

07:45-08:15	Continental Breakfast—in Exhibit Hall	Salon B/C—Lvl 2—VCC
08:15-08:25	Welcome by CASEM Conference Chairs and President	Paul Watson, MD Richard Backus, MD Richard Goudie, MD
08:25-08:45	Keynote	Simon Whitfield
08:45-10:00	Optimizing Performance brought to you by <i>Pendopharm</i> 	
	08:45—09:05 Five Ways to Use Your Physiologist	Trent Stellingwerff, PhD
	09:05—09:25 Sleep for High Performance	Amy Bender, PhD
	09:25—09:45 Mental Prep for Major Games	Bruce Pinel, PhD
	09:45—10:00 Panel Discussion	
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10:00-10:30	Coffee Break with Exhibitors	
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10:30-11:30	Doping in Sport	Moderator: Andrew Pipe, MD
	10:40—11:00 Ethics, the New Code and Role of MD	Peter Lawless, LL.B
	11:00—11:30 Hematology on Biological Passports	Brian Berry, MD
11:30-12:30	<u>Sandy Kirkley Research Session I</u> Moderator: Victor Lun, MD (Lecture Theatre—Lvl 1—VCC)	
	<ul style="list-style-type: none"> <li>• Change Management in Sport and Exercise Medicine (SEM) Education: Implementation of Competency-Based Assessment -Constance Lebrun, MD</li> <li>• Understanding Lower Limb Location-Specific Running-Related Pain by Males and Females -Maha Elashi, BHK</li> <li>• MRI Defined Osteoarthritis is Discordant with Self-Reported Pain and Function 3-10 years Following Knee Joint Injury in Youth Sport -Jackie L Whittaker PT, PhD</li> <li>• Effectiveness of Bracing in Elbow Lateral Collateral Ligament Injuries: a Biomechanical Study -Ranita Manocha, MD</li> </ul>	
	<u>Canadian Sport Injury Prevention Research</u> Moderator: Carolyn Emery, PhD (Saanich—Lvl 1—VCC)	
	<ul style="list-style-type: none"> <li>• Physical Activity Recommendations and Concussion Incidence in Male Pee Wee Hockey Players -Tracy Blake, PT, MScPT</li> <li>• Evaluating Attention Problems as a Risk Factor for Concussion in Youth Ice-Hockey Players -Tommy Gerschman, MD, MSc</li> <li>• Coping with Career Ending Concussions: Perspectives of University Athletes Returning to the Classroom -Sebastian Herenberg, PhD</li> <li>• The Online Concussion Awareness Training Tool: Standardizing Care -Shelina Babul, PhD</li> </ul>	
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12:30-13:30	Lunch Break— Sign up required for Industry Symposia	
	<i>Osteoarthritis: The Ongoing Challenges to Managing Pain</i> Crystal Ballroom—Empress	Ross Leighton BSC, MD, FRCS(C), FACS
	<i>Dynamic Bracing of the ACL: A Clinical and Biomechanical Review</i> Balmoral Room—Empress	Duong Nguyen, MD/ Gary Bledsoe
	<i>Injectable Therapies for Knee OA: A New Beginning</i> Salon A—Lvl 2—VCC	Mohit Bhandari, MD, PhD, FRCS
13:30-14:00	Lance Richard Memorial Lecture: <i>You are Old, Father William, the Young Man Said ...</i>	Richard Backus, MD
14:00-14:30	Athlete Health Protection: A Top Priority for the IOC	Torbjorn Soligard, PhD

<b>14:40-15:10</b>	<b>Concurrent Workshops (30 min workshops– Will run three times) No sign up required</b>	
	W1: Emerging Research in Concussion <i>Lecture Theatre—Lvl 1– VCC</i>	Patrick Neary, PhD
	W2: Pediatric MSK Complaints, When it's Not Sport Related <i>Saanich—Lvl 1– VCC</i>	Kristin Houghton, MD
	W3: Dealing with Infection in Travelling Athletes <i>Oak Bay—Lvl 1– VCC</i>	Wayne Ghesquiere, MD
	W4: Nutrition and Supplement Mythbusters <i>Esquimalt– Lvl 1- VCC</i>	Trent Stellingwerff, PhD
	W5: Exercise Guidelines Post Joint Arthroplasty <i>Sidney– Lvl 2– VCC</i>	James Stone, MD
	W6: Interventions—Do They Really Work? <i>Colwood– Lvl2– VCC</i>	James Filbey, MD

