CASEM 50
A Golden Age of Sport Medicine
April 29 - May 2, 2020
Fairmont Banff Springs, AB
Pre & Post Conference Courses

**Monday & Tuesday • 26-27 April 2020**
- CASEM Team Physician Course

**Wednesday • 29 April 2020**
- CASEM Para Adaptive Sport Medicine
- CASEM Endurance Sport Medicine
- What to Expect when you are...Preparing for the CASEM Exam afternoon session

**Saturday • 2 May 2020**
- Hypermobility in Performing Artists & Athletes: Paganini to Phelps

For full course details visit: [www.casem-acmse.org/events](http://www.casem-acmse.org/events)

Local Organizing Committee

Dr. Preston Wiley, Chair
Dr. Eric Babins
Dr. Victor Lun
Dr. Andrew Marshall
Dr. Nicholas Mohtadi
Dr. Ross Outerbridge
Dr. Erika Persson
Dr. Andrew Pipe
Speaker Spotlight
CASEM welcomes and thanks those who are presenting at the 2020 Annual Symposium.

Andrew Pipe

CASEM History - The Pipe View
Thursday April 30th - 8:00

Dr. Pipe has been extensively involved in sports and sport medicine for many years. Dr. Pipe served as a physician at 12 Olympic Games and has been the Team Physician for Canada’s National Men’s Basketball Team since 1978. A member of the Canadian Olympic Hall of Fame, he served as Chair of the Canadian Centre for Ethics in Sport from its inception until 2003. Dr. Pipe is the recipient of the International Olympic Committee’s Award for “Sport, Health and Wellbeing” and honorary degrees from Queen’s University (LLD), Brock University (DSc) and University of Guelph (DSc). He was formerly Vice Chairman of the Board of Trustees at Queen’s University. In 2002 he was named to the Order of Canada.

Carolyn Emery

Transforming Sport Experience: Science vs Supposition
Thursday April 30th - 13:45

Dr. Carolyn Emery is a physiotherapist and epidemiologist. She was recruited to the Faculty of Kinesiology at the University of Calgary in 2004. Dr. Emery is a Professor in the Faculty of Kinesiology at the University of Calgary. The focus of Dr. Emery’s research program is in injury prevention in youth sport and recreation, concussion, and pediatric rehabilitation; aimed to reduce the public health burden of injury including long-term consequences. She holds a Chair in Pediatric Rehabilitation (Alberta Children’s Hospital Research Institute) and is Chair of the Sport Injury Prevention Research Centre at the University of Calgary. She leads “SHRed Injuries: Preventing Injuries and their Consequences in Youth Sport and Recreation” (CIHR) and “SHRed Concussions-Surveillance in High Schools to Reduce the Risk of Concussions and their Consequences.”
Speaker Spotlight
CASEM welcomes and thanks those who are presenting at the 2020 Annual Symposium.

Beckie Scott

Athlete Experience
Friday May 1st - 8:00

Beckie Scott is a Canadian former cross-country skier. She is Chair of the World Anti-Doping Agency (WADA) Athlete Committee, and served as an International Olympic Committee member by virtue of being elected to the IOC Athlete’s Commission along with Saku Koivu between 2006 and 2014.

Scott retired from cross-country skiing on April 12, 2006, as the most decorated Canadian cross-country skier. 2006 was also her best season, with multiple victories and podiums on the World Cup circuit, to go with her Olympic silver in one of her races in Turin.

