BASEM External Meeting Sponsorship Award

At the entrance hall. Just registered!

Dr Javid Majlesi

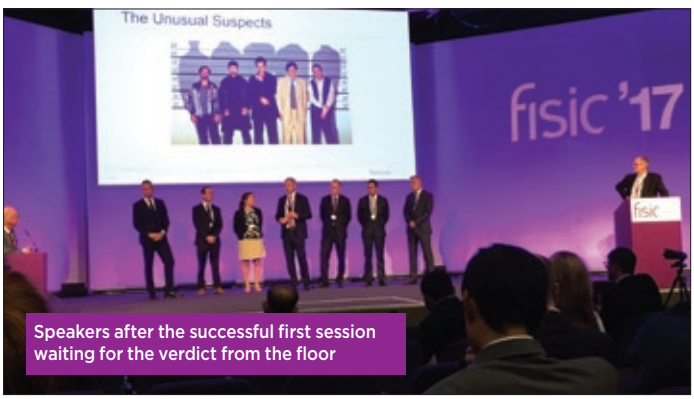
Sports Physician, TED Club, Çanakkale Ladies Volleyball and Tesvikiye Club

I have been planning to attend courses and sports medicine conferences in the UK since finishing my MSc in the University of Bath in 2016. FSEM/ BASEM Annual Conference in Bath was definitely on my list. I was lucky to also be able to attend Fortius International Sports Injury Conference '17 in London owing to the BASEM External Meeting Sponsorship Award I secured.

The conference venue was The Queen Elizabeth II Center in Westminster which certainly was a bonus in terms of facilities and location to make an international conference be organised in a perfect way.

The conference presentations were running simultaneously at three on the first day and at four auditoriums on the second day. The plenary session began with discussions between Doctors and Insiders on the demands and dilemmas in eilte sports care, highlighting challenges any Sports Physician might face in Club or Office work. Debates by Drs Andrew Wallace and Jon Houghton, Manager Chris Coleman, Players Shaun Barker and Dean Ashton were stimulating and challenged my decision making process.

I had already decided to attend the whole sessions on knee and ACL to take place at Churchill auditorium on Day 1. As a consequence, after the introductory session I immersed myself in operative and non-operative management of ACL rupture, and also accompanying meniscal and ligament injuries. This first session was a comprehensive one, encompassing needs and concerns of the Sports Doctor, Surgeon and the Athlete. The following sessions beared discussions on return to play after ACL reconstruction which boosted my confidence regarding the necessity of patience and individual time period for each athlete in RTP. The last session of the day included the latest evidence and also Surgeon opinion and experience on the management of knee OA in young active patients requiring surgical approach. This created a great opportunity to be updated on the latest techniques and indications, and relevant complication and success rates. Especially intriguing were the partial replacement techniques and prospect of implantables.



Speakers after the successful first session waiting for the verdict from the floor

The second day started in a perfectly sunny and warm London weather. The second day kick started with a plenary session about imaging essentials which turned out to present more than essential knowledge. I got the chance to go through frequently overlooked details of the MRI. After a coffee break which created a chance for many to sip their hot drinks in the sun, I decided to reside in one auditorium on this day too. The first session on adolescent athletes covered musculoskeletal, mental, psychosocial issues of the subject and the exchange of views and experiences from speakers and the audience. After lunch and more sunbathing and before the main session, the shoulder arthroscopy workshop presented by Dr Ali Narvani highlighted a new repair technique. Shoulder instability was the subject of the first session. The non-operative management techniques, especially, provoked dicussion. I had been looking forward to the last session, USS Interventions. As a avid user of US and Fluoroscopy for guided injections, I was sure the session would enhance my knowledge and contribute to my practice. The session underlined the Radiologist approach and insight to USS injection which obviously challenged me to look at this issue from another perspective.

Our flight back to Ðstanbul was after 2 days. So I and my wife had time to make the most of London and the beautiful weather during the weekend.

Reflecting on the conference after 6 weeks, I found it highly valuable which could contribute to sports physicians at all levels of practice.

I would like to thank BASEM for awarding me the External Meeting Sporsorship and for creating this opportunity.