### 15:10-15:45 Coffee Break with Exhibitors

### 15:45-16:45 Repeat Workshops ( Two 30 min sessions)

### 17:00-18:30 CASEM Annual General Meeting

Lecture Theatre—Lvl 1– VCC

### 19:30-23:00 Social Night- "Trivia Pub Night"

The STICKY WICKET Pub  
919 Douglas St.



### Injury Prevention Poster Presentations

- **The Effects of Neuromuscular Exercise Training on Dynamic Balance in Adolescent Females: A Pilot Study**  
*-Alison Longo, MSc, CAT*
- **Effects of a Functional Exercise Program on Injury Prevention in Young Male Soccer Players**  
*-Müge Bulut, MSc*
- **Preventing Ankle Sprain Injuries in Youth Soccer and Basketball: Effectiveness of Neuromuscular Training and Understanding Risk Factors**  
*-Oluwatoyosi B.A. Owoeye, PT, PhD*
- **The Relationship Between Body Composition and Injury History in Pre-Professional Ballet and Contemporary Dancers.**  
*-Sarah J. Kenny, MSc*
- **Neuromuscular Training Programs for ACL Tear Prevention in Young Female Soccer Athletes: A Health Technology Assessment of the Clinical Evidence and Cost-Effectiveness.**  
*-Duong Nguyen, MD, MSc(c), FRCSC, FAAOS, Dip Sport Med.*
- **The Impact of a Neuromuscular Training Injury Prevention Program on Body Composition and Physical Fitness Outcomes in Junior High School Students**  
*-Carla A. van den Berg, BSc*
- **Evaluating the Implementation of a Sport Injury Prevention Program in a School Setting**  
*-Sarah A Richmond*

### Research Poster Presentations

- **Gait Kinematics for Patients with Patellofemoral Instability Compared to Healthy Controls**  
*-Reed Ferber, PhD, ATC*
- **Development of a Clinical Practice Guideline for Patients Presenting with Rotator Cuff Tears.**  
*-Breda Eubank, PhD, CAT*
- **Pre-Hospital Care with Intra-Nasal Ketamine for Transport (PRECINKT): A Pilot Study for Analgesia in the Alpine Setting**  
*-Laura Chng, Msc, MD*
- **Iliotibial Band Strain During Two Speed Running Considering of Hip and Knee Joint Angles**  
*-Shinji Tomiyama, SMC*
- **Can an On-Line Questionnaire Predict ACL Injuries?**  
*-Swathi Damaraju, PhD*
- **Gender Differences in Clinical Presentation and Recovery of Sports-related Concussion**  
*-Shannon Bauman, MD, CCFP (SEM), Dip. Sport Med.*
- **Brain Magnetic Resonance Imaging CO2 Stress Testing in Adolescent Post-Concussion Syndrome**  
*-Micheal Ellis, MD*
- **Facilitating an Exercise Habit and Identity via the Multi-Process Action Control Model- A Randomized-Controlled Trial**  
*-Navin Kaushal, PhD*
- **Is Absolute Rest Indicated for Concussion?: An Evidence-Based Systematic Review**  
*-Robert J. Drapala, MD*
- **Assessment of Knee Osteoarthritis in Muscat**  
*-Shidhani Thuraya, MD*
- **Baseline and One-year Test-Retest Reliability of the Sport Concussion Assessment Tool (SCAT) 3 in Uninjured Varsity Athletes**  
*-David W. Lawrence, MD*
- **Self-Reported and Accelerometer-Measured Physical Activity 3-10 Years Following an Intra-Articular Knee Injury in Youth Sport**  
*-Clodagh Toomey, PT, PhD*
- **Effect of a Patellofemoral Stabilising Knee Brace on Walking Gait Kinematics for Patients with Unilateral Patellofemoral Instability.**  
*-Sarah Kerslake, PT, MSc*
- **Is Absolute Rest Indicated for Concussion?: An Evidence-Based Systematic Review**  
*-Robert J. Drapala, MD*
- **Early Safety and Feasibility Experience with Adipose Derived Stem Cell Therapy for Symptomatic Osteoarthritis of the Knee in a Community Based Orthopaedic Surgery Practice**  
*-Dave Simon MD, MHA, FRCSC*
- **Does High Grade Trochlear Dysplasia Influence Patient-Reported Outcomes Following Patellofemoral Stabilization?**  
*-Sarah Kerslake, PT, MSc*



