



A SPORT MED SPLASH-TACULAR!

CASEM-OMA ANNUAL SYMPOSIUM

#CASEM24

MAY 28-31, 2024

SHERATON FALLSVIEW HOTEL, NIAGARA FALLS, ON

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About the symposium

Please note that the 2024 Niagara conference will take place from Tuesday to Friday as opposed to the typical Wednesday to Saturday schedule. *Typical scheduling will resume in subsequent symposiums.*

Tuesday, May 28

Welcome Reception: 5:00pm - 8:00pm in the Exhibit Hall

Wednesday, May 29

Conference: 7:45am - 4:30pm

Evening social: to be announced! 🍷

Thursday, May 30

Conference: 7:45am - 4:45pm

Gala: 7:00pm

Friday, May 31

Conference: 7:45am - 1:00pm

Charity Fun Run: 7:30am

Local Organizing Committee

- Chair: Jessica Curran
- Rod French
- Amandev Aulakh
- Sari Kraft
- CASEM CPD chair: Erika Persson

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Learning Objectives

Overall conference objectives are:

- To enhance the knowledge of Sport & Exercise Medicine Physicians, Family Physicians, Orthopedic Surgeons, Physical Medicine and Rehabilitation, Pediatrics, and any physicians with an interest in Sport & Exercise.
- To educate, collaborate and improve knowledge in order to enhance the assessment, diagnostic skills and management of sport & exercise related health conditions and promote healthy active living.
- To provide an academic forum and support network to discuss cutting edge research and promote scientific inquiry.
- To address important healthcare, practice and legislative issues affecting sports medicine providers and patients.
- To foster faculty development, collegial relationships, camaraderie and networking among sports medicine physicians and healthcare providers with a variety of interests and backgrounds.



Sheraton Fallsview Hotel



Sheraton Fallsview Hotel is a top-rated TripAdvisor GreenLeaders Certified Niagara Falls Hotel, adored by visitors from around the globe. From accommodations at a precise angle to offer the best views of Niagara Falls, to world-class dining & entertainment, all in a location that is close to all top attractions.

Conference Rate available until Wednesday, April 24, 2024 or until the rooms in the CASEM block have sold out.

Once the room block is full, room prices vary according to the hotel's availability only. We are anticipating rooms will go quickly so we suggest booking your rooms as soon as possible.



The Sheraton Fallsview Hotel Room Rates (*plus applicable taxes)

- Cityview Room - starting at \$179.00*
- Fallsview Room - starting at \$199.00*

To reserve your accommodation please click the link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1689366009343&key=GRP&app=resvlink>

Note: The Resort Fee is complimentary for delegates using this link; the fee is added during the selection process, but will be removed at the final checkout phase.

OR call directly at +1 905-374-4445 and refer to the special group rate for the Canadian Academy of Sport and Exercise Medicine group (CASEM) or code ASM

Parking

Indoor covered parking is available onsite.

- Self-parking: \$39 CAD/night, with unlimited access
- Valet Parking: \$59 CAD/night, with unlimited access

Electric Car Charging Station Available

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Travel Discounts



Air Canada

Air Canada is proud to offer a discount for travel to and from Toronto, Ontario (YYZ, YTZ). The travel period begins Sunday, May 19, 2024 and ends Saturday, June 08, 2024. For North America, a 5% discount applies on standard fares, 10% on flex fares & higher. For International Travel, a 10% discount applies on standard fares & higher.

Please book online at www.aircanada.com using the promo code N7BJEV31.



Westjet

Westjet is proud to offer 5% off Econo* and 10% off EconoFlex and Premium fares for travel within Canada and 2% off Econo*, 5% off EconoFlex and 10% off Premium base fares for guests travelling Trans-border for travel to and from Toronto, Ontario. The discount applies to travel between 5/19/2024 and ends 6/8/2024. No discount will apply to Basic or Business class bookings.

To take advantage of this offer, you will need the discount code listed. Please visit www.westjet.com/conventions to make a booking online.

Coupon Code: Guest web/Travel Agent web: 502F0FR

Promo Code: Travel Agent GDS only: YBG70

Hertz Hertz Car Rental

Save 20% off the retail rate. Located in the Toronto Airport, the Hertz counter in Terminal 1 is located on the ground floor of the parking garage. Terminal 3 is temporarily closed.

To receive the discount, visit hertz.com/rentacar/reservation/ and enter 2188961 under the Discount/CDP/Club Code option in the Add a Discount Code section when making the reservation.

