

**1. Abdulaziz Al Kuwari, Aspetar**



Dr Alkuwari is Arab board certified orthopaedic surgeon who specializes in the treatment of complex spinal disorders including spinal Trauma, spinal tumours (extradural pathology), adult and paediatric deformities, scoliosis, and severe degenerative diseases. He is accomplished in minimally invasive spinal surgery and open complex spine surgery. His training involved orthopaedic surgery followed by formal spine training in paediatric and adult spine service.

Dr Alkuwari completed medical school at the Royal College of Surgeons in Ireland, Orthopaedic residency in Hamad medical Corporation, followed by two years Complex Spine Fellowship at University of Western Ontario Canada. He also completed a masters in spine biomechanics in the University of Western Ontario Canada.

Dr Alkuwari started practicing in 2014 he was appointed assistant program director of orthopaedic surgery. He has interest in teaching and research. He chaired the 3<sup>rd</sup> Qatar international spine conference. Was faculty in multi international and local spine meetings. Member of the AO SPINE.

In addition to helping patients, Dr Alkuwari is an avid cyclist Co-founder and director of Qatar cyclists centre. He is a Health activist believes in sports as a way of life hence contributed to many health initiatives. He is a certified scuba and free diver.

**2. Adam Weir, Aspetar**



Dr Adam Weir is a British sports medicine physician who did his medical training at the University of Newcastle upon Tyne in England. He then moved to Holland where he completed his sports medicine speciality training (2007) and also his PhD (2011 – University of Utrecht) on the treatment of groin injuries in athletes. He moved to Doha at the start of 2013 to be the Deputy head of Aspetar Sports Groin Pain Centre. He was lead author on the Doha Agreement on terminology and Definitions in Groin Pain in Athletes. He is now a visiting sports medicine physician at Aspetar where he is co-director of the Sports Groin Pain Centre. In Holland he works as the medical coordinator of the Erasmus University Hospital Academic Centre for Groin Injuries in Rotterdam.

He is interested in the integration of education in sports medicine and has published articles in multiple sports medicine journals. He is Deputy Editor of the British Journal of Sports Medicine. Dr Weir has special interests in groin injuries, muscle injuries, tendinopathy and medial tibial stress syndrome.

**3. Andrea Mosler, La Trobe University - Australia**



Dr Andrea Mosler is a Specialist Sports Physiotherapist and NHMRC Research Fellow at La Trobe University where she is currently working on hip and groin pain, injury prevention, and women in sport research projects. Her PhD research was conducted while she worked at Aspetar, Qatar as Senior Physiotherapist and Head of CME/CPD and investigated the risk factors for hip and groin pain in professional male football players. Andrea previously worked as a clinician for 18 years at the Australian Institute of Sport and has been an Australian team physiotherapist at many sporting events including the 2000, 2004, and 2008 Olympics Games.

**4. Andreas Serner, Aspetar**



Dr Serner is a Physiotherapist and Clinical Research Scientist from Denmark. He has been a member of the Sports Groin Pain Centre since he joined Aspetar in Dec 2012, and works both clinically and scientifically. Dr Serner has his primary interest in football injuries and groin pain specifically. He recently completed at PhD in Clinical Research with a thesis on the diagnosis of acute groin injuries in athletes.

**5. Andrew Jones, University of Exeter - U.K.**



Andrew Jones PhD is Professor of Applied Physiology in the Department of Sport and Health Sciences at the University of Exeter, UK. Prof Jones is internationally recognized for his research in the following areas: 1) bioenergetics and the control of, and limitations to, skeletal muscle oxidative metabolism; 2) causes of exercise intolerance in health and disease; 3) respiratory physiology, particularly the kinetics of pulmonary gas exchange during exercise; 4) sports performance physiology, particularly in relation to endurance athletics; and 5) sports nutrition and ergogenic aids, especially in relation to nitric oxide precursors such as dietary nitrate. Prof Jones has authored approximately 300 original research and review articles and is co-Editor of three books. He is a Fellow of the American College of Sports Medicine, the British Association of Sport and Exercise Sciences, the European College of Sport Science and the Physiological Society. Jones is Editor-in-Chief of the European Journal of Sport Science and serves on the Editorial Board of several other international journals in sports medicine and exercise science. Prof Jones has acted as a consultant to a number of governing bodies of sport or commercial companies including UK Athletics, the English Institute of Sport, the International Olympic Committee, Gatorade Sports Science Institute and Nike Inc.

**6. Antonio Tramullas, Aspetar**



- Former F.C. Barcelona basketball team physician (2000-2003)
- Former F.C. Barcelona football team physician (2003-2007)
- Consultant F.C. Barcelona Medical Services (2007-2012)
- Medical Director Aspire Academy Sports Medicine Center (2013-

**7. Ben Salcinovic, Aspetar**



**Education:**

- La Trobe University, Australia - Masters of Sports Physiotherapy 2016-2017
- University of Sydney, Australia - Masters of Physiotherapy 2010 - 2011
- University of Sydney, Australia - Bachelor of Exercise and Sport Science - 2007 - 2009

**PHYSIOTHERAPIST - ASPIRE ACADEMY SPORTS MEDICINE CENTRE | ASPETAR - 2016 - PRESENT**

- Assessment, diagnosis, injury management & sports specific rehab of elite athletes in Qatar.
- Coordinate screenings, daily monitoring and injury prevention throughout seasonal plan
- Travel to national and international competitions with the 'targeted' athletes of Aspire Academy
- Develop & monitor recovery and performance approaches for athletes.
- Provide high quality evidence based rehabilitation and performance therapy for athletes
- Lead the Electronic medical record optimization within the Aspire Academy
- Lead staff continued education program (CPD) at the Aspire Academy Sports Medicine Centre.
- Liaise with world renown sports performance practitioners on a daily basis for optimal performance and medical program management.
- Clinical research within Aspire Academy and Aspetar.

