

SMNZ Conference 21 | Speaker Bios

Friday, 29 October

08:50 **Dr Stephen Kara**, Sports Medicine New Zealand National Chairman

Keynote

09:00 **Dr Michelle Smith**, Senior Lecturer in Physiotherapy, School of Health and Rehabilitation Sciences, The University of Queensland - <https://event.sportsmedicine.co.nz/programme/>

The Running Athlete – Multidisciplinary Session

10:30 **Dr John Molloy**, Sport and Exercise Medicine Physician, Christchurch. John's areas of expertise include injectable therapies and running injuries. He has finished more than 80 marathons, 10 Ironman triathlons, and a handful of 100 km runs.

10:50 **Katie Vodanovich**, Sports and Rehabilitation Podiatrist, Wellington. Katie operates leading edge dual camera 2D, as well as 3D walking and running assessment technology. for those chronic complaints such as heel pain (plantar fasciitis) and Achilles tendinopathy.

11:10 **Greig Rightford**, Strength and Conditioning Trainer, Wellington. Greig has been in the industry since 2002 and was awarded 'New Zealand Personal Trainer of the Year' by Exercise New Zealand in 2013. His goal is to align health, wellbeing and physical resilience for people in all environments.

11:30 **Dr Judikje Scheffer**; General Practitioner in Tokoroa and Te Awamutu. Judikje has a strong sport medicine background, also working as a sports doctor for High Performance Sport New Zealand. She has an active lifestyle being a competitive cyclist and rower.

Christel Dunshea-Mooij, Senior Performance Nutrition, High Performance Sports NZ. Christel represented the Netherlands at International events and World Championships in Rowing. Other interests are endurance sports such as cycling, hiking and running and ice-skating.

11:50 **Dr Chris Milne**; Sport and Exercise Medicine Physician, Hamilton. Over the past decade Chris has been Team Doctor for several NZ Olympic and Commonwealth teams, and was team doctor for the Chiefs Super 12 rugby team from 1997 to 2003. He is currently Medical Director for Rowing NZ.

12:20 **Lauren Shelley**; Performance Physiotherapist, High Performance Sport NZ. Lauren draws extensively on her teaching experience, athletics/distance running coaching background and personal experiences as an elite athlete to build athlete skill sets in physical health literacy to assist in creating athlete resilience and longevity.

Keynote

02:00 **Michael Nitschke**, Sports Podiatrist, Adelaide. <https://event.sportsmedicine.co.nz/programme/>

03:40 **Dr Bruce Hamilton**; Director of Performance Health High Performance Sport NZ / NZ Olympic Committee, Auckland

04:00 **Lisa Whiteman**; Resonance Podiatry Founder and Clinical Director, Wellington

04:20 **Mr Rhett Mason**; Orthopaedic Surgeon, Christchurch. Areas of specialisation include orthopaedic surgery, foot and ankle, hip and knee and paediatric orthopaedics.

Saturday, 30 October

The Female Athlete – Multidisciplinary Session

- 09:00 **Sara Widdowson**, Nutrition Consultant and Dietitian, Christchurch. Sara has patients needing nutritional advice at different stages of life and for a range of health issues. In her spare time, you will find Sara trail running and training for South Island running events such as the 60 km Kepler Challenge.
- 09:20 **Dr Anna Fenton**, Gynaecological Endocrinologist, Christchurch. Anna has special interests in the management of osteoporosis, premature ovarian insufficiency and the hormonal health of women after gynaecological cancer. Anna is passionate about educating women about choices at midlife and ensuring the information they have is evidence-based.
- 09:40 **Assoc Prof Deirdre McGhee**, School of Medicine, University of Wollongong. Deirdre is also an APA Sports Physiotherapist, co-director of Breast Research Australia (University of Wollongong) and Fellow of Sports Medicine Australia. Deirdre's research into breast support and bra fit during physical activity has been translated into community-based educational resources: "Exercise and breast support" (guidelines for Sports Medicine Australia) and the web-based resource "[Sports bra](#)".
- 10:00 Speaker TBC

Concurrent Sessions

- 11:00 **Kylie Cox**, Consultant and Physiotherapist, Christchurch, specialising in female athlete health.

Mr Rowan Schouten, Orthopaedic Spine Surgeon, Christchurch. Rowan specialises in the management of adult spinal conditions and hip replacement surgery.

- 11:20 **Dr Anika Tiplady**, Sports Doctor, Christchurch. Anika is passionate about sports, particularly rugby having retired from the elite level in 2012 after several years as a Black Fern. Anika is the current team doctor with the Canterbury Women's Rugby team and Canterbury Mitre 10 cup team and is also one of the Super Rugby match-day doctors.

Mr Rowan Schouten, Orthopaedic Spine Surgeon, Christchurch. Rowan specialises in the management of adult spinal conditions and hip replacement surgery.

- 11:40 **Suzie Belcher**, Suzie is a physiotherapist with a passion for sports rehabilitation, injury prevention, biomechanical analysis and performance conditioning. She has undergone an MSc in Sport's Injury Management and Therapy and is currently undergoing a PhD into 'Improving the Design and Implementation of New Zealand's NetballSmart Injury Prevention Programme'.

Dr Chris Whatman, HOD, Sport and Exercise Science, Auckland University of Technology and a member of the Sports Performance Research Institute NZ. Chris worked as a physiotherapist in private practice and with various sports teams for over 10 years prior to becoming an academic. The current focus of his research is the prevention of sports injuries in youth with a focus on neuromuscular warm-up, athlete development pathways and knowledge/attitudes to injury.

- 11:50 **Emma O'Loughlin**, Emma currently works as a Clinical Advisor and is a practising physiotherapist in Wellington. Emma conducts research in physiotherapy and sports medicine.

Dr Carmen Chan, Emergency Medicine Resident Medical Officer at Capital & Coast District Health Board, Wellington. Carmen's interest include acute care, sport and exercise medicine, and medical education.

Keynote

- 01:00 **Dr Sarah Beable**, Sport and Exercise Medicine Physician, Axis Sports Medicine, Queenstown <https://event.sportsmedicine.co.nz/programme/>