elliott, on ‘health & wellbeing of performance staff: building a resource to support your performance team’ (see Figure 2).



Figure 2: *Workshop presenters Stephen Mutch & Niall Elliott*

Having started the ‘physios in sport CPD pathway’ in 2006 and received my gold level accreditation in 2019 <https://www.physiosinsport.org/cpd/>(5), my next goal was to attend an international conference and present mine and co-author Dr Clair Hebron’s original research as a poster presentation, on ‘the immediate effects of serving on shoulder rotational range of motion in tennis players’ <https://www.sciencedirect.com/science/article/abs/pii/S1466853X18301986/>(6). This became a reality on the 25th November 2021 and I was honoured to present alongside international colleagues Joana Almeida from Portugal, Prof Nick Webborn (OBE) & Wayne Derman from the United Kingdom, Eric Gibson from Canada and Behnam Liaghat from Denmark (see Figure 3). With the session being chaired by Dr Kathryn Ackerman.



Figure 3: Poster presenters Joana Almeida, Prof Nick Webborn & Wayne Derman, Eric Gibson, Behnam Liaghat & Katy Williams

To gain entry to the conference to present our posters we had to write a 300 word abstract several months in advance. This was then published electronically in the British Journal of Sports Medicine, coinciding with the opening of the conference in a special themed issue [https://bjsm.bmj.com/content/55/Suppl_1/A38.1\(7\)](https://bjsm.bmj.com/content/55/Suppl_1/A38.1(7)).

I would like to thank the MACP for the research grant award and would thoroughly recommend other MACP members to take advantage of this fantastic opportunity. Could it be you next at the 7th edition of the IOC World Conference on Prevention of Injury & Illness in Sport, in Monaco in 2024!

References:

1. 2021. IOC World Conference on Prevention of Injury & Illness in Sport. (online) Available at: <https://ioc-preventionconference.org/> (accessed 15 December 2021).
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7. <https://bjsm.bmj.com/> .2021. British Journal of Sports Medicine. (online) Available at: https://bjsm.bmj.com/content/55/Suppl_1/A38.1 (accessed 15 December 2021).