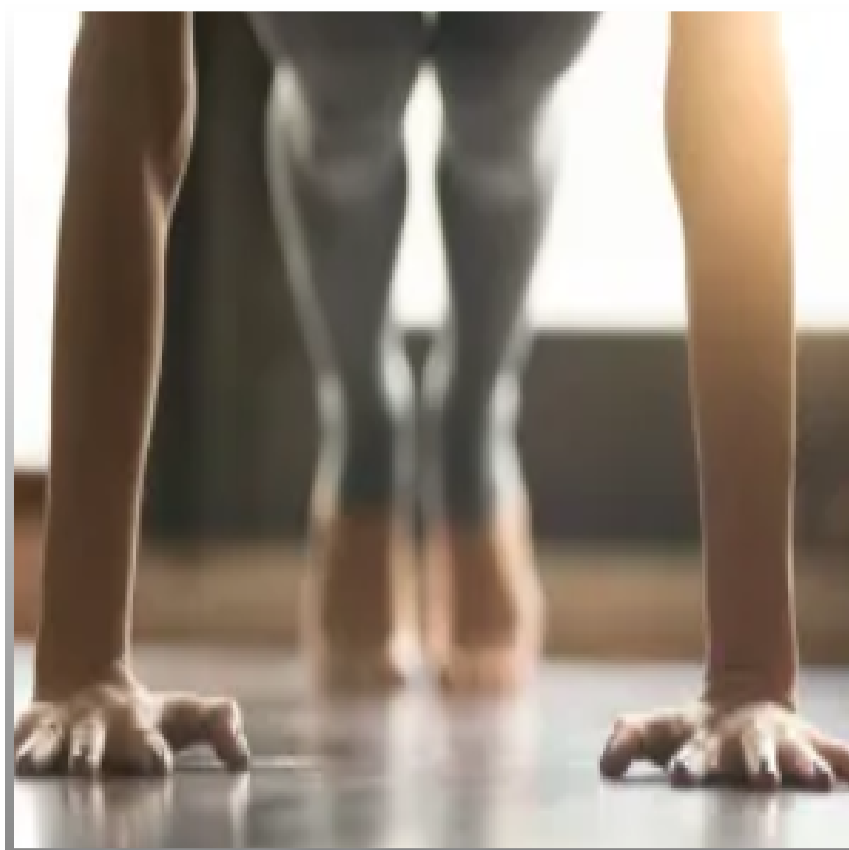


IAGMS

International Association
for Gymnastics Medicine & Science

1ST ANNUAL MEDICAL MEETING

SATURDAY 26TH SEPTEMBER 2026
VENUE: ONLINE



MEMBERSHIP AND REGISTRATION

Please fill out the following form to become an IAGMS member and register for the medical meeting: [Registration Form](#)

SCHEDULE

Time (BST)	Speaker/Presentation title
Session 1	
18:00 – 18:25	Jonathan Bucke: Bone stress injuries in the artistic athlete.
18:25 – 18:50	Leen Elhaj: Listening to your body: Managing fatigue and mastering recovery
18:50 – 19:00	Questions
Session 2	
19:00 – 19:25	Dr Kenny Duffy: Injuries occurring at the British national artistic gymnastics championships
19:25 – 19:50	Kayla Chapman: Case study – Bilateral shoulder pain resulting in medical disqualification in a female collegiate gymnast
19:50 – 20:00	Questions
Session 3	
20:00 – 20:25	Bianca Dancose-Giambattisto: Urinary incontinence in gymnasts
20:25 – 20:50	Dr Emily Sweeney: Spondylolysis and timing of physiotherapy
20:50 – 21:00	Questions
Session 4	
21:00 – 21:25	Dr David Kruse: Concussion evaluation at gymnastics competitions: Do we have proper time?
21:25 – 21:50	Kim Kranz: Revisions to the World Gymnastics medical rules
21:50 – 22:00	Questions
Session 5	
22:00 – 22:25	Dr Ellen Casey: Training load management in artistic gymnastics
22:25 – 22:50	Stewart Pritchard: Monitoring gymnastics training activities with wearable sensors: Pilot experiences
22:50 – 23:00	Questions

JONATHAN BUCKE

Jonny is an experienced clinician, working as the Lead Physiotherapist at the Royal Ballet and Lead Physiotherapist for Team England at this Summer's Commonwealth Games. Prior to this, he was the Lead Physiotherapist at British Gymnastics, working across the MAG, WAG and Trampoline programmes. He has worked at two Olympic Games with Team GB (Tokyo 2020 and Paris 2024).



He has completed two Masters degrees; Advanced Manipulative Physiotherapy and Sports Medicine. He teaches nationally at various universities and conferences throughout the UK and has published several peer reviewed research articles across injury and rehabilitation.

Presentation: Bone stress injuries in the artistic athlete.

Learning objectives:

- **Recognise clinical signs and identify evidence based management for bone stress injuries in the artistic athlete.**

LEEN ELHAJ

Leen is a physiotherapist based in Jordan, holding a Bachelor's degree in Physiotherapy from the University of Jordan. For the past two years, Leen has been working with the Jordan Gymnastics Federation, focusing on athlete care, injury prevention, and performance optimisation. Her main area of clinical interest and expertise is post-operative rehabilitation .