# Friday, May 20<sup>th</sup>, 2016

## Plenary—Lecture Theatre— VCC Lvl 1



<b>07:00-08:00</b>	<b>Training the Female Athlete hosted by CASEM's Women's Issues in Sport Medicine (WIISM)</b>	Saanich Room—Lvl 1—VCC Vicki Harber, PhD
<b>07:45-08:15</b>	<b>Conference Registration and Continental Breakfast</b>	Salon B/C—Lvl 2—VCC
<b>08:15-08:45</b>	<b>Performing Arts Medicine Association (PAMA) Athletes and the Arts, Artists as Athletes</b>	Nancy Kadel, MD
<b>08:45-09:15</b>	<b>Technique/Training Driven Injuries</b>	Paul Winston, MD

**09:15-09:45 Coffee Break with Exhibitors**

<b>09:45-11:00</b>	<b>Problems in Performing Artists- Case Reports from the Experts</b>	Moderator: Laura Cruz, MD John Chong, MD Christine Guptill, PhD, OT Nancy Kadel, MD Roger Maillet Hobden, MD
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**11:00-12:00 Sandy Kirkley Research Session II**

Moderator: Victor Lun, MD  
(Lecture Theatre— Lvl 1— VCC)

- **Changes in Measures of Cervical, Vestibular, Dynamic Balance and Tasks of Divided Attention Following Sport-Related Concussions in Elite Youth Ice Hockey Players**  
*-Kathryn J. Schneider, PT, PhD*
- **Clinical Predictors of Vestibulo-Ocular Dysfunction in Pediatric Sports-Related Concussion**  
*-Michael Ellis, MD*
- **The Utility of Prism Lenses as a Diagnostic Tool for Concussion.**  
*-Elaine Little BScPT, PhD*
- **A Randomized Clinical Trial in Runners with Patellofemoral Pain**  
*-Jean-Francois Esculier, M.Sc., PT*

**Canadian Sport Injury Prevention Research**

Moderator: Carolyn Emery, PhD  
(Saanich— Lvl 1— VCC)

- **The FIFA 11+ Injury Prevention Programme: the FIFA 11+ Kids Version**  
*-Mario Bizzini, PhD*
- **Examining the Effectiveness of Neuromuscular Training in Youth in a School Setting**  
*-Sarah Richmond*
- **Validation of an Inertial Measurement Unit for the Measurement of Jump Frequency and Vertical Displacement**  
*-Kerry MacDonald MEd*
- **What Does Return to Pre-Injury Risk Mean?**  
*-Ian Shrier, MD, Dip. Sport Med.*

**12:00-13:30 Lunch Break— Sign up required for Industry Symposia**



*Viscosupplementation for Knee OA: An Evidence Based Medicine Review by a Panel of Experts*  
Empress— Crystal Ballroom

Eric M. Babins, MD, Dip. Sport Med.



*Treatment and Prevention of Iron Deficiency*  
Empress— Ivy Ballroom

Jihad Abouali MD, FRCSC



# Friday, May 20<sup>th</sup>, 2016

## Plenary—Lecture Theatre— VCC Lvl 1



### 13:30-15:10 Concurrent Workshops

W1: Pediatric Gait Abnormalities <i>Lecture Theatre—Lvl 1– VCC</i>	Katharine Smart, MD
W2: Acute Joint Dislocation and Subluxation Management <i>Saanich—Lvl 1– VCC</i>	Curtis Myden, MD
W3: Sudden Cardiac Death and Key ECG Findings in Athletes <i>Oak Bay—Lvl 1– VCC</i>	Michael Gollob, MD
W4: MSK Radiology-When to Order What? <i>Esquimalt– Lvl 1- VCC</i>	Doug Connell, MD
W5: Top Five Tips for Assessing and Managing Rotator Cuff Tears in the Master’s Athlete <i>Sidney– Lvl 2– VCC</i>	Colin Landells, MD
W6: Vocabulary of Dance <i>Colwood– Lvl2– VCC</i>	Erika Persson, MD