**8. Ben Macdonald, British Cycling – U.K.**



After graduating from Kings College London in 2001, and initially working in London in the NHS, Ben moved to New Zealand where he worked at the Adidas Sports Injury Clinic in Wellington. On returning to the UK, he joined Worcester Warriors Rugby Club, initially as first team physiotherapist and then Head of Sports Medicine. During this time, he completed a Master's degree in Sports Physiotherapy at the University of Bath where his thesis investigated hamstring biomechanics during eccentric and isometric exercise. After a brief spell at Team Sky ProCycling, Ben joined British Athletics, where he worked across the Olympic and Paralympic programmes, furthering his interest in hamstring injuries as his job took a particular emphasis on developing their injury prevention and rehabilitation strategies. He continues to work as a tutor on the Sports Physiotherapy and Sports Medicine MSc courses at Bath University, and has co-supervised MSc projects in relation to hamstring injury.

Ben currently works as lead physiotherapist for British Cycling at the Manchester Velodrome, where he is responsible for managing the physiotherapy team and for athlete management across both the Olympic and Paralympic programmes in preparation for Tokyo 2020.

**9. BernardALLEMAND, Aspetar**



Dr BernardALLEMAND is an Orthopaedic Surgeon at the European Hand Institute specializing in hand and upper limb extremities, and is widely published. After many years in several reference centres in Belgium, he completed his training at the University Hospital of Liege, and has worked closely with Professor Michel Merle in Luxembourg at the European Hand Institute since November 2005, where he developed an activity focused on the upper limb extremity and the hand. He is responsible for the organization of the SOS Main Luxembourg, a service that provides support 24/7 to patients with trauma of the hand and the upper limb. He is also an active member of the faculty of the Medical Training Centre, which has trained more than 500 surgeons in the practice of hand and wrist surgery.

**10. Boris Poberaj, Aspetar**



Dr Boris Poberaj is an orthopaedic surgeon specialized in shoulder and knee surgery. He completed his degree in Orthopaedic Surgery at the University of Clinical Centre Ljubljana, Slovenia, Europe. His educational activities in USA, SAR and Europe were focused mainly in arthroscopic shoulder surgery. He was a founder member of European Shoulder Associates (ESA) at ESSKA and later its president. He has worked in Orthopaedic Hospital Valdoltra in the Department for Arthroscopy and Sports Injuries, where he treated many national and international athletes. At the same time, he has been a consultant in several orthopaedic centres around Europe. He is involved in a number of scientific societies (ESSKA, EFORT, SSAST).

**11. Bryna Chrismas, Qatar University**



Assistant Professor in Sport Science at Qatar University engaging in intra and inter University collaboration, invited conference presentations, peer reviewed publications, and postgraduate research supervision  
British Association of Sport & Exercise Scientist (BASES) Chartered Scientist & accredited Exercise Physiologist  
Ongoing consultancy and outreach work (clinical and elite sport)  
Fellow of the Higher Education Academy (HEA)  
Innately determined and passionate with a genuine desire to acquire, and develop knowledge

**12. Celeste Geertsema, Aspetar**



Dr Celeste Geertsema is a sports Medicine Physician at Aspetar hospital in Qatar. Her area of interest is in providing medical services for elite athletes. She has been a team physician at the FIFA World Cup, the Commonwealth Games and the Winter Olympics. She has been FIFA Venue Medical Officer (VMO) at 5 FIFA Women's World Cups, was the first ever female FIFA VMO at the Men's World Cup (in Russia 2018) and has been appointed FIFA General Medical Officer (GMO) for the Women's World Cup in France 2019. In 2018 she was appointed a member of the IOC Games Group, responsible for the health and wellbeing of athletes at the Olympic Games. She has been appointed VMO for Khalifa Stadium at the IAAF World Championships in September 2019.

**13. Clare Ardern, Karolinska Institute – Sweden**



Dr Clare Ardern is an Australian-trained physiotherapist and senior researcher in sports medicine. Her research has focused on (i) return to sport after injury (rates, determinants of success, improving the clinical approach) and (ii) how high-caliber meta-research (including systematic reviews, network meta-analyses, and clinical practice guidelines) can help clinicians make quality decisions. Dr Ardern is Editor-in-Chief elect for Journal of Orthopaedic & Sports Physical Therapy. Follow Dr Ardern on Twitter @clare\_ardern and @JOSPT

**14. Daniel Kings, Aspetar**



Before taking on his current role, Daniel worked as Head of Sports Nutrition Services for 4 years at the FIFA accredited Aspetar Sports Medicine and Orthopaedic Hospital, Qatar. He managed services to over 15,000 registered athletes, a National Sports Medicine Program and the acclaimed Aspire Academy. His work has spanned over 20 years at the highest level of Olympic and professional sports to include leading services across multiple summer and winter Olympic cycles for British Olympic sports at the English Institute of Sport and full time services to the Welsh Rugby Union.

Daniel has a BSc (Hons) Food Science, MSc in Nutrition and Dietetics and IOC PG Dip in Sports Nutrition. In 2018 he graduated with an MBA from Newcastle Business School where his thesis was the first of its kind to examine global managerial competencies as part of leadership in podium level sport. In 2019 Daniel was co-author of the chapter on specialized diets in the updated IAAF consensus on Sports Nutrition.

