

CASEM PARA & ADAPTIVE ENDURANCE SPORT MEDICINE COURSE



TUESDAY, MARCH 7, 2023
FAIRMONT BANFF SPRINGS
BANFF, AB



THE FOLLOWING GROUP LEARNING PROGRAM HAS BEEN
CERTIFIED FOR UP TO 7 MAINPRO+ CREDITS

About the Series

The number of athletes with disabilities participating in organized sports and the popularity of the Paralympic Games is steadily increasing in both Canada and around the world. As with all types of athletes, sports injuries are common among athletes with disabilities. Athletes with disabilities are predisposed to medical conditions and have a higher prevalence than that of a nondisabled individual. Understanding these conditions are vital to the proper prevention, care, and return to activity for these athletes. Furthermore, as participation in endurance and ultra events by adaptive athletes are becoming increasingly common, this course will discuss considerations in endurance sport medicine as it pertains to this athletic cohort.

The goal of the course is to prepare physicians to provide medical care to athletes with physical impairments.

Target Audience

The target audience is a physician of any specialty, with or without their CASEM diploma, who wishes to develop and enhance their knowledge of and skill in the care of the paraathlete. This course may also be of interest to allied health professionals.

Declaration of Potential Conflicts of Interest

All speakers will be requested to disclose to the audience any real or apparent conflict (s) of interest that may have a direct bearing on the subject matter of this program.

Planning Committee

Lindsay Bradley, MD, CCFP (SEM), Dip. Sport Med. (Chair)

Rich Trenholm, MD, CCFP (SEM), Dip. Sport Med.

Kim Coros, MD, FRCPC (PMR), Dip. Sport Med

Victor Lun, MD, CCFP (SEM), Dip. Sport Med.

CPD Committee Chair: Andrew Marshall, MD, FRCSC, Dip. Sport Med.



TUESDAY MARCH 7TH, 2023

DRAFT PROGRAM
SUBJECT TO CHANGE

7:30AM - 8:00AM

BREAKFAST

8:00AM - 8:05AM

WELCOME AND INTRODUCTIONS

DR. LINDSAY BRADLEY

8:05AM - 9:00AM

KEYNOTE LECTURE: A DIFFERENT KIND OF ENDURANCE

CHRIS CEDERSTRAND

9:00AM - 9:45AM

PERFORMANCE PHYSIOLOGY, TESTING AND MONITORING IN THE TRAINING
SEASON FOR CANADA'S NORDIC SPORTS

JESS KRYSKI

9:45AM - 10:30AM

HYPOTHERMIA IN ADAPTIVE ATHLETES

DR. JIM MOELLER

10:30AM - 10:40AM

MORNING BREAK

10:40AM - 12:00PM

HODGE PODGE

10:40AM

- VI ATHLETE INJURY PATTERNS

11:00AM

- SAFE SPORT CONSIDERATIONS FOR THE PARA ATHLETE - STEPHANIE DIXON

11:20AM

- CONSENSUS STATEMENT ON CONCUSSION IN PARA SPORT

11:40AM

- PARA SPORT COVERAGE RULES – WHERE SHOULD THE SPORT DOC BE? - ANDY MARSHALL

12:00PM

FITNESS BREAK (LED BY DR LEE SCHOFIELD) FOLLOWED BY LUNCH

1:00PM - 3:00PM

IN THE GYM AND ON THE HILL WORKSHOPS

1:00PM

- EMERGENCY EQUIPMENT REMOVAL – ON THE HILL - WARREN THIRSK

2:00PM

BREAK AND CHANGE OVER

2:30PM

- STRENGTH & CONDITIONING MODIFICATIONS – THREE 'TYPES' OF ATHLETE (PARA, AMPUTEE, TONE) - TESSA GALLINGER
 - CORE
 - SHOULDER
 - LOWER BODY

4:00PM - 4:30PM

FATIGUE IN THE ENDURANCE ATHLETE - LOUISE TULLOH

NEW

LEARN AND TRY PARASPORT!

- Wednesday, March 8th, 2023
- 3pm to 5pm
- New Brunswick Ballroom

Try out a variety of adapted sports including sit-skiing, wheelchair basketball, goalball, and more.

Learn more about how to help your patients get involved in adapted sports, what it's like to participate, how to get involved in medical event coverage, and more!

Organized with the help of the Calgary Adapted Hub Powered by Jumpstart - you won't want to miss out on this event everyone will be talking about!

*This is a free to attend activity and is not required as part of the Para and Adaptive Endurance Sport Medicine Course but highly encouraged!