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Travel Discounts



Niagara Airbus Airport Shuttle

Receive a 30% discount by using the discount code 757 on the Niagara Airbus's daily shuttle service between the Toronto Pearson Airport and Niagara Falls. The code is valid for travel from May 12, 2024 to June 09, 2024 to allow ample time to travel before and after the event.

For all On-line AIRPORT reservations, please use the following information:

In your internet browser, simply go to www.niagaraairbus.com

Please have the following ready:

- Dates of travel
- Airline and Flight number information—we require the Airline and flight number of the flight that arrives/departs.
- Name of the Hotel you are staying at in Niagara.
- Valid Credit card number and expiry date and CVV security code to guarantee the reservation.
- Discount code 757

In order to receive your special pricing, on the first page, make your choice in the service type called Airport Service. Choose “Shuttle Shared Ride” or “Exclusive Private Car” Choose your origin and destination and click on One way or Round trip , then enter your conference code assigned specific to your group and click on “Book Now”.

Should anyone require further assistance with the on-line system, they should contact our Support Desk at airsales@niagaraairbus.com or call our reservations agents at 905-374-8111. In order to receive the discounted rate, you MUST book at least 84 hours or more in advance for shared shuttle service and at least 8 days in advance for Private Service...code is valid for ONLINE bookings only.

Pre and Post Conference Courses

01 CASEM Basic Team Physician Course
Sunday-Monday, May 26-27

02 CASEM Emergency Sideline Course
Tuesday, May 28

03 CASEM/CCES Anti-Doping Update
Tuesday, May 28

04 CASEM Pediatric Sport Medicine Course
Saturday, June 1



Social

Get ready to party with your fellow CASEM-ites at the annual symposium in Niagara! Check out the social events below and make sure to sign up, so you don't miss out on the fun and connecting with your colleagues!

Welcome Reception



Tuesday, May 28



5:00pm - 8:00pm

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

Drink ticket included with registration package!

Wednesday Night Social



To be announced!

Gala Dinner



Thursday, May 30



7:00pm - 1:00am

Come out and celebrate with your colleagues dressed up to the nines. Includes a 3 course dinner and wine followed by a lovely evening of entertainment and dancing

Charity Fun Run



Friday, May 31



7:30am - 8:00am

Experience Niagara Falls sights and sounds on foot! All the funds collected from this run will be donated to a local charity.

WEDNESDAY, MAY 29

MAIN PLENARY - GREAT ROOM C
EXHIBIT HALL - GREAT ROOM ROOM A/B

Please note that 25% of presentation time will be dedicated to Q&A

TIME	TITLE	SPEAKER
7:45am	Registration // Coffee & Breakfast Available in the Exhibit Hall	
8:15am - 8:30am	Welcome Remarks from CASEM President, OMA President and Scientific Committee Chair	Laura Purcell (CASEM President) Jessica Curran (Committee Chair)
8:30am - 9:15am	Athlete Experience	Bruny Surin, Canadian former track and field Olympian
9:15am - 10:00am	On the Field and Beyond: Latest Updates on Concussion in Sport	Laura Purcell, MD, Dip. Sport Med. Kathryn Schneider, PT, PhD
10:00am - 10:30am	Coffee Break with Exhibitors and Poster Viewing	
10:30am - 11:30am	Sandy Kirkley Research Session I	Moderator: Kien Trinh, MD, PhD
11:30am - 12:00pm	Lance Richard Memorial Lecture	Mike Wilkinson, MD, Dip. Sport Med.
12:00pm - 1:30pm	Lunch - Time to Check out the Exhibit Hall Residents Mix and Mingle	
1:30pm - 2:30pm	Breaking: Injuries Seen in the Sport	Melody Hrubes, MD, CAQ
2:35pm - 3:15pm	Concurrent Workshops	
	W1: Systematic Review vs Meta-Analysis	Ian Shrier, MD, Dip. Sport Med.
	W2: Foot and Ankle	Melody Hrubes, MD, CAQ
	W3: Tips for Traveling with a Team	Cathy Campbell, MD, Dip. Sport Med. Tina Atkinson, MD, Dip. Sport Med., Steve Keeler, MD, Dip. Sport Med.
	W4: Use of Concussion Tools	Lindsay Bradley, MD, Dip. Sport Med.
	W5: Next-Level RTP	Rod French, MD, Dip. Sport Med. Mike Wilkinson, MD, Dip. Sport Med. Bob McCormack, MD, Dip. Sport Med.
	W6: Basic MSK Ultrasound Overview	Jon Halperin, MD, Dip. Sport Med.
3:15pm - 3:45pm	Nutrition Break with Exhibitors	
3:45pm - 4:30pm	Repeat Workshops	