**15. Daniel Martinez Silvan, Aspire Academy**



Daniel Martinez Silvan, currently the Senior Physiotherapist for Athletics in Aspire Academy, has been involved in Athletics for the last 15 years. As an athlete, he was a middle-distance specialist at a national level in Spain, and nowadays he still keeps on training for Marathon as an amateur runner. As a Physiotherapist, he got his post graduate Diploma in Sports Physiotherapy in 2005, and also a Master's Degree in Manual Therapy in 2007, which lead him to start working with the Spanish Athletics Federation in 2007. He's been involved in many national and international youth, junior and senior competitions and training camps with the Spanish National Team until he joined Aspire Academy in 2014. His main fields of expertise are overuse injuries, lower limb tendinopathies and injury prevention in sports, having participated in many investigations and conferences about them. Most recently, in 2014, he got his Master's Degree in Sports Performance by the Spanish Olympic Committee, which improved his understanding of the coaching environment and helped to develop a more realistic and applied Physiotherapy at the high level.

**16. Diane Slater, Aspetar**



Diane graduated as a physiotherapist in 2006 after completing a MSc in Rehabilitation Science (with licence to practice physiotherapy). She had previously been awarded a First Class Honours degree in Physiological Science and in 2014, she completed a PgCert in Sport and Exercise Physiotherapy.

Diane has a vast amount of clinical experience ranging from musculoskeletal services in the NHS and British military to elite sport. She has worked with professional ice hockey teams and a number of British squads, including GB Judo and GB Handball. She developed a clinical interest in the multi-factorial nature of pain, injury and recovery, and in particular the psycho-physiological nature of persistent pain.

Diane combined her expertise as a sports physio with her clinical interest in persistent pain working as a Senior Physiotherapist in the Sports Spine Centre here at Aspetar, where she offers a truly multi-dimensional, personalized management approach for athletes with spinal pain

**17. Douglas Casa, University of Connecticut - USA**



Dr Casa earned his bachelor's degree in biology from Allegheny College, in 1990; his master's degree in athletic training from the University of Florida in 1993; and his doctorate in exercise physiology from the University of Connecticut in 1997.

Dr Casa was named full professor at the University of Connecticut in August 2010. In 2008 he was the recipient of the medal for distinguished athletic training research from the National Athletic Trainers' Association. In 2016 Dr Casa received the highest honour in his field when he was named a fellow of the National Academy of Kinesiology (FNAK #556). He was named a fellow of the National Athletic Trainers' Association in 2008. He received the Sayers "Bud" Miller Distinguished Educator Award from the National Athletic Trainers' Association in 2007 and has been a fellow of the American College of Sports Medicine since 2001. In 2011 he was inducted into the University of Florida alumni hall of fame. He has been a lead or co-author on over 15 sports medicine (ACSM, NATA) position statements/consensus statements/roundtables related to heat illness, hydration, and preventing sudden death. He is an associate editor of the Journal of Athletic Training, Journal of Science and Medicine in Sports and on the editorial board of Current Sports Medicine Reports, Journal of Sport Rehabilitation, and the Journal of Strength and Conditioning Research. Dr Casa has worked with numerous media outlets across the country in discussing his research including the NBC Today Show, Good Morning America, ESPN, HBO, CNN, PBS, Sports Illustrated, USA Today, Wall Street Journal and the New York Times.

**18. Emma Stokes, Qatar University**



Emma Stokes is the President of the World Confederation for Physical Therapy. She is a Fellow and associate professor at Trinity College Dublin. She is on leave from TCD and has taken up the position of Head of the newly founded Department of Physiotherapy & Rehabilitation Science at Qatar University.

**19. Evan Jeanguyot, Aspetar**



**Work history:**

- Sports Physiotherapist Aspire Academy Sports Medicine Centre (2016-current)
- Athletics and Football sub-specialty
- Coverage for Qatar National Handball Team Asian Games Gold Medal (2018)
- Sports Physiotherapist at Western Sydney Wanderers FC – Australian A-League (2014-16)
- Asian Champions League Winners (2014)
- Sports Physiotherapist in Australian State Netball, Football, Volleyball (2012-16)
- Exercise Scientist NSW Swimming and Australian Paralympic Football Team (2008-2011)

**Education:**

- La Trobe University – Master of Sports Physiotherapy
- University of Sydney – Master of Physiotherapy
- University of Sydney – Bachelor of Applied Science (Exercise and Sport Science)

**20. Flavio Cruz, Aspetar**



- Master in Video Surgery - UNIRIO
- Fellow in Sports Surgery at Aspetar
- Sports Trauma Specialist by Brazilian Board Society - SBRATE
- National Institute for Orthopaedic and Traumatology - INTO
- Brazilian Football Confederation - CBF
- Brazilian Water Sports Confederation - CBDA
- MMA Mixed Martial Arts Brazilian Commission - CABMMA
- C.R. Flamengo



**21. Frank Van Hellemond, Aspetar**



Frank van Hellemond joined the Aspetar Sports Medicine team in August 2012. He is on the Dutch specialist register as a Sports Medicine physician.

Dr van Hellemond has acquired extensive experience as Team Physician of numerous professional sporting teams and was Medical director of FC Utrecht premier league football, for more than 10 years.

The past years he works as a Team Physician for the first and under 23, Qatar National Football teams. Now a day, he is the Chief of Sport Medicine department works as all round Sports Medicine Physician in the outpatient department, with special expertise in managing football, rugby and racket sport injuries.

**22. Hans Tol, Aspetar**



Johannes L Tol is a Sports Medicine Physician at the Amsterdam Medical University Centres (University of Amsterdam), educated as human movement scientist (Free University) and visiting professional at Aspetar Qatar. He is an expert in conducting randomised controlled trails in the field of tendinopathy and regenerative medicine, including platelet rich plasma (3 RCTs completed, 1 ongoing) and cell therapy (published in NEJM and JAMA). His interdisciplinary sports medicine research focusses on acute muscle injuries, degenerative tendinopathy, risk factor identification and prevention of sports-related injuries.

Besides his clinical work and research projects, he carried out extensive sports medical fieldwork through positions in professional soccer. Since 2004 he worked for the Royal Dutch Football Association, including the U21 National Team. He played in the highest youth teams of a Dutch professional premier league soccer team.