### 15:10-15:40 Nutrition Break with Exhibitors –Last chance to get your exhibitor passport signatures for the DRAW

15:40-16:15 Radiology Quiz	Chris Lipp, MD
17:00-19:00 <a href="#">Uganda Sport Medicine Wine and Cheese Fundraiser</a>	Fairmont Empress—Ivy Ballroom
18:30-01:00 <a href="#">Gala Dinner and Dance with the Psych-a-relics</a>	Fairmont Empress—Crystal Ballroom

*Start the night with a drink in hand. A reception with a well stocked bar begins at 18:30 in the Palm Court followed by a dinner and dance in the famous Crystal Ballroom of the Fairmont Empress at 19:30.*

### Injury Prevention Poster Presentations

- **Barriers and Facilitators of Appropriate Concussion Management Among Parents and Coaches in Youth Ice Hockey**  
*-Amanda M. Black, CAT(C), MSc*
- **Effect of Previous Concussion on Sport-Specific Skills in Youth Ice Hockey Players**  
*-Paul H. Eliason, MSc1*
- **Reliability of Child SCAT 3 Scores in Children at Rest and Following Exercise**  
*-Jeff Billeck, BPE, CAT(C)*
- **Multi-Disciplinary Management of Pediatric Sports-Related Concussion: Early Experience of the Pan Am Concussion Program**  
*-Michael J. Ellis MD*
- **Googling Concussion Care: a Critical Appraisal of Online Concussion Healthcare Providers and Practices in Canada**  
*-Michael J. Ellis MD*
- **Concussions in Senior Canadian Rugby: Incidence, Knowledge, and Attitudes.**  
*-Richard Martin, MD*

### Research Poster Presentations

- **A New Proposal in Sarcopenia Diagnoses Approach**  
*-Orlando Angulo*
- **Heart Rate Variability in an Elite Female Alpine Skier: A Case Study**  
*-Patricia Doyle-Baker, PhD*
- **Treatment of Large/Massive Rotator Cuff Tears Using Human Dermal Allograft (GraftJacket) - Short Term Results**  
*-Eyal Amar, MD*
- **The Effects of a Neuromuscular Exercise Training on Core Stability and Hip Strength in Female Adolescents: Preliminary Results**  
*-Christine Johnston Heise BSc., CSCS, CAT(C)*
- **Arthroscopic Treatment for Shoulder Instability with Glenoid Bone Loss Using Distal Tibia Allograft Augmentation - Short Term Results**  
*-Eyal Amar, MD*
- **Predictors of Early Anterior Cruciate Ligament Failure, is Graft Diameter a Factor?**  
*-Jhase A. Sniderman*
- **Femoroacetabular Impingement: Have we Hit A Global Tipping Point in Diagnosis and Treatment?**  
*-Olufemi Ayeni, MD, MSc, FRCSC*
- **Is that MRI Really Necessary? Part 1: Meniscal Tears**  
*-Marshall Siemens*
- **Is that MRI Really Necessary? Part 2: Anterior Cruciate Ligament (ACL) tear**  
*-Kyoo-Yoon Choi*
- **Is that MRI Really Necessary? Part 3: Biceps & Labral Pathology**  
*-Colbey Taylor*
- **Using a Multidisciplinary Approach in the Management of Bicondylar Tibial Plateau Fracture in Wheelchair Rugby: a Case Report**  
*-Thomas Zochowski1,MD, MSc*
- **Examining the Role of Perioperative Nerve Blocks in Hip Arthroscopy - A Systematic Review**  
*-Olufemi Ayeni, MD, MSc, FRCSC*
- **Hip Arthroscopy in Trauma: A Systematic Review of Indications, Efficacy and Complications**  
*-Olufemi Ayeni, MD, MSc, FRCSC*
- **Hip Arthroscopy Indications: Review of Current Literature.**  
*-Eyal Amar, MD*
- **Biologic Treatments for Hip Disorders: A Focus On Platelet-Rich Plasma**  
*-Olufemi Ayeni, MD, MSc, FRCSC*



