

CASEM  
ACMSE



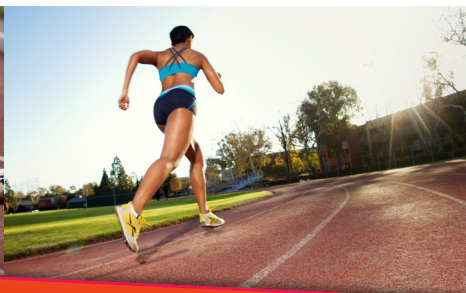
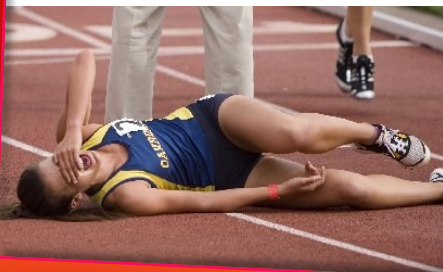
Canadian Academy of Sport and Exercise Medicine  
Académie canadienne de médecine du sport et de l'exercice



# CASEM Running Injuries Workshop

21 April 2018  
Vancouver, BC  
BC Place Stadium

## Preliminary Program



**COURSE LOCATION:**



The course will be held at the

**BC Place Stadium**  
777 Pacific Blvd  
Vancouver, BC V6B 4Y8



Running Injuries Workshop 2012



Running Injuries Workshop 2012



Running Injuries Workshop 2012

**COURSE GOAL:**

Targeted at the physician or sport medicine health care professional, this one day clinical workshop will cover all aspects of running/running injuries including:

New Management of Plantar Fasciitis  
Gender Difference in Running Injuries and Prevention  
Injury Prevention

Patello Femoral Pain  
Biomechanics and Running Injury  
Barefoot Running

**COURSE OBJECTIVES:**

- ◇ Broaden evaluation skills to include specific issues related to endurance runners
- ◇ Incorporate evidence based treatment strategies in the management of the injured runner
- ◇ Understand running biomechanics as it applies to efficient running form and the effect of footwear
- ◇ Understand and learn how to evaluate muscle imbalances common in injured endurance runners

**CME:** Please contact Dawn Haworth at CASEM head office for CME status.

## FACULTY



### **Jack Taunton, MSc, MD, CCFP (SEM), Dip. Sport Med.**

Dr Jack Taunton was the Chief Medical Officer for Vancouver 2010 Olympic and Paralympic Winter Games. He has a clinical practice in sports medicine at the Allan McGavin Sports Medicine Centre and Fortius Sport & Health and is a Professor in the Faculty of Medicine and School of Human Kinetics at the University of British Columbia.

He was a founding director of the Centre, the first in Canada dedicated to Sports Medicine and Sport Science with physiotherapy, orthopaedics, primary care and research units. It is the training site for many sport medicine physicians, physiotherapists and researchers. His patients range from elite athletes to recreational and fitness active individuals and from children to seniors.

This workshop will be given by Dr. Jack Taunton MD, CCFP - sport medicine physician and marathon runner and will include presentations from her multi-disciplinary team of professionals.

## SPEAKER



### **Saul Isserow, MD, FRCPC Sport Cardiology in the Masters Athlete**

Originally from South Africa, Dr. Isserow completed his medical degree at Johannesburg's University of Witwatersrand in 1986. He then moved to Saskatchewan where he worked as a general practitioner and completed training in physical medicine and rehabilitation — he later completed training in internal medicine and cardiology.

Dr. Isserow holds a number of roles including: Director of the Vancouver General Hospital (VGH) Centre for Cardiovascular Health, the Director of Cardiology Services at the University of British Columbia (UBC) Hospital, the Regional Lead for Cardiac Rehabilitation at Vancouver Coastal Health (VCH) and the Medical Director of SportsCardiology BC.

At VGH, he received the People's Choice Award for Clinical Excellence in 2007 and in 2008 he became the medical director of the Healthy Heart Program for VCH. At UBC, he was the recipient of the Master Teacher Awards from the Department of Anesthesia in 2003 and the Department of Medicine in 2010. Dr. Isserow currently specializes in sports cardiology and preventative cardiology, and was the Cardiology Lead for the Vancouver Olympic Games in 2010.

## CASEM Running Injuries Workshop — BC Place Stadium Saturday, April 21<sup>st</sup> 2018 Vancouver, BC



<b>08:00-08:30</b>	<b>Registration and Light Breakfast</b>	
08:30-09:00	The Challenges of Lateral Hip Pain	Rob Drapala
09:00-09:30	Lateral Knee pain : How to Approach the Runners Nightmare	James O'Donovan
09:30-10:00	Wrist Based Activity Tracking and Feedback to Improve Daily Activity in Sedentary Women	Alyssa Cantarutti
<b>10:00-10:30</b>	<b>MORNING BREAK</b>	
10:30-11:00	Achilles Tendinopathy Treatment Options - When Physiotherapy is not Enough	Renata Frankovich
11:00-12:00	Knee Osteoarthritis: To run, or not to run?	Jean-Francois Esculier & Michael Hunt
<b>12:00-13:00</b>	<b>LUNCH</b>	
13:00-13:30	A Coach's Perspective - Practical Applications to Managing Tibial Stress Syndrome in the Elite Middle Distance Runner	Lynn Kanuka
13:30-14:00	The Alternate Run Study: Examining the Injury Prevention Effects of Alternating Training Load, Alternating Foot, or Both for Runners Preparing for a Half Marathon	Michael Ryan
14:00-14:30	Gait modification Using Real-time Biofeedback: Towards Injury Prevention	Chris Napier
<b>14:30-15:00</b>	<b>AFTERNOON BREAK</b>	
15:00-15:30	An Applied Biomechanical Approach to Identifying Mechanisms of Overuse Running Injuries	Chris MacLean
15:30-16:00	Sport Cardiology in the Masters Athlete	Saul Isserow