**23. Jaime Díaz Ocejo, Aspire Academy**



Dr Jaime Díaz-Ocejo is a Sport and Clinical Psychologist working at Aspire Academy since 2008. With over 20 years of experience, he has worked with elite athletes from Spain in track and field, swimming, tennis, rowing, golf and judo. He has also worked with Olympic track and field athletes from Croatia and Argentina. In motor sports, Jaime has been consulted by a Spanish Moto GP driver and has been a Sport Psychologist for the German BMW-Sauber Formula 1 Team. Díaz-Ocejo's knowledge and experience in Performance Psychology has also led him into the world of high-level music performance. Invited by the Dublin International Piano Festival in Ireland, he has delivered seminars and held one to one consultations with world class pianists. Jaime currently assists Aspire Academy graduates in their transition to Qatar Athletics Federation, and has accompanied them as a Sport Psychologist to three IAAF World Championships.

**24. Jan Ekstrand, Aspetar**



Professor Jan Ekstrand is a medical doctor and a specialist in Orthopaedic Surgery. He is a Professor of Sports Medicine at the University of Linköping, Sweden since 2001. His graduation thesis related to football injuries and their prevention and was completed in 1982.

He has also been responsible as team physician of the Swedish National Football Team for 120 matches and has been a member the Medical Committee of UEFA between 1992 and 2015.

Professor Ekstrand has been a member of the Scientific Advisory Board at Aspetar for 8 years.

He is the founder and leader of Football Research Group (FRG), an international research group carrying out research on Football Medicine and prevention of injuries.

Since 2001, he and his research group have worked on behalf of UEFA and carried out injury audits in Elite Professional Football with the objective of increasing safety in football through prospective research of more than a hundred professional football clubs from 20 different European countries.

**25. Jill Cook, La Trobe University - Australia**



Jill Cook is a Professor in musculoskeletal health in the La Trobe Sport and Exercise Medicine Research Centre at La Trobe University in Melbourne Australia. Jill's research areas include sports medicine and tendon injury. After completing her PhD in 2000, she has investigated tendon pathology, treatment options and risk factors for tendon injury. Jill currently supplements her research by conducting a specialist tendon practice and by lecturing and presenting workshops both in Australia and overseas.

**26. Juan Manuel Alonso, Aspetar**



Juan Manuel Alonso, MD PhD, is a Spanish-trained Sports Medicine Physician. He has vast experience in Track and Field and has attended seven Summer Olympic Games and nine World Outdoor Athletics Championships. He is the Medical Director of IAAF World Athletics Championships Doha 2019. He has been the Medical Director of the Spanish Athletics Federation from 1996 to 2013. He has been the chair of the International Association of Athletics Federations Medical and Anti-Doping Commission from 2003 to 2015 with a global responsibility for anti-doping and improving athlete care for all 200 countries in the Athletics Federation. He published multiple papers on athletics injuries, and heat illnesses. He joined Aspetar Sports Medicine Department on April 2013. He was Qatar Olympic Team Chief Medical Director for Rio 2016 Summer Olympic Games.

**27. Karim Khan, University of British Columbia - Canada**



Professor Karim Khan, MD, PhD, MBA, is an Australian-trained sport and exercise medicine physician (ACSEP) now based in Vancouver, Canada where he works in academic sport and exercise medicine (University of British Columbia, Vancouver, Canada) and research leadership (Canadian Institutes of Health Research—Scientific Director of the Institute of Musculoskeletal Health and Arthritis. He has been Editor in Chief of the BMJ's *British Journal of Sports Medicine* since 2008 and an Editor/author of 5 editions of *Bruckner & Khan's Clinical Sport Medicine* (1993-2019). You can follow him via BJSM on Twitter @BJSM\_BMJ

**28. Kathryn Ackerman, Harvard Medical School – USA**



Kate Ackerman, MD, MPH, graduated from Cornell University, where she was a varsity rower, obtained her MD from Johns Hopkins, and her MPH from the Harvard School of Public Health. She did her internal medicine residency at the Hospital of the University of Pennsylvania, her Sports fellowship at Boston Children's Hospital, and her endocrine fellowship at Brigham and Women's Hospital, followed by a research fellowship at Massachusetts General Hospital. She is triple boarded in internal medicine, sports medicine, and endocrine. She is a former lightweight national team rower and a current team physician for the US Rowing Team. Her research and clinical interests largely focus on Female Athlete Triad and Relative Energy Deficiency in Sport (RED-S). She is a member of the IOC's RED-S Committee, a member of the Hypothalamic Amenorrhea taskforce for the Endocrine Society, and a fellow of the American College of Sports Medicine. She holds appointments in the Endocrine Divisions of Massachusetts General Hospital and Boston Children's Hospital, and is the Medical Director of the Female Athlete Program at Boston Children's Hospital, Division of Sports Medicine, where she sees female athletes of all ages.

**29. Khalid Al-Khelaifi, Aspetar**



Dr Khalid Al-Khelaifi is an orthopaedic surgeon specialized in sport medicine and traumatology. He is specialized in knee and shoulder arthroscopy and reconstruction surgery. He is Also specialized in upper and lower extremity general trauma. Dr Al-Khelaifi completed his medical school in one of the IVY league universities, Weill Cornell Medical College in Qatar. He completed his training in Orthopaedic Surgery at McGill University in Montreal, Quebec, Canada. He was one of the chief residents in orthopaedic surgery department at McGill University and was a member of Resident Teaching Committee. Dr Alkhelaifi was a Sports Orthopaedic fellow at Henry Ford Hospital (Wayne State University), in Detroit, Michigan, USA.