THURSDAY, MAY 30

MAIN PLENARY - GREAT ROOM C
EXHIBIT HALL - GREAT ROOM ROOM A/B

Please note that 25% of presentation time will be dedicated to Q&A

TIME	TITLE	SPEAKER
7:45am	Continental Breakfast—in Exhibit Hall	
8:30am - 9:30am	Zebras- Resident's Session <ul style="list-style-type: none"> • Parsonage Turner Syndrome • Pigmented Villonodular Synovitis • Upper Limb DVT • Post-Operative Scar Pain • Upper Extremity Compartment Syndrome 	Dan Freedman, MD Nivedh Patro, MD Sofia Cafaggi, MD Kurtis Morrish, MD Alexander Popa, MD
9:30am - 10:00am	John Sutton Memorial Lecture; sport science ACL and Female Athletes	Jenna Schulz, MPT, PhD
10:00am - 10:30am	Coffee Break with Exhibitors and Poster Viewing	
10:30am - 11:30am	Sandy Kirkley Research Session II	Moderator: Kien Trinh, MD, PhD
11:30am - 12:30pm	Mental Health Panel	Carla Edwards, MD Pamela Weatherbee, MD
12:30pm - 1:00pm	Lunch - Time to Check out the Exhibit Hall!	
1:00pm - 2:00pm	Air Pollution and Sport	Michael Koehle, MD, PhD
2:00pm - 2:30pm	Achilles Debate! Operative vs Non-Operative	Sagar Desai, MD
2:45pm - 3:30pm	Concurrent Workshops <ul style="list-style-type: none"> W1: Pearls for Exercise Rehab Prescription in a Busy Physician's Office W2: Hand and Wrist Exam W3: Career Development in SEM W4: Mental Health Workshop W5: Media Training W6: RED-S 	Ian Shrier, MD, Dip. Sport Med. Rodney French, MD, Dip. Sport Med. Rich Trenholm, MD, Dip. Sport Med./ Victor Lun, MD, Dip. Sport Med./ Kim Coros, MD, Dip. Sport Med./ Richard Goudie, MD, Dip. Sport Med. Carla Edwards, MD Pamela Weatherbee, MD Margo Mountjoy, MD, Dip. Sport Med.
3:30pm - 4:00pm	Nutrition Break with Exhibitors	
4:00pm - 4:45pm	Repeat Workshops	
7:00pm	CASEM Gala	



FRIDAY, MAY 31

MAIN PLENARY - GREAT ROOM C
EXHIBIT HALL - GREAT ROOM ROOM A/B

Please note that 25% of presentation time will be dedicated to Q&A

TIME	TITLE	SPEAKER
7:45am -	The Residents' Rise, Refuel, and Rev Up Breakfast Learning Session <i>Open to Student and Resident Members Only</i>	
7:45am	Continental Breakfast—in Exhibit Hall	
8:30am - 10:00am	Safe Sport Plenary 1) Athlete Experience 2) You Suspect, What Next, How do I go About Reporting Maltreatment? 3) Practical Tips	Margo Mountjoy, MD, Dip. Sport Med. Carla Edwards, MD
10:00am - 10:30am	Coffee Break	
10:30am - 11:30am	Sandy Kirkley Research Session III	Moderator: Kien Trinh, MD, PhD
11:30am - 12:30pm	BodySense: A Positive Body Image Initiative for Athletes	Liz Muldoon, CCES Aryel Maharaj, CCES Emily Tam, CCES
12:30pm - 1:00pm	2 Minutes / 2 Slides*	Moderator: Rich Trenholm, MD, Dip. Sport Med.
1:00pm	Closing Remarks	

***Do you have an interesting sport medicine case that can be summed up in under 2 minutes using only 2 slides? Then we have an opportunity for you!** The 2024 committee will select the best of the bunch to ensure a rich and varied session filled with sport medicine clinical pearls to take back to your practices. Format is two (2) Slides in PowerPoint format in English or in French. Submissions or questions can be sent to cpd@casem-acmse.org.