



# Sport and Exercise Medicine training scheme in Manchester 2009-2013



**Stan Baltsezak**

*stanislav@doctors.org.uk*

**First SEM Specialty Registrar  
experience of Manchester SEM training**

## **Introduction:**

- Dear Doctor, congratulations on joining North West SEM training scheme.
- The purpose of this presentation is to demonstrate my experience as a first SEM registrar in Manchester.
- It will provide you with names of clinical supervisors.
- It will serve as an example of available opportunities.
- You will be able to tailor your SEM experience according to your needs while at the same time covering all necessary elements of SEM curriculum. You should be able to get an excellent exposure to all aspects of MSK medicine.
- Enjoy your experience!

# **Specialty Training year 1 (ST3) : GP and Public Health (based in Lancaster)**

1. Meadowside surgery (Dr Mark Denver, Dr A Craven)

<http://www.meadowsidepractice.nhs.uk>



2. North Lancashire PCT (Moor Lane, Lancaster) (Dr Greg Dilliway – consultant in Public Health)

**Local Sports Medicine Experience: Vale of Lune RFC, Morecambe bay FC,  
Exercise referral scheme: at Salt Ayre sports centre .**

# **Specialty Training year 2 (ST4): Emergency Medicine and Orthopaedics**

- Salford Royal (ED: Dr Tony Glisson) (you also can get involved with crowd doctoring at Old Trafford and car racing event cover)
- Wrightington (Prof Funk: shoulder, Mr Mike Hayton: hand, Adam Watts: elbow) [lenfunk@shoulderdoc.co.uk](mailto:lenfunk@shoulderdoc.co.uk)
- BMI Alexandra (Mr Hoad-Reddick: hip, Prof Phil Turner, Tim Clough: ankle) – Sports orthopaedics
- Stepping Hill (Prof Phil Turner : knee, Mr Brian Todd - spine)
- Radiology: Prof Waqar Bhatti – Wythenshaw Hospital

**Sports Medicine experience: Widnes Vikings RFL, Paralympic Archery teams.**

# Specialty training year 3 (ST5): Elite Sports Medicine

- Paralympic Archery (Lilleshall National Sports Centre)
- Water polo (Manchester Aquatic centre)
- Manchester city FC
- (*Mr Grant Downie*  
*Head of Sports Medicine (Academy)*  
*Manchester City Football Club* [Grant.Downie@mcfc.co.uk](mailto:Grant.Downie@mcfc.co.uk) )
- English Institute of Sport (Dr Mike Stone)
- Available sports: Taekwondo, Disability swimming, cycling, squash, women water polo)
- London 2012 OG experience.



# Specialty training year 4 (ST6)

- Manchester Royal Infirmary (MRI): Rheumatology (Prof Ian Bruce, [ian.bruce@manchester.ac.uk](mailto:ian.bruce@manchester.ac.uk) , Dr Pauline Ho – consultants in Rheumatology)
- CPEX: Drs Mike Parker, Doug Atkinson at MRI
- Salford Royal Hospital: Pain centre: *Dr Abdul Ghaaliq Lalkhen Consultant in Anaesthesia and Pain Medicine, Associate Foundation Programme Director, Salford Royal NHS Foundation Trust, Honorary Lecturer University of Manchester, Telephone: 0161 2064103 (Mrs Foster - Medical Secretary) E-mail: [abdul.lalkhen@srft.nhs.uk](mailto:abdul.lalkhen@srft.nhs.uk)*

# Specialty training year 4 (ST6)

- Southport Spinal Cord Injury Rehab Centre:

*Mr Bakul Soni – Spinal Rehab consultant; [bakul.soni@nhs.net](mailto:bakul.soni@nhs.net). Secretary: [kerryyoung@nhs.net](mailto:kerryyoung@nhs.net)*

- CPEX at Salford Royal (*Dr Oliver Pratt – consultant anaesthetist: [Oliver.Pratt@srft.nhs.uk](mailto:Oliver.Pratt@srft.nhs.uk)* )
- Withington: MSK/Sports Medicine weekly clinics (*Dr John Rogers – consultant SEM [jpmrogers@hotmail.com](mailto:jpmrogers@hotmail.com)* )
- Countess of Chester: Sports Cardiology, Inherited cardiac diseases (*Prof John Somauroo: [johnsomauroo@mac.com](mailto:johnsomauroo@mac.com)* )

# Specialty training year 4 (ST6)

- **Biomechanics (Salford University)** *Dr Richard Jones BSc (Hons), PgCert, PhD Senior Lecturer in Clinical Biomechanics / Director of the Salford Gait Laboratory , Research Lead: Knee Biomechanics and Injury, PO18 Brian Blatchford Building, University of Salford, M6 6PU, t (+44) 161 295 2295; f (+ 44) 161 295 2432 [R.K.Jones@salford.ac.uk](mailto:R.K.Jones@salford.ac.uk)*
- **Neurophysiology (MRI)** *Dr Ronan Macdonagh*
- **Metabolic Medicine (MRI)** *Prof Peter Selby*  
[Peter.Selby@cmft.nhs.uk](mailto:Peter.Selby@cmft.nhs.uk) Consultant Physician and Honorary Clinical Professor, University Department of Medicine  
Clinical Director, Directorate of Acute and Rehabilitation Medicine  
Central Manchester University Hospitals NHS Foundation Trust  
Manchester Royal Infirmary  
Oxford Road, Manchester, M13 9WL



## **Available Academic Experience:**

- Certificate in Medical Education – *Edge Hill University.*
- Medical Leadership course – *Manchester University Business school .*
- *The National Institute for Health Research/Wellcome Trust Clinical Research Facility, At Central Manchester University Hospitals NHS Foundation Trust, Manchester Royal Infirmary, Grafton St, Manchester.*
- MSc in SEM, University of Bath



## **Available Educational events/seminars:**

- Rheumatology: monthly regional meetings, weekly departmental teachings and fortnightly departmental radiology meetings.
- Regular seminars from 'orthteam'
- Free seminars at Bridgewater hospital (Including arthroscopy simulator thanks to Prof Funk)
- Teachings/conferences at Wrightington Hospital
- Monthly SEM CPD sessions (Sheffield/Manchester/Leeds/Birmingham)
- Orthopaedics teaching at Salford University (thanks to Prof Funk)
- CRY annual free sports cardiology conference (London)
- London deanery annual free SEM meeting
- Annual Spinal class seminar at Stepping Hill Hospital