Dr Al-Khelaifi was and is currently involved in many clinical and basic science research projects. He presented in many international orthopaedic conferences. He is currently a member of many medical societies and associations such as Canadian orthopaedic association, American Orthopaedic Society for Sport Medicine, a member of American Academy of Orthopaedic Surgeons, and a fellow of Royal College of surgeons in Canada.

Dr Alkhelaifi had many teams' coverage and tournaments coverage during his career in Canada and US.

**30. Kieran O'Sullivan, Aspetar**



Kieran graduated as a Physiotherapist from University College Dublin in 1999. He completed an MSc in Manipulative Therapy at Curtin University of Technology, Perth, Western Australia and his PhD, on persistent low back pain, at the University of Limerick – where he has worked since 2005. In 2008 he was awarded specialist member status by the Irish Society of Chartered Physiotherapists. In 2016, he took up a position as Lead Physiotherapist at the Sports Spine Centre at Aspetar, Qatar. His research interest is musculoskeletal pain and injury, particularly persistent spinal pain. He has published one book, six book chapters and over 140 journal articles. He has obtained over 4m euros in research funding. His research group disseminates its research through [www.pain-ed.com](http://www.pain-ed.com), which is an online platform providing advice and information from both patients and clinical researchers on managing musculoskeletal pain.

**31. Laith El Sanfaz, Aspetar**



- MBCHB in medicine and surgery Arab medical university
- PgDip in exercise and sports medicine Cardiff university
- Team doctor of Libyan national football team over 5 years winning African nation cup 2014.
- Qatar Athletic federation doctor since 2017

**32. Lee Christopher, Aspire Academy**



Lee is the Senior Sprints Coach in Aspire Academy, currently responsible for the performance of sprints, hurdles and relay athletes in the u20 and u18 categories for Qatar. The most recent success of this includes a Gold medal at the Youth Olympic Games 2018 with Owaab Barrow in the 110m hurdles. In 2018, Lee also guided Bassem Hemeida to silver medal in the 400m hurdles at the IAAF World u20 Championships in Tampere, Finland.

Prior working with Qatari sprinters Lee was a Lecturer in the Faculty of Physical Education & Recreation and Athletics Lead Coach at the University of Alberta (Edmonton, Canada). Lee has also worked in coach education, employed at the Canadian Athletics Coaching Centre where he managed the creation and delivery of coach education content for a world class coach learning platform.

Lee's approach to coaching performance is centred around holistic athlete growth and maximizing relationships with team members to compliment long term athlete learning and development goals

**33. Liesel Geertsema, Aspetar**



Dr Geertsema is a New Zealand trained Sports Medicine Physician with experience in treating male and female athletes across a wide range of international sports. She has been involved in a number of top-level competitions, including the 2006 Winter Olympics, 2010 Commonwealth Games and 2008 FIFA U/17 Women's World Cup. She has a special interest in winter sports, adventure racing and multi-sport.

**34. Malcolm Geluk, Aspire Academy**



Head of Strength & Conditioning

**35. Marco Cardinale, Aspire Academy**



Prof Marco Cardinale is the Head of Sports Physiology and Research of Aspire Academy in Doha (Qatar).

He led the Sports Science activities for the preparation of Team GB at the Beijing 2008, Vancouver 2010 and London 2012 Olympic Games.

A widely published and cited author in the scientific literature on various aspects of human performance, he has also patented an innovative exercise device. Dr Cardinale has been invited speaker in scientific conferences and coaching clinics in 21 countries and has been ad-hoc reviewer for over 15 scientific journals and various research councils. He holds a B.Sc. from ISEF in Italy, an M.Sc. from the US Sports Academy in the USA and a PhD from Semmelweis University in Hungary.

**36. Mark Hutchinson, University of Illinois at Chicago - USA**



Dr Mark Hutchinson is a professor of orthopaedics and head of the sports medicine services at the University of Illinois College of Medicine. He is the Head Physician for UIC's athletic teams. He has been a team physician for the WNBA Chicago Sky, USA gymnastics, USA Field Hockey, USA Basketball and Team USA at the two World University Games and the Paralympics Games. He has written and presented internationally on injuries of the knee, leg, elbow, ankle, shoulder and special concerns of the female athlete.

**37. Martin Schwellnus, University of Pretoria – South Africa**



Martin Schwellnus is a full professor of Sport and Exercise Medicine at the Faculty of Health Sciences, University of Pretoria in South Africa. He is also a specialist sports and exercise medicine physician who regularly consults with athletes of all levels. He holds an MBBCh from University of the Witwatersrand (cum laude), a M.Sc. (Med) from University of Cape Town, and an M.D. (equivalent to a PhD) degree from University of Cape Town, and is a fellow of the American College of Sports Medicine. Among the many other responsibilities he holds, Prof Schwellnus is a Director of the newly established Sport, Exercise Medicine and Lifestyle Institute (SEMLI) at the University of Pretoria, has been the Director of the International Olympic Committee (IOC) Research Centre in South Africa for the last 9 years, is a longstanding member of the IOC Medical Commission (Medical and Science group), and is a member of the editorial board of a number of international journals including the British Journal of Sports Medicine. He has an interest in a number of areas in sport and exercise medicine notably the health benefits of regular exercise and the prevention and management of injuries and medical complications in active individuals. He promotes the safe prescription of regular exercise to all populations in order to reduce the global burden of non-communicable disease. He is an active researcher and has published over 300 scientific journal articles, chapters in books and conference proceedings.

**38. Maryam Rashed Al-Naimi, Aspetar**



Dr Maryam Al Naimi is a Qatari Radiology Consultant. She completed her medical training at King Faisal University, Saudi Arabia in 2005.

She specialized Radiology in 2012 at King Fahad Specialist Hospital, Damam (KSA). She is currently working as Consultant Radiologist in Radiology department of Aspetar.