Don McKenzie

Lance Richard Memorial Lecture
Friday May 1st - 13:45

Dr. Don McKenzie is recently appointed Professor Emeritus in the Division of Sports Medicine at the University of British Columbia (UBC). He has a doctoral degree in exercise physiology from Ohio State University and completed his medical training at UBC. He has been the team physician for the Canadian Canoe Team for over 30 years and has attended nine Olympic Games. Dr. McKenzie is the Chair of the Medical Committee of the International Canoe Federation. He has served as President of the Canadian Society of Exercise Physiology and has an active research program that has graduated more than 80 students. His research is centered on respiratory exercise physiology and exercise and breast cancer. Dr. McKenzie is the founder of Abreast in A Boat, a women’s dragon boat team composed of breast cancer survivors. This special blend of paddling as medicine has spread world-wide.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>07:15</td>
<td>Conference Registration (Curio Foyer) and Continental Breakfast available in the Exhibit Hall (Cascade / Conservatory)</td>
<td>Preston Wiley, MD, Elisabeth Hobden, MD</td>
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<tr>
<td>07:45-08:00</td>
<td>Welcome by CASEM Conference Chair and President</td>
<td>Preston Wiley, MD, Elisabeth Hobden, MD</td>
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<tr>
<td>08:00-08:45</td>
<td>OPENING KEYNOTE</td>
<td>Andrew Pipe, MD, Nicholas Mohtadi, MD, Laurie Hiemstra, MD, PhD, Sarah Kerslake, PT, Ralph Strother, MD</td>
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<tr>
<td>08:45-09:30</td>
<td>Patellofemoral Joint</td>
<td>Nicholas Mohtadi, MD, Laurie Hiemstra, MD, PhD, Sarah Kerslake, PT, Ralph Strother, MD</td>
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<td>09:30-10:00</td>
<td>What's New in the Sport Medicine Literature</td>
<td>Ian Shrier, MD</td>
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<td>10:00-10:30</td>
<td>Coffee Break with Exhibitors and Poster Viewing</td>
<td>- Cascade / Conservatory</td>
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<td>10:00-10:30</td>
<td>Sandy Kirkley Research Session:</td>
<td>Kien Trinh, MD, PhD</td>
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<td>10:30-11:30</td>
<td>Sandy Kirkley Research Session:</td>
<td>Joel Burma, Taylor Pratile, Corson Johnstone</td>
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<td>11:30-12:30</td>
<td>Concussion</td>
<td>James Kissick, MD, Pierre Frémont, MD, Carolyn Emery, PT, PhD, Chantel Debert, MD, FRCPC</td>
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<td>12:30-13:30</td>
<td>Lunch in Exhibit Hall - Cascade / Conservatory</td>
<td>Free Time - Industry Luncheon</td>
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<tr>
<td>13:45-14:30</td>
<td>AFTERNOON KEYNOTE</td>
<td>Carolyn Emery, PT, PhD</td>
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<td>14:30-15:15</td>
<td>Pediatric Sport Medicine</td>
<td>Laura Purcell, MD, John Philpott MD</td>
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<td>15:15-15:45</td>
<td>Coffee Break with Exhibitors and Poster Viewing</td>
<td>- Cascade / Conservatory</td>
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<td>15:45-16:25</td>
<td>Concurrent Breakouts (45 minutes each)</td>
<td>Lindsay Crone and Erika Persson, MD, Laurie Hiemstra, MD, PhD &amp; Sarah Kerslake, PT, Chantel Debert, MD, FRCPC, Kati Pasanen, PT, PhD, Carla Edwards, MD, Sport Psychiatrist</td>
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<td>16:35-17:15</td>
<td>Repeat Concurrent Breakouts</td>
<td>- Cascade / Conservatory</td>
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<td>17:45-18:45</td>
<td>CASEM Annual General Meeting</td>
<td>Alberta Room</td>
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<td>19:00-21:45</td>
<td>CASEM Social Night - CASEM’s Got Talent!</td>
<td>Alhambra Ballroom</td>
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<td>Housekeeping Notes</td>
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<td>08:00-08:45</td>
<td>OPENING KEYNOTE</td>
<td>Beckie Scott, Canadian former cross-country skiing athlete</td>
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<td>08:45-09:30</td>
<td>Optimizing Exercise for Medical Treatment</td>
<td>Moderator: Victor Lun, Shahebina Walji, RN, Nicole Culos-Reed, MD, James Stone, MD, PhD</td>
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<td>1) Obesity Management</td>
