



A SPORT MED SPLASH-TACULAR!

MAY 28-31, 2024

CASEM-OMA

ANNUAL SYMPOSIUM

SHERATON FALLSVIEW HOTEL - NIAGARA FALLS, ON

#CASEM24

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to 15.25 Mainpro+ credits.

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

Wednesday Night Social at 'Table Rock on the Falls' + CASEM's Got Talent: 6:30pm - 9:15pm

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 Learning Objectives

At the end of this conference, participants will be able to

- Identify new developments in the field of sport and exercise medicine that will enhance the assessment, diagnostic skills and management of sport & exercise related health conditions and promote healthy active living.
- Recall advancements in cutting edge sport medicine research that will enhance patient management.
- Identify important healthcare, practice and legislative issues affecting sports medicine providers and patients.
- Identify opportunities for collaboration amongst 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, May 1st, 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.

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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

All social events are unaccredited. Don't miss the chance to connect with your CASEM colleagues in Niagara! Check out the social events below & register now to join the fun and connect with your peers!

Welcome Reception



Tuesday, May 28

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



5:00pm - 8:00pm

Drink ticket included with registration package!

Lunchtime Student-Resident Networking Mixer



Wednesday, May 29

Join us in meeting your fellow SEM students and residents! Engage with program directors from across Canada who will be on hand to provide insights and answer any questions you may have about their SEM programs.



12:00pm - 1:30pm

Wednesday Night Social at the Table Rock on the Falls



Wednesday, May 29

Experience the awe-inspiring beauty of Niagara Falls from the intimate vantage point of 'Table Rock on the Falls'. A true Niagara showcase! Includes transportation, locally inspired dinner, and a flight of Niagara wines.



6:30pm - 9:15pm




Finish the night with "CASEM-OMA's Got Talent - Open Mic Night!" followed by CASEM's Got Talent - Open Mic Night! To add your name to the lineup, please email [here](#).

Social

All social events are unaccredited. Don't miss the chance to connect with your CASEM colleagues in Niagara! Check out the social events below & register now to join the fun and connect with your peers!

Gala Dinner and Dance

 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 magical evening with dancing featuring [DannyZZZZ](#), Entertainer, Hypnotist, Mentalist and Magician!

Danny has appeared on numerous major talent shows, including Canada's Got Talent and America's Got Talent Extreme!

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 the charitable organization of Niagara Falls, [Project SHARE](#).

Project SHARE has been providing emergency food and support services to residents of Niagara Falls for more than 30 years



Keynote Speakers



Bruny Surin

Olympic Gold Medalist and Chef de Mission Team Canada for Paris 2024 Olympic Games

Bruny Surin was recently inducted into the Canadian Olympic Hall of Fame and by doing so, became the first athlete with Haitian roots to earn this prestigious honor. An athlete that was born in Cap-Haiti, and later immigrated to Montreal, Canada at the age of 7 with his parents and sisters. His achievements and accolades speak for themselves: At the 1996 Olympic Games in Atlanta he played an intricate role on one of Canada's proudest sports accomplishments alongside Donovan Bailey, Glenroy Gilbert, Robert Esmie and Carlton Chambers by winning the Olympic Gold Medal in the 4x100m relay.



Mike Wilkinson

MD, Dip. Sport Med.

CMO for the Canadian Olympic Committee

Mike Wilkinson is a sports medicine physician and Assistant Clinical professor in Sports and Exercise Medicine at the University of British Columbia practicing in Vancouver. He qualified at the University of the Witwatersrand, Johannesburg, South Africa and has over 35 years experience providing medical care and coverage for athletes and sports events. He has worked long term as a team physician for Vancouver Canucks and Canadian Rugby. In addition to working as the team physician at multiple games he has served as the Chief Dr for the COC at the 2018 Winter Olympics. as well as CMO for the COC at the Pan-American Games in 2007 and 2019, Tokyo 2020 and the upcoming Paris 2024 Games.

Keynote Speakers



Jenna Schultz

PT, postdoctoral fellow
John Sutton Memorial Lecture

Dr. Jenna Schulz is a practicing physiotherapist and postdoctoral fellow at Fowler Kennedy Sport Medicine Clinic, specializing in sport and pelvic health. She just completed one year as the first combined Sport PT and Postdoctoral Fellowship, where she was the lead physiotherapist for five varsity endurance teams at Western, while conducting research. Jenna is also a part-time instructor in the School of Kinesiology. As a former varsity cross-country and track and field athlete at Western, Jenna has a special interest in endurance athletes and female athletes, and her research focuses on postpartum return to sport and relative energy deficiency in sport.



Melody Hrubes

MD, FACSM
AMSSM Exchange Lecture

Dr. Hrubes is board certified in Physical Medicine and Rehabilitation as well as Sports Medicine and is the Director of the Primary Care Sports Division for Rothman Orthopaedics New York. She currently serves as lead medical for Breaking (USOPC), as Team Physician Coordinator for the United States Soccer Federation U17 Women's National Team, as the Medical Director for the Radio City Rockettes, and multiple Broadway shows. She has experience with broad-based musculoskeletal injuries with particular interest in injury prevention and biomechanical rehabilitation in athletes, performing artists, endurance sports, and female athletes. Dr. Hrubes serves on the Board of Directors for the American Medical Society for Sports Medicine and is President-elect of the Performing Arts Medicine Association. She is also an active member and serves on committees of the American College of Sports Medicine and International Association for Dance Medicine.