Presentation: Listening to your body: Managing fatigue and mastering recovery.

Learning objectives:

- **Identify the silent physiological markers and bio-signals the body sends when it is approaching overtraining.**
- **Discuss how early detection can safeguard our gymnasts' vulnerable joints and extend their athletic longevity.**
- **Transform recovery from a simple rest period into a calculated, strategic tool that keeps our national team at peak readiness throughout the season.**

DR KENNY DUFFY

Dr Kenny Duffy initially qualified as a physiotherapist in 2006 from Robert Gordon University in Aberdeen. He worked for a few years in NHS rotations and as a research physio before starting medical school in 2010. When studying medicine at University of Dundee he ran the university sports injury clinics while also working in local hospitals in Edinburgh and Dundee.



He graduated in 2015 and moved to Edinburgh for foundation training and GP (family medicine) training. He qualified as GP in 2020 and worked in his training practice for another 5 years. While working during the COVID pandemic he completed his part time MSc in Sport and Exercise Medicine from University of South Wales. He graduated with distinction in 2022.

In 2025, he started a new role as one of the first sport and exercise medicine resident doctors in Scotland for over 10 years. He is currently in his second year of this programme.

Kenny has sport experience as both a physiotherapist and a doctor and continues to practice both specialities. He works with gymnastics, rugby, athletics and is the chief medical officer for UK Ultimate (frisbee) and the lead physiotherapist with Scottish Gymnastics.

Presentation: Injuries occurring at the British national artistic gymnastics championships.

Learning objectives:

- **Identify the injury trends at the recent British national artistic gymnastics championships.**

KAYLA CHAPMAN

Kayla is a certified athletic trainer and 2nd-year PhD student in Kinesiology (Sports Medicine) at the University of Virginia. She is advised by Dr. Jay Hertel and has an interest in Achilles tendon injuries, tumbling biomechanics, and training load monitoring in women's gymnastics. Prior to beginning her doctoral programme, Kayla spent two years at Utah State University serving as the Assistant Athletic Trainer for women's gymnastics.



She also spent one year at the University of Tennessee, serving as the Intern Athletic Trainer for the cheerleading and dance teams. Kayla received her Master's in Athletic Training and Bachelor's in Kinesiology degrees from the University of Virginia in 2020 and 2022, respectively.

Presentation: Bilateral shoulder pain resulting in medical disqualification in a female collegiate gymnast.

Learning objectives:

- **Share a unique case of bilateral osteochondral defects of the glenoid in a female collegiate gymnast with an extensive bony injury history.**
- **Describe the patient's history, MOI, and clinical presentation.**
- **Identify relationships between musculoskeletal injury and systemic conditions like REDs.**
- **Discuss potential factors influencing the decision to medically disqualify a gymnast.**

BIANCA DANCOSÉ- GIAMBATTISTO

Former Canadian National Team and University of Florida Gator gymnast, Bianca Dancosé-Giambattisto is a pelvic health physiotherapist, kinesiologist, and founder of Femmes dans le Sport, an initiative dedicated to mobilising the sport ecosystem to place women's health at the heart of sport culture. She holds a bachelor's degree in Physiology and Kinesiology from the University of Florida and a master's degree in physiotherapy from McGill University.



Bianca's specialised training in pelvic floor rehabilitation is from the Université de Montréal. Bianca works closely with athletes and sport organisations, including Gymnastics Canada, and delivers education and professional development for healthcare providers, coaches, and sport leaders on female athlete health.

Presentation: Urinary incontinence in gymnastics.

Learning objectives:

- **Analyse the prevalence, impact, and risk factors of urinary incontinence in gymnasts.**
- **Recognise the signs and symptoms of pelvic floor dysfunction, with a focus on urinary incontinence, and apply appropriate screening tools.**
- **Describe evidence-based management options, including pelvic floor physical therapy, and identify the roles of members of the interdisciplinary team in supporting athletes with pelvic floor dysfunction.**

DR EMILY SWEENEY

Emily Sweeney is a paediatric sports medicine physician at Children's Hospital Colorado and an associate professor at the CU School of Medicine. She is a former level 10 gymnast who retired at age 16 due to spondylolisthesis. She now focuses her clinical research on spondylolysis and other injuries in gymnastics. She also runs a multi-disciplinary clinic specifically for gymnasts and is the team physician for the USA Gymnastics Junior Women's team.



In her free time, Emily enjoys crossfit, hiking, biking, skiing, and spending time with her husband and two young children.

Presentation: Spondylolysis and timing of physiotherapy.

Learning objectives:

- **Discuss management options for adolescent athletes with spondylolysis.**
- **Review the findings from our prospective randomized clinical trial evaluating timing of physical therapy in athletes with spondylolysis.**

DR DAVID KRUSE

David Kruse, MD, attended medical school at the University of California, San Diego, after completing his undergraduate studies at the University of California, Berkeley. He did his residency in Family Medicine at Long Beach Memorial Medical Center. After residency, he obtained a second board certification in Primary Care Sports Medicine with the completion of fellowship training at the University of Notre Dame.