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<td>2) Strategies for Adherence to Exercise</td>
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<td>3) Canadian 24-Hour Movement Guidelines for Children and Youth</td>
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<td>09:30-10:00</td>
<td>Coffee Break with Exhibitors and Poster Viewing</td>
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<td>10:00-11:00</td>
<td>Sandy Kirkley Research Session</td>
<td>Jocelyn McCallum, Linda Troung, Amanda Black, Lauren Benson</td>
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<td>How do health outcomes differ between youth who have a recent</td>
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<td>sport-related knee injury and uninjured youth: Implications for</td>
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<td>medical management and post-traumatic osteoarthritis risk</td>
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<td>Player Experiences in High School Rugby: Understanding risks,</td>
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<td>benefits and the context for injury prevention</td>
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<td>Balancing return to sport and a functional knee: Exploring the</td>
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<td>perceptions of exercise therapy and physical activity of youth</td>
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<td>1-2 years after a sport-related ACL injury</td>
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<td>Sport participation and injury rates in high school: A survey of</td>
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<td>2029 high school students</td>
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<td>Modeling tendon damage from athlete workload may be relevant for</td>
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<td>11:00-11:45</td>
<td>AMSSM Exchange Lecture - Evaluating the Underperforming Athlete</td>
<td>Chad Asplund, MD, Moderator: Gord Matheson, MD, Michael Koehle, MD, PhD, Ivy Cheng, MD, MSc, PhD, FRCPC, MD, PhD, Martin MacInnis, PhD</td>
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<td>11:45-12:30</td>
<td>Altitude Sport Medicine</td>
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<td>1) Physiology of Altitude</td>
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<td>2) Medical Conditions that Arise</td>
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<td>3) Training Techniques at Altitude</td>
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<td>12:30-13:30</td>
<td>Lunch in Exhibit Hall - Cascade / Conservatory</td>
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<td>13:45-14:30</td>
<td>Lance Richard Memorial Lecture</td>
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<td>14:30-15:30</td>
<td>The Hip</td>
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<td>15:30-16:00</td>
<td>Coffee Break with Exhibitors and Poster Viewing</td>
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<td>16:00-16:40</td>
<td>Concurrent Breakouts (45 minutes each)</td>
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<td>The following breakouts are held concurrently. Delegates should plan</td>
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<td>to attend TWO sessions which best address their needs.</td>
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<td>B1 - The Hip - Case Studies</td>
<td>Kelly Johnston, MD &amp; David Lindsay, PT</td>
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<td>B2 - How to Prepare the Public to go to Altitude</td>
<td>Michael Koehle, MD &amp; Nicole Culos-Reed, MD &amp; Don McKenzie, MD &amp; Chad Asplund, MD &amp; Martin MacInnis, PhD &amp; Shahebina Walji, RN</td>
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<td>B3 - Exercise in Cancer</td>
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<td>B4 - Return to Exercise after Rhabdo and Heat Illness</td>
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<td>B5 - Training at Altitude</td>
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<td>B6 - Cases of Obesity Management</td>
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<td>16:50-17:30</td>
<td>Repeat Concurrent Breakouts</td>
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<tr>
<td>19:30-01:00</td>
<td>CASEM Gala Dinner and Dance with Dino Martinis band</td>
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## Saturday May 2nd 2020