# Saturday, May 21<sup>st</sup>, 2016

## Plenary—Lecture Theatre— VCC Lvl 1



08:15-08:45	Conference Registration and Continental Breakfast	Foyer— Lvl 1— VCC
08:45-09:00	Physical Activity Prescription: Global Perspective and Current Canadian Guidelines	Jane Thornton, MD
09:00-10:00	Prescription and Implementation of Exercise <ul style="list-style-type: none"> <li>Exercise Prescription: Putting Theory into Practice and Tips from the Trenches</li> <li>Safety of Exercise Prescription for the High-risk Patient and Weekend Warrior</li> <li>Successful Implementation – the Role of Social Media, Wearables, and Nudges</li> </ul>	Moderator: Jane Thornton, MD Kara Solmundson, MD  Pierre Frémont, MD  Karim Khan, MD
10:00-10:30	Coffee Break & DRAW for exhibitor passport PRIZES	Foyer—Lvl 1— VCC
10:30-11:00	2 Minutes / 2 Slides	Moderator: Steve Martin, MD
11:00-12:00	<u>Sandy Kirkley Research Session III</u> Moderator: Victor Lun, MD (Lecture Theatre— Lvl 1— VCC) <ul style="list-style-type: none"> <li>Sex, Age, and Graft Size as Predictors of ACL Re-Tear: A Multivariate Logistic Regression of a Cohort of 503 Athletes  <i>-Duong Nguyen, MD,(c),FRCSC, FAAOS, Dip Sport Med</i></li> <li>Outcome of Hip Arthroscopy for Femoroacetabular Impingement using the International Hip Outcome Tool (iHOT33)  <i>-Ayman Awlia, MBBS</i></li> <li>Arthroscopic Treatment of Acetabular Chondral Defect Using BST-CarGel - Short Term Results  <i>-Eyal Amar, M.D</i></li> <li>Clinical Outcomes of Combined ACL and MPFL Reconstructions in Patients with Symptomatic ACL Deficiency and Patellofemoral Instability  <i>-Sarah Kerslake, PT, MSc</i></li> </ul>	<u>Canadian Sport Injury Prevention Research</u> Moderator: Carolyn Emery, PhD (Saanich— Lvl 1— VCC) <ul style="list-style-type: none"> <li>The Risk of Injury Associated with Body Checking among Pee Wee Ice Hockey Players: An Evaluation of Hockey Canada’s National Body Checking Policy Change  <i>-Amanda M. Black, CAT(C), MSc</i></li> <li>The Effect of Body Checking Policy Change on Contact Mechanisms in 11 and 12 Year Old Ice Hockey Players  <i>-German Martinez</i></li> <li>The Incidence of Physical Contacts in Youth Ice Hockey Associated with Body Checking Experience  <i>-Leticia Janzen</i></li> <li>The Effect of Body Checking Policy Change on Offensive Game Skill Performance in 11-12 Year Old Ice Hockey Players  <i>-Ash Kolstad</i></li> </ul>
12:00-13:00	Lunch Break	
13:00-13:30	Cardiac Issues in the Masters Athlete	Michael Gollob, MD
13:30-14:00	A Perfect Medical Legal Report	Bob Cameron, LL.B
14:00-15:15	THE DEBATERS—FIX IT or LEAVE IT? Topics for Debate: ACL Tears Clavicular Fractures Rotator Cuff Tears Achilles Rupture	Moderator Andrew Pipe, MD Karim Khan, MD/ Curtis Myden, MD Mark Heard, MD/ Ian Shrier, MD
15:15	Closing Remarks	
16:00-17:00	5km  Sightseeing Fun Run All proceeds are donated to the local charity “Every Step Counts”	Fairmont Empress— Hotel Lobby