

# **SPORT MED '23**

Presented by  
The Sport and Exercise Medicine Section  
Ontario Medical Association

**Friday and Saturday, April 21 & 22, 2023**

Host venue: Blue Mountain Conference Centre

## **Highlights**

- Practical hands-on workshops
- Plenary sessions with case presentations
- Scientific research presentations
- The Tom Pashby Sport Safety Fund Lectureship: Mel Fiala
- The John Sutton Memorial Lectureship: Dr. Mike Catapano
- The Sandy Kirkley Memorial Lectureship: Dr. Georgie Bruinvels
- J.C. Kennedy Award for Excellence in Sport Medicine Research

## **Learning Objectives**

- 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 enhance the knowledge of colleagues in Physiotherapy, Athletic Therapy, Chiropractic and Massage Therapy, Nurse Practitioners.
- 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.

## Friday, April 21

- The Courts Foyer**  
0730 Registration
- 0730 **The Courts**  
Breakfast & Viewing of Exhibits
- 0800 **The Courts**  
Welcome Address  
Dr. Amandev Aulakh, Academic Chair  
OMA Section on Sport and Exercise Medicine
- 0815 - 0935 Plenary Session #1  
*Outside the Box*  
Moderator: TBC
- 0820 – 0850 A *Radiation Therapy for Enthesopathies an Tendinopathies*  
Dr. Conrad Falkson
- 0850 – 0920 B *Psilocybin (Healing and Microdosing)*  
Dr. Michael McDonnel
- 0920 – 0935 Panel Discussion & Questions
- 0935 – 1005 The Tom Pashby Sport Safety Fund Lectureship:  
*Grass vs. Turf in Soccer*  
Mel Fiala  
Moderator: TBC
- 1005 – 1035 **The Courts**  
Nutrition Break and Viewing of Exhibits
- 1035 – 1130 **The Courts**  
Scientific Papers  
Moderator: Sofia Solar
- 1130 – 1200 The Sandy Kirkley Memorial Lectureship  
*Exercise and the Menstrual Cycle*  
Dr. George Bruinvels  
Moderator: TBC
- 1200-1230 **Sport Trivia/Radiology Quiz**
- 1230 – 1345 **The Courts**  
Luncheon/Viewing of Exhibits

- 1345 – 1505 **The Courts**  
Plenary Session #2  
*Running*  
Moderator: TBC
- 1350 – 1430 A *Footwear Debate*  
Spencer Bell, Jeannette Quach, Neil Rosenthal
- 1430 – 1450 B *Postpartum Return to Running*  
Dr. Margie Davenport
- 1450 – 1505 Panel Discussion & Questions
- 1505 – 1530 **The Courts**  
Nutrition Break and Viewing of Exhibits
- 1530 – 1630 CONCURRENT INTERACTIVE SESSIONS:
- A **Room TBC**  
*Elbow Exam*  
Dr. J. Pollock
- B **Room TBC**  
*Running Assessment*  
Larry Bell
- C **Room TBC**  
*Tai Chi*  
Dr. Trish Huston
- 1630 – 1700 **The Courts**  
Med Student Function
- 1700 – 1800 **The Courts**  
Welcome Reception

**Saturday, APRIL 22**

0735 – 0830 **The Courts**  
Breakfast

0830 – 0950 **The Courts**  
Plenary Session #3  
*Frozen Shoulder*  
Moderator: TBC

0830 – 0850 A *A Paradigm Shift in Pathophysiology*  
Speaker TBC

0850 – 0910 B *New Treatments for Frozen Shoulder*  
Dr. Derek Petit

0910 – 0930 C *SIRVA*  
Dr. Janet McMordie

0930 – 0950 Panel Discussion & Questions

0950 – 1030 **The Courts**  
Nutrition Break and Viewing of Exhibits

10:30-11:00 **The John Sutton Memorial Lectureship**  
*Common Issues Regarding Common Injections*  
Speaker: Dr. Mike Catapano

11:00-11:20 My Biggest Blunder

11:20-12:50 Lunch

12:05-12:50 Annual General Meeting  
Presentation of J.C. Kennedy Award  
for Excellence in Sport Medicine Research

12:50-13:20 Viewing of Exhibits

The following sessions are held concurrently. Delegates should plan to attend the **TWO** sessions which best address their needs. Please indicate first, second and third choice for the workshops when completing the registration form.

1320 – 1515 Concurrent Workshops A – 1, 2, 3, 4, 5, 6

1415 – 1420 Changeover time

1420 – 1515 Concurrent Workshops B – 1, 2, 3, 4, 5, 6

(Each workshop is limited to 40 participants per session)

- 1     *Suturing Workshop for Facial Lacerations*  
Speaker TBC
  
  - 2     *Radiology: What Not to Order*  
Dr. Adam Legge
  
  - 3     *Glute Tendinopathy: Physical Exam and Treatment*  
Dr. Lindsay Bradley, Dr. Taryn Taylor & Nadine Smith
  
  - 4     *Return to Play: How to Determine Readiness using Functional Tests*  
Adrian Huynh
  
  - 5     *Update on Surgical Management of Mild to Moderate Knee Osteoarthritis*  
Dr. David Wasserstein
  
  - 6     *Picking an Ultrasound Machine: What to look for*  
Dr. Frank Johnson
- 1510 –1515    Closing Remarks