



CASEM ENDURANCE SPORT MEDICINE CONFERENCE

**May 15, 2019
Westin Bayshore -
Vancouver, BC**



THIS IS A PRECONFERENCE COURSE BEING HELD IN CONJUNCTION WITH
THE 2019 CASEM ANNUAL SYMPOSIUM

ABOUT THE COURSE

This course is intended for physicians specializing in sports medicine as well as physiotherapists, athletic therapists, nurses and other health care professionals with an interest in endurance medicine and active patients.

The course will provide both workshop sessions and didactic lectures to provide the learner with the clinical expertise to manage the medical needs of endurance athletes.



Learning Objectives

At the end of the workshop, the learner will be able to:

- Identify effective interventions to prevent, treat and rehabilitate common injuries from swimming, biking and running in endurance athletes through a series of lectures and workshops;
- Have a plan to deal with prevention, training and return to play issues including nutritional and physical realms for the endurance athlete.

Accreditation

Please contact the National Head Office (Dawn Haworth) for CME credit status

PLANNING COMMITTEE

**Rich Trenholm, Chair, MD,
CCFP, Dip. Sport Med.**

**Andy Marshall, MD,
FRCSC, Dip. Sport Med.**

SCHEDULE

07:30- 08:00	Breakfast
08:00-08:30	Welcome and Introductions
08:30-09:15	Update on Coronary Heart Disease in the Endurance Athlete
09:15-10:00	Medical Risks in Open Water Swimming
10:00-10:15	Coffee Break
10:15-11:00	Return to Run after a Hamstring Injury: An evidence-based RTP
11:00-11:45	REDs in Endurance Sports
11:45-13:45	Exercise and Lunch Break
13.45-14:30	Advances in Fracture Care and Impact on Endurance Athletes
14:30-15:30	Stick it to OA! A Debate
15:30-15:45	Afternoon Break
15:45-16:30	Running and Patellar Femoral Syndrome
16:30-17:15	Common Training Errors in Endurance Athletes
17:15	Closing Remarks

COURSE LOCATION

WESTIN BAYSHORE VANCOUVER CONFERENCE CENTRE
1601 Bayshore Drive
Vancouver, BC V6G 2V4

Meeting Room: Oak Room - 2nd Floor of the conference centre