**39. Mathew Wilson, Aspetar**



Prof Mathew Wilson is Aspetar's Director of Research. Prof Mathew is a Scientific and Medical Expert Committee Member for the International Olympic Committee and is Director of IOC Research Centre for Injury and Illness Prevention (Aspetar). He is a Visiting Professor at Liverpool John Moores University and Adjunct Professor at University of Canberra. He is Senior Associate Editor of the British Journal of Sports Medicine and is a Chartered Scientist with BASES Physiology Support and Research Accreditation (Sport and Performance/Clinical Populations). Previously, Dr Wilson has served as Laboratory Director at the Research Centre for Sports and Exercise Performance at the University of Wolverhampton and as the Cardiac Screening Manager for the CRY Centre for Sports Cardiology within the Olympic Medical Institute, UK. His research focus is on the athlete's heart and mechanisms of sudden cardiac death in young and veteran athletes. Dr Wilson has screened over 14,000 athletes, which has led to the production of over 100 peer-reviewed scientific publications. This research has provided internationally recognised best practice models for cost-effective screening protocols and has produced new baseline cardiologic data for ethnically diverse populations.

**40. Mohammed Ishan, Aspetar**



Dr Mohammed Ishan is a Research Scientist with the Athlete Health and Performance Research Centre in Aspetar. His research interests centre on muscle physiology, thermoregulation, physiological recovery and training adaptations. He is actively researching the use of cold/heat therapy on physiological recovery and adaptations to training. He was previously a researcher at Centre for Exercise and Sports Science Research in Edith Cowan University, and a Sports Physiologist at the Singapore Sports Institute. He has worked with clubs and national teams in Badminton, Field Hockey, Rugby 7s and Pencak Silat. For a full a research profile, visit [https://www.researchgate.net/profile/Mohammed\\_Ishan](https://www.researchgate.net/profile/Mohammed_Ishan)



#### **41. Nebojsa Popovic, Aspetar**



Prof Nebojsa Popovic has been pioneering the provision of surgical services as a Senior Orthopaedic Surgeon at Aspetar since the opening of the facility in 2007. Due to his extensive experience in the field of sports surgery, he has been the major driving force behind continuously building and developing Aspetar's Department of Surgery as an integral part of multidisciplinary sports medicine care from these early days on. He was awarded the title of Associate Professor of Orthopaedic Surgery by Weill Cornell Medical College. In recognition of his achievements and professional integrity, which earned him the unconditional support and respect of all clinical staff, he was appointed as Aspetar Acting Chief Medical Officer in May 2014.

Prof Popovic possesses four decades of experience as an orthopaedic surgeon and physician, with 25 years of these in leadership positions at prestigious institutions. After his specialisation as an orthopaedic surgeon, Prof Popovic obtained his PhD in Orthopaedic Surgery at the University of Belgrade, Serbia, in 1984, and was promoted to Professor of Orthopaedic Surgery and consequently the Head of the Orthopaedic Department at the University Hospital of Banja Luka, Bosnia and Hercegovina. In 1992, he moved to Belgium to become the Clinical Chief of the Orthopaedic Department and Chief of Programme for Sports Medicine at the Centre Hospitalier Universitaire (CHU) in Liege. In 2002, he obtained a further PhD degree in Orthopaedic Surgery, this time from the University of Liege, Belgium.

#### **42. Nejib Benzarti, Aspetar**



Dr Nejib Benzarti is a Sports physician in the National Sports Medicine Programme at Aspetar since 2009. He is the medical doctor of Qatar Swimming Association, Qatar Sailing and Rowing Federation, Qatar Rugby, Hockey and Cricket Federation. He was graduated from Medicine Faculty of Monastir, Tunisia in 1998. Has a Specialized Master in Occupational Health (Tunis University- 2003) and a Professional Master in Sports Medicine (University of Sousse, Tunisia - 2006). He completed also the IOC Diploma in Sports Medicine (IOC. Lausanne, Switzerland - 2018). He was the director of the Regional Center of Sports Medicine and Sports Science of Kairouan (Tunisia) with major focus on athletics, judo, basketball and football.

He has participated in medical coverage of many international events (swimming, sailing, Kitesurf, handball, basketball...). CMO of various FINA Swimming World Cups and Deputy CMO of the last FINA Swimming World Championship Short Course Held in Doha 2014

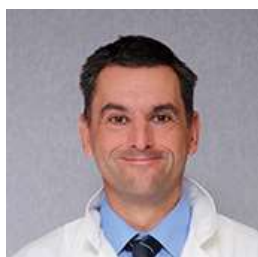
**43. Nicol Van Dyk, Aspetar**



Nicol van Dyk is a physiotherapist and clinical researcher at the Aspetar Orthopaedic and Sports Medicine Hospital in Doha, Qatar. He graduated with a BSc in Physiotherapy from Stellenbosch University in 2005, and completed his MSc in Orthopaedic Manipulative Therapy in 2010. In 2018 Nicol completed his PhD in Health Sciences at Ghent University, Belgium titled "Risk factors for hamstring injuries in professional football players."

Nicol worked in several different sporting environments, including cricket, rugby, and football. He worked as sports physiotherapist at the Sport Science Institute of South Africa before moving to Qatar in 2013. He currently occupies a role within the Aspetar Injury and Illness Prevention Programme (ASPREV). As a deputy editor and editorial board member of British journal of sports medicine (BJSM), he is engaged in knowledge translation and enthusiastic about the role of social media in the dissemination of scientific evidence and research knowledge. A clinical researcher with a special interest in muscle injuries and injury prevention, he has great appreciation for integrated healthcare and evidence-based medicine.