Dr. Kruse practices as a sports medicine specialist within the Cedars-Sinai Hospital System and is an Assistant Professor with the Cedars-Sinai Department of Orthopedics & Sports Medicine. Additionally, he is the Cedar-Sinai Senior Medical Advisor to LA28 Olympic and Paralympic Games and provides care for Team USA athletes as a member of the USOPC National Medical Network. Prior to this, Dr. Kruse served as a team physician for USA Gymnastics from 2008 to 2024, and more recently as USA Gymnastics Medical Director from 2019-2024. During his time with USA Gymnastics, he travelled extensively domestically and internationally, including as a team physician at the 2016 Rio and 2021 Tokyo Summer Olympic Games.

Presentation: Concussion evaluation at gymnastics competitions: Do we have proper time?

Learning objectives:

- **Discuss the USA Gymnastics concussion medical time out rule, including its development, implementation, and execution.**

KIM KRANZ

Kim Kranz has been a physical therapist (physiotherapist) for over 30 years. Since 2014, she has served in senior healthcare administration roles, first as Director of the Sports Medicine Service Line at a children's hospital in Virginia and since 2019 as the Chief of Athlete Wellness at USA Gymnastics. She is board certified as a Sports Clinical Specialist and is a Fellow of the American College of Healthcare Executives.



Her role at USA Gymnastics is to develop and lead the organisation's strategy and execution of holistic athlete health and wellness initiatives, including sports medicine, mental health, sport psych, nutrition, and social wellbeing of the entire USA gymnastics community from grassroots athletes to Olympians. Kim has also sat on the Anti-doping, Medical, and Mental Health Commission at World Gymnastics since 2021.

Presentation: Revisions to the World Gymnastics medical rules.

Learning objectives:

- **Review recent changes to the World Gymnastics Medical Rules for Sanctioned Events to update the gymnastics community on the changes, and review their role in supporting these changes.**

DR ELLEN CASEY

Dr Casey is a Professor of Clinical Rehabilitation at the Hospital for Special Surgery and Weill Cornell School of Medicine. Her clinical practice, in the Dept of Physiatry and the Women's Sports Medicine Center, centres on the care of athletic girls and women throughout the lifespan. Her primary research domain is the exploration of sex- and gender-disparity in sports medicine, with particular focus on the influence of the menstrual cycle and hormonal contraceptives on non-contact ACL injury risk.



She also investigates strategies to optimise health and career longevity of artistic athletes, particularly gymnasts and ballet dancers. Through her role as the USA Women's National Gymnastics Team Physician since 2019, she has been the team physician for USA gymnastics at three World Championships and two Olympic Games.

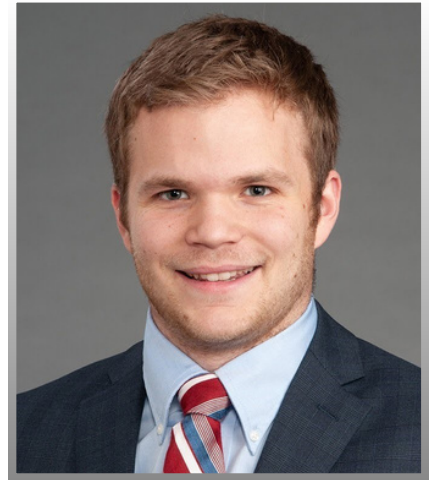
Presentation: Training load management in artistic gymnastics.

Learning objectives:

- **Describe training load tracking and management and how this could benefit artistic gymnasts and coaches.**
- **Discuss the challenges in efficiently and cost-effectively quantify and manage training loads in artistic gymnastics.**
- **Outline strategies for future directions.**

STEWART PRITCHARD

Stewart Pritchard, PhD is a senior research associate at the Center for Injury Biomechanics in the Wake Forest University School of Medicine. His research has focused on characterising head acceleration exposure in youth and professional sports, including football, soccer, hockey, motorsports, and gymnastics. His doctoral thesis aimed to develop REBOUND, a biomechanically-informed post-concussion return-to-sport protocol for gymnasts.



Stewart has a passion for injury prevention and sport performance research in gymnastics. Since competing with the United States Trampoline National Team from 2012 to 2017, he has continued to support the gymnastics community in many roles. He holds judging certifications from World Gymnastics (Trampoline) and USA Gymnastics (Trampoline and Acrobatic gymnastics), is a member of USA Gymnastics' Trampoline and Tumbling Junior Judges Council and serves as the Technical Chair for North Carolina Trampoline and Tumbling. As a researcher, he aims to utilise wearable instrumentation to develop evidence-based injury prevention and rehabilitation strategies for gymnasts to ultimately improve sport safety.

Presentation: Monitoring gymnastics training activities with wearable sensors: Pilot experiences.

Learning objectives:

- **Become aware of various methods to monitor gymnastics activity during training.**
- **Understand the capabilities of inertial measurement units including their limitations and how to interpret their measurements.**
- **Learn about the development of REBOUND, a post-concussion return to sport protocol for gymnasts informed by biomechanical data collected from wearable sensors.**