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 (unaccredited)	
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 (unaccredited)	
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 (unaccredited) Student-Resident Lunchtime Mixer with Program Directors (unaccredited)	
1:30pm - 2:30pm	Breaking: Injuries Seen in the Sport	Melody Hrubes, MD, FACSM
2:35pm - 3:15pm	Concurrent Workshops	
W1: Strategy 5 W2: Great Room BC W3: Strategy 3	W1: Systematic Review vs Meta-Analysis W2: Foot and Ankle W3: Tales, Tips and Tribulations of Travelling Team Docs	Dion Diep, MD Melody Hrubes, MD, FACSM Cathy J. Campbell, MD, Dip. Sport Med. Tina Atkinson, MD, Dip. Sport Med., Steve Keeler, MD, Dip. Sport Med.
W4: Strategy 7	W4: Utilizing Concussion Management Tools	Lindsay Bradley, MD, Dip. Sport Med.
W5: Strategy 1	W5: Next-Level RTP	Rod French, MD, Dip. Sport Med. Mike Wilkinson, MD, Dip. Sport Med.
W6: Strategy 2	W6: Basic MSK Ultrasound Overview	Jon S Halperin, MD, Dip. Sport Med.
3:15pm - 3:45pm	Nutrition Break with Exhibitors (unaccredited)	
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 (unaccredited)	
8:30am - 9:30am	Zebras- Resident’s Session <ul style="list-style-type: none"> • Parsonage Turner Syndrome • Is it the ACL? Is it the meniscus? It's PVNS. • 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 Female Athletes & ACL	Jenna Schulz, MPT, PhD
10:00am - 10:30am	Coffee Break with Exhibitors and Poster Viewing (unaccredited)	
10:30am - 11:30am	Sandy Kirkley Research Session II	Moderator: Kien Trinh, MD, PhD
11:30am - 12:00pm	Mental Health Panel	Carla Edwards, MD Pamela Weatherbee, MD
12:00pm - 1:30pm	Lunch - Time to Check out the Exhibit Hall! (unaccredited)	
1:30pm - 2:00pm	Air Pollution and Sport	Michael Koehle, MD, PhD
2:00pm - 2:30pm	Achilles Rupture - Operative vs. Non-Operative	Sagar Desai, MD Andrew Reed, MD, Dip. Sport Med.
2:45pm - 3:30pm	Concurrent Workshops	
W1: Strategy 2	W1: The Evidence for Office-based Rehabilitation Prescriptions	Julia Alleyne, MD, Dip. Sport Med.
W2: Great Room BC	W2: Hand and Wrist Exam	Rodney French, MD, Dip. Sport Med.
W3: Strategy 1	W3: Career Development in SEM	Rich Trenholm, MD, Dip. Sport Med. Victor Lun, MD, Dip. Sport Med. Kim Coros, MD, Dip. Sport Med. Richard Goudie, MD, Dip. Sport Med.
W4: Strategy 3	W4: Mental Health Workshop	Carla Edwards, MD Pamela Weatherbee, MD
W5: Strategy 7	W5: Media Training	Thomas Hall, COC, Olympian
W6: Strategy 5	W6: RED-S	Margo Mountjoy MD, PhD
3:30pm - 4:00pm	Nutrition Break with Exhibitors (unaccredited)	
4:00pm - 4:45pm	Repeat Workshops	
7:00pm	CASEM Gala (unaccredited)	



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
7:30am - 8:15am	Breakfast Learning Session: Shoulder Physical Exam and Clinical Pearls Crash Course <i>Open to Student and Resident Members Only (unaccredited)</i>	
7:45am	Continental Breakfast—in Exhibit Hall (unaccredited)	
8:30am - 10:00am	Tom Pashby Memorial Lecture Safe Sport Plenary 1) Athlete Experience 2) You Suspect, What Next, How do I go About Reporting Maltreatment? 3) Practical Tips	Erin Wilson, PhD, AthletesCan president Margo Mountjoy MD, PhD Carla Edwards, MD
10:00am - 10:30am	Coffee Break (unaccredited)	
10:30am - 11:30am	Sandy Kirkley Research Session III	Moderator: Kien Trinh, MD, PhD
11:30am - 12:30pm	BodySense: A whole-self approach to athlete well-being	Liz Muldoon, she/her, CCES Aryel Maharaj, NEDIC
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.