**44. Olaf Schumacher, Aspetar**



Dr Yorck Olaf Schumacher completed his medical studies in Germany and South Africa. He obtained specialisation in Internal Medicine and Sports Medicine and was appointed Professor for Internal Medicine and Sports Medicine at the University of Freiburg, Germany. Since 2012, he has joined Aspetar Orthopaedic and Sports Medicine Hospital.

He has been team physician for the German Olympic Team since 2000 and attended many international sporting events in that function.

His research interest ranges from Sports Science and Physiology to clinical Sports medicine, his focus during the last years was on Sports Haematology and the adaptation of the haematological system of the athlete to different environments.

**45. Paul Dijkstra, Aspetar**



Dr Paul Dijkstra is a Consultant Sport and Exercise Medicine Physician and Director of Medical Education at Aspetar Hospital in Qatar.

He has extensive experience in elite sport as the UK Athletics Chief Medical Officer to the Beijing and London Olympic Games and Head Quarters Doctor for Team England at the 2014 Glasgow Commonwealth Games. He was the Local Organizing Committee Chief Medical Officer for the 12th FINA World Swimming Championships (25m) in Doha, 2014 and is the Deputy Medical Director, Local Organising Committee, IAAF World Athletics Championships, Doha 2019.

He is Assistant Professor of Medicine at Weill Cornell Medicine Qatar and has published a number of papers in peer reviewed journals. He also contributed to book chapters – most recently on the team approach to Sport and Exercise Medicine in the fifth edition of Brukner & Khan's Clinical Sports Medicine.

He is busy with further studies in Evidence-based Health Care as a part-time DPhil-student at the University of Oxford, investigating the relationship between athletic loading and the development of femoral cam morphology.

**46. Phil Graham Smith, Aspire Academy**



Dr Philip Graham-Smith has a long and established career as a biomechanist working in academia, professional sport and private industry. He is currently Head of Biomechanics and Innovation at Aspire Academy in Qatar and was formerly Head of Department and Associate Head of School for Business and Engagement at the University of Salford. He is a Fellow of BASES, a BOA registered Performance Analyst and a Certified Strength & Conditioning Specialist. Phil provided biomechanical support to UK Athletics jumps squads for over 21 years prior to arriving in Qatar. He was consultant Head of Biomechanics to the English Institute of Sport in the 4 years leading to London 2012, and was a consultant to the footwear company FitFlops. He is also the co-founder of the ForceDecks system which seeks to engage other professions into utilising biomechanics in a practical way.

**47. Pieter D'Hooghe, Aspetar**



Dr Pieter D'Hooghe is the Chief of Surgery at Aspetar Hospital. He is Assistant Professor of Orthopaedic Surgery at the Weill Cornell University and holds the Belgian nationality. He is a passionate Sports Traumatologist of the lower leg with specialization in the arthroscopic treatment of athletic Knee and Ankle/Foot injuries. He holds a Master in Sports Medicine, a Master in Tropical Medicine and an MBA in Sports Management. He is the Editor of 7 textbooks on Sports Injuries of the lower leg and authors + 30 book chapters and +50 peer-reviewed academic publications.

As Chairman of the ISAKOS' Leg, Ankle and Foot Committee, he leads an international panel of experts in the field and is academically involved in Orthopaedic Research and Education and delivers lectures worldwide. He is an Orthopaedic Consultant for several elite Champions League Football teams in Europe.

**48. Roald Bahr, Aspetar**



Prof Roald Bahr is Head of the Aspetar Sports Injury and Illness Prevention Programme at Aspetar (from 2012), and is also a Professor of Sports Medicine and the Chair of the Oslo Sports Trauma Research Centre at the Norwegian School of Sports Sciences. In addition, he is the Chief Medical Officer and Department Chair for Olympiatoppen and the Department of Sports Medicine at the Norwegian Olympic Training Centre in Oslo.

He is authorised as a Sports Medicine Physician by the Norwegian Society of Sports Medicine and is a Fellow of the American College of Sports Medicine. Professor Bahr is a member of the IOC Medical Commission - Medical and Scientific Group and the Medical Commission of the International Volleyball Federation (FIVB). His main research area is the prevention of injury and illness in athletes, and he has published more than 200 papers and book chapters.

**49. Rod Whiteley, Aspetar**



Rod Whiteley is a Specialist Sports Physiotherapist, who was awarded a fellowship in the first cohort in Australia. He subsequently spent time on the College of Sports Physiotherapy's Board as Chief Examiner and has worked with a number of professional and international teams and individuals in Rugby League, Rugby Union, Baseball, Football, Squash, and Athletics.

**50. Sean McAuliffe, Aspetar**



Sean graduated from the University of Limerick, Ireland, where he achieved a 1st class honours degree with clinical distinction in Physiotherapy from the School of Allied Health. Following graduation, he was awarded a Departmental Scholarship to undertake a PhD investigating the relationship between structure, function and pain in chronic lower limb tendinopathy under the guidance of Dr Kieran O'Sullivan and Dr Karen McCreesh which he completed in 2016. Sean's PhD involved both quantitative and qualitative research methodologies which have been published in international peer reviewed journals. In addition, Sean continued to work clinically in an elite sporting environment fulfilling roles as Lead Physiotherapist with Limerick Senior Footballers and Clare Senior Hurling teams respectively.

Sean has been employed at Aspetar Orthopaedic and Sports Medicine Hospital as a Clinical Research Physiotherapist since 2017. Primarily the role has focused on the creation and coordination of a specialised clinical assessment unit for ACL injuries, to support rehabilitation and enhance patient outcomes as well as facilitating high impact and clinically relevant research projects. He also maintains a keen interest in tendinopathy and continues to undertake research projects in this area, he has also recently participated as a member of the organising committee for International Scientific Tendinopathy Symposium Consensus meeting held in Groningen in 2018.

