

# The Sporting Mind

Saturday 22<sup>nd</sup> September 2018

The Imperial War Museum, Lambeth Road, London, SE1 6HZ

## Morning Session

08:00	Registration in Cinema	
08:55	Welcome	
	BRAIN SCIENCE IN REHABILITATION	
09:00	Tendon Neuroplasticity Training Changing the way we think about rehab	Ebonie Rio
09:45	Cortical Mapping in Shoulder Rehabilitation	Jo Gibson
10:30	Break	
11:15	Association of psychological variables in common musculoskeletal conditions, and the importance of cognitive & contextual factors for +ve outcomes	Adrian Mallows
12:00	How can Virtual Reality offer new insight into the brains of athletes?	Cathy Craig
12:45	Sensorimotor training, mindful practice and role of hands-on treatment for athletes in pain	Richmond Stace

## Afternoon Session

13:30	Lunch	
13:40	AGM	
14:00	Lunch (cont)	
	THE SCIENCE OF BEHAVIOUR IN SPORT	
14:45	Poor Sleep: how does this relate to behavioural changes & stress in elite athletes	Michelle Biggins
15:30	An ounce of prevention is better than a pound of cure: Shouldn't we be doing everything to reduce sports injury burden?	Adam Gledhill
16:15	Mind Games: How the behaviours of support staff influence performance-the Barcelona experience	Damian Hughes
17:00	Closing Remarks	



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