**Main Plenary - Alberta/New Brunswick ROOM**

### 07:45
Conference Registration (Curio Foyer) and Hot Breakfast available (Cascade/Conservatory)

### 08:20-08:30
Housekeeping Notes

### 08:30-09:15
**WIISM Lecture**
*Harassment and Abuse*

- **Laura Cruz, MD**
- **Moderator: Elisabeth Hobden, MD**

### 09:15-10:15
**Sandy Kirkley Research Session**

- **The development and reliability of helmet fit criteria in high school tackle football players**
  - **Ash Colstad**

- **Reliability of a new osteoarthritis grading scale for Anterior Cruciate Ligament deficient knees**
  - **Nicholas Mohtadi**

- **The Novel Ripstop Suture Pattern is Superior to the Traditional Suture Bridge: A Matched Cohort Study**
  - **Zach Olynik**

- **Iliopsoas tenotomy during hip arthroscopy: a systematic review of post-operative outcomes**
  - **Olufemi Ayeni**

- **Are Pregnant Women Meeting the United Kingdom’s National Physical Activity Recommendations at their Booking Appointment?**
  - **Ashley Ridout**

### 10:15-10:45
Coffee Break - Cascade/Conservatory

### 10:45-11:15
**Changing Paradigms of MSK Care**

- **Taryn Taylor, MD**

### 11:15-12:00
**Stress Fractures in Sports Medicine**

- **Andrew Marshall, MD & Preston Wiley, MD**

### 12:00-12:45
**Fracture Management in Sports and Return to Play**

- **Andrew Marshall, MD**

### 12:45-13:15
**2 Minutes, 2 Slides**

- **Moderator: Rich Trenholm**

### 13:15
Closing Remarks

### 15:00
5k Sightseeing Charity Fun Run
Welcome Reception

- Price: Free! One drink ticket in each registration
- Wednesday, April 29th - 5:30pm-8:00pm
- Fairmont Banff Springs, Cascade Ballroom

Help us kick off the conference with a glass of wine or beer in the exhibit hall.

Drink ticket included with registration package.

CASEM Gala Dinner

- Price: $90
- Friday, May 1st - 7:30pm-1:00am
- Fairmont Banff Springs, Van Horne Ballroom

Come out and celebrate with your colleagues dressed up to the nines. A lovely evening of entertainment, fine food and friends.

Music provided by Dino Martinis! A seriously rocking, jaw droppingly talented band that can play everything from Sinatra to Macklemore and everything in between.

CASEM’s Got Talent Night

- Price: Free! Limited seating
- Thursday, April 30th - 7:00pm-8:45pm
- Fairmont Banff Springs, Alhambra Ballroom

Talent show, everyone is welcome!

CASEM 5km “Sightseeing” Charity Fun Run

- Price: $20
- Saturday, May 2nd - 3:00pm-4:00pm
- Start in the lobby of the Banff Springs

Experience Banff’s sights and sounds on foot! All the funds collected from this run will be donated to Canadian Red Cross - Australia Fires Appeal.

Your donation will be used to fund Canadian Red Cross support of the Australian Red Cross response to the devasting wildfires.
CASEM Annual General Meeting

Thursday, 30 April, 2020 • 17:45-19:00
Location: Alberta room at the Fairmont Banff Springs

CASEM Award Winners

Dr. Ean Parsons
CASEM Community Sport Medicine Physician for 2019

Drs. Lisa Fischer and Merrilee Zetaruk
CASEM Medal of Service Award 2019

Dr. Constance Lebrun
CASEM Educator/Mentor Award for 2019

Congratulations to Dr. Nicholas Mohtadi!
CASEM Lifetime Member Award
Thank you to our sponsors!

Corporate Sponsors

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Platinum Sponsors

Gold Sponsors
Please fax this completed form to 613-912-0128 or email it to cpd@casem-acmse.org

CASEM / ACMSE Member $ 800.00
Non Member $1,000.00
Allied Health (physio, nurse etc.) $ 875.00
Resident/Fellow $ 500.00
Non Member Resident/Fellow $ 550.00
CASEM Medical Student $ 350.00
Non CASEM Medical Student $ 400.00
Daily Rate - circle date (Thursday - Friday - Saturday) $ 400.00

SOCIAL TICKETS
Friday Evening Gala Dinner $90.00 No of Pers. ____
Saturday 5km Fun Run $20.00 No of Pers. ____

TOTAL AMOUNT PAYABLE $ _____________

PLEASE PRINT
Date: MM_____DD_____YYYY______
Last Name: __________________ First Name: __________________
Address: __________________________
City: __________________ Province: _______ Postal Code: _______
Email: (primary method of communication) __________________________

METHOD OF PAYMENT
Cheque # _______ VISA _______ M/C _______ Total Amount: $ _____________

Credit Card No: __________________________________________________
Expiry Date: Month _______ / Year _______ CVC: ____________

Signature: _________________________________________________________

CANCELLATION POLICY
A $100.00 CDN cancellation fee will apply to all reimbursements issued prior to April 1st, 2019. After this date NO refunds will be issued.

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