**51. Sebastien Racinais, Aspetar**



Sébastien Racinais obtained his PhD in 2004 for his work on human circadian rhythms in tropical environments. He lectured at the French West Indies University (FWI) and the University of Montpellier (France) before joining Aspetar Orthopaedic and Sports Medicine Hospital, Qatar, in 2007.

Dr Racinais is the head of the Athlete Health and Performance research centre in Aspetar. His research is currently developing heat therapy for muscle rehabilitation. He has published more than 100 original research articles, review papers and book chapters, with a citation index (H-index) of 37.

Following research on the neural responses to fatigue and hyperthermia, he developed a research programme on the chronic adaptations to hot ambient conditions and their repercussions on sport performance for elite athletes. Dr Racinais has successfully guided over 20 professional and national teams in developing environmental training. He leads the European Network in Sports Sciences (ENSS) in environmental physiology. He is also collaborating with international sports federations including UCI and IAAF on consensus guidelines relating to exercising in hot ambient conditions. He is the Chair of the IOC Adverse Weather Impact expert working group for the Olympic Games Tokyo 2020.

**52. Tania Pizzari, La Trobe University - Australia**



Dr Tania Pizzari is a physiotherapist and researcher from the La Trobe Sports and Exercise Medicine Research Centre in Melbourne, Australia. She continues to work clinically as a physiotherapist and is the director of a practice in Melbourne. Her research interests include risk factors and prevention of injury in sport, rehabilitation of shoulder conditions, EMG of the shoulder and hip, groin pain and hamstring injuries in football, and hip muscle structure and function. She currently manages the soft tissue injury registry for the Australian Football League and is leading four randomised controlled trials (RCTs) in subacromial pain syndrome, hip osteoarthritis, lateral hip pain, and lumbo-pelvic stability and has been involved in the successful completion of RCTs of rehabilitation for shoulder injuries, lateral hip pain and reducible discogenic lower back pain. Dr Pizzari is currently an investigator on a project funded by the National Basketball Association (NBA) evaluating hamstring and adductor muscle injuries in basketball players.

**53. Tom Crick, Aspire Academy**



Tom is the Head of Athletics at Aspire Academy. He is responsible for the professional leadership of the Track & Field Athletics department and works closely with the Qatar Athletics Federation to support the development of Qatar's U18 and U20 national teams.

Prior to joining Aspire he was the Director of Coaching and Athlete Development at Athletics Northern Ireland, where he laid the foundations for Northern Ireland's best Commonwealth Games in recent memory – 1 medal, 6 finalists in the Gold Coast. For six years he also worked in coach development at British Athletics where he focused on creating a coaching legacy from the London 2012 Olympics. He founded uCoach.com in 2008 (for many years the world's largest online Athletics coaching resource) and developed the British Athletics Apprentice Coach Program, which aimed to develop the next generation of British coaches with the skills and behaviours necessary to collaborate closely with sports science and medicine.

**54. Trent Stellingwerff - Canadian Sports Institute Pacific-Canada**



Since 2011, Dr Trent Stellingwerff serves as the Director of Performance Solutions / Innovation & Research at the Canadian Sport Institute Pacific (Victoria, Canada). In this role, he directs 15 different major research projects across different sport performance discipline areas, with 6 PhD to Master's students involved. He is also the Director of Sport Science & Sports Medicine for Athletics Canada. His primary sport and research focuses is via his physiology and nutrition expertise primarily to Canada's National track and field team. Prior to this, Trent was a senior scientist in Performance Nutrition for PowerBar at the Nestle Research Centre (Lausanne Switzerland). Trent has more than 80 peer-reviewed scientific publications in the areas of exercise physiology, skeletal muscle metabolism and performance nutrition and supplementation. Furthermore, he has co-authored 7 book-chapters focusing on the role that nutrition can play in supporting elite athlete performance. In 2010 Trent was a lead author and presenter for the IOC (International Olympic Committee) Consensus Meeting in Nutrition. Over the years, Trent has attended 3 Olympic Games, 4 Commonwealth Games and 5 World Championships.

**55. Vasileios Korakakis, Aspetar**



Vasileios Korakakis is a specialist sports and spine physiotherapist working as a clinical leader of the Rehabilitation Department at Aspetar Sports Medicine Hospital (West expansion). He has worked as a physiotherapist in elite football teams, with a number of professional athletes, and has several years of experience in sports, spinal and orthopaedic rehabilitation. He is a senior lecturer in Orthopaedic Manipulative Therapy in IFOMPT certified programmes, has a diploma in Mechanical Diagnosis and Therapy from the University of Otago (NZ). After gaining his MSc in Health and Exercise from the University of Thessaly (GR) in 2012 he has since been a PhD candidate (biomechanics). His recent research interest is focused on blood flow restriction training, spinal biomechanics, sports rehabilitation, systematic reviews, and clinometric.

**56. Zarko Vuckovic, Aspetar**



Dr Zarko Vuckovic is a general surgeon and a groin pain specialist. He developed surgical skills in Belgrade, Serbia where he worked as a general surgeon before moving to Qatar in 2007. He has also worked as a team physician with a number of high level sports organisations throughout his career in Serbia and Qatar, and participated in various international and local competitions. He was the member of the Medical Organizing Committee EYOF 2007 Belgrade, Serbia, and medical consultant to Mr Bora Milutinovic for Iraq National team 2009 FIFA Confederations Cup. He was also responsible for VIP medical coverage during World Handball Championship 2015, and surgical support during AIBA World Boxing Championship 2016 in Doha, Qatar. Since 2009 Dr Vuckovic has been focusing on diagnostics and treatment of sports related groin pain, treating more than 300 patients with this medical problem per year. He has been attending multiple international medical conferences and workshops as an invited speaker, and is the co-author of nine scientific papers on this topic, including two consensus statements on groin pain terminology. He is currently Head of Aspetar Sports Groin Pain Centre.