PODIUM PRESENTATIONS

WEDNESDAY MAY 29, 2024

- 10:30am** Transforming Musculoskeletal Care for Albertans Using Standardized Clinical Decision-Making Pathways for Shoulder, Low Back, and Soft Tissue Knee Conditions
- **Ryan Shields, MSc, MD, Dip. Sport Med.**
- 10:45am** Novel Screening Protocol for Assessment of Hip Impingement in Adolescent Athletes: A Reliability Study
- **Maitland Martin, MSc**
- 11:00am** Acute and Chronic Injuries and Illnesses at the 2023 World Rowing Indoor Championships
- **Chloe Hewitt, MSc**
- 11:15am** Randomiz Target Trial Emulation to Assess the Effect of Changing Load on Injury Risk in Adolescent Ice-Hockey Players
- **Dana Jaclyn Hunter**

THURSDAY MAY 30, 2024

- 10:30am** Step It Up to Level Up: After ACL Reconstruction, Do Individuals Reach Internationally Recommended Physical Activity Levels to Mitigate Risk of Post-Traumatic Osteoarthritis and How Do These Levels Compare to Healthy Controls? A Systematic Review and Meta-Analysis
- **Richard Magony, PhD**
- 10:45am** The Association Between On-Ice Skill Performance and Clinical Measures in Adolescent Ice Hockey Players
- **Kathryn J Schneider, PhD**
- 11:00am** Patient-Level Risk Factors for Long-Term Opioid Pharmacotherapy Among Patients Undergoing Anterior Cruciate Ligament Reconstruction and Repair: A Retrospective Cohort Study
- **Richard Roberts**
- 11:15am** The Clinical Utility of a Novel Multimodal Neurological Assessment Battery in Detecting Physiological Impairment in Athletes Sustaining an Acute Sport-Related Concussion
- **Jalena Bertagnolli**

FRIDAY MAY 31, 2024


- 10:30am** Target Trial Emulation to Assess the Effect of Changing Load on Injury Risk in Adolescent Ice-Hockey Players
- **Chinchin Wang, PhD Candidate**
- 10:45am** A Retrospective Study of Shoulder Hydrodilatation Injection Followed by Immediate Physiotherapy (SHIP) for Frozen Shoulder. Does This Team Approach Improve Patients' Functional Outcomes and Pain Scores Compared to Usual Care
- **Terry DeFreitas, MD, Dip. Sport Med.**
- 11:00am** Long-term sustained benefits of Viscosupplementation with different molecular weight Intra-Articular Hyaluronic Acids in the treatment of Osteoarthritis of the Knee. HAV-OAK. A retrospective Indian Cohort study of more than 15 years
- **Anish Kumar Aggarwal**
- 11:15am** Long-Term Quality of Life and Clinical Outcomes of a Randomized Clinical Trial Comparing Patellar Tendon, Hamstring Tendon and Double-Bundle Hamstring ACL Reconstructions at 10-Years Post-Operatively
- **Nicholas Mohtadi, MD, Dip. Sport Med.**

Unaccredited Lunchtime Symposia

These luncheons are not accredited and may be sponsored by commercial interests.

Wednesday

Satellite Lunch Symposium “Quasi-Ted Talk”

 Great BC (main plenary)
3rd floor

 **Wednesday, May 29**
12:00pm - 1:30pm

Join us for a “quasi-Ted Talk” with a distinguished panel chaired by Dr. Mohit Bhandari along with Dr. Stephen French, who will be challenging the current status of hyaluronic acid (HA) injections in patients, Dr. Eugene Maida who will present an update on the benefits of HA on MSK patients, and featuring Dr. Femi Ayeni – president-elect of the COA – who will present results of the ECHO Study on ICS/HA injections into the hip – the first Cingal study of its kind worldwide. Sponsored by Pendopharm. [More information available here](#)



[REGISTER HERE](#)

The Pursuit of Joint Preservation: Impact of Very High Molecular Weight (>10 kDa) and Delay Time to TKR

 Strategy Room 3
5th floor

 **Wednesday, May 29**
12:00pm - 1:30pm

As the incidence of OA continues to grow, with a rising trend observed among younger patients, physicians aim to prolong joint preservation, thereby postponing arthroplasty surgery. New research will be presented to illustrate the impact of Very High Molecular Weight HA compared to High Molecular Weight HA. [More information available here](#)



[REGISTER HERE](#)


Unaccredited Lunchtime Symposia

These luncheons are not accredited and may be sponsored by commercial interests.

Thursday

Medicus Pension Plan Lunchtime Symposium

 Strategy Room 1
5th floor

 **Thursday, May 30**
12:00pm - 1:30pm


Imagine joining a pension plan now that provides you with a predictable monthly income when you retire – for the rest of your life. In this session, learn about the Medicus Pension Plan, designed exclusively for Canada’s incorporated physicians. Sponsored by MD Financial. [More information available here](#)



[REGISTER HERE](#)

Aptissen Academy - Innovation in Orthobiologics – The Intersection of PRP and HA in Sports Medicine

 Strategy Room 3
5th floor

 **Thursday, May 30**
12:00pm - 1:30pm

This luncheon includes two talks, Navigating the Viscosupplement Landscape: choosing the right product for your patients presented by Dr. Diego Astur followed by Mastering Combination Therapy: The synergistic power of PRP and HA in Sports Medicine presented by Dr. Nathan Thakur



[REGISTER HERE](#)

AGMS & Meetings

These are not accredited and may be sponsored by a commercial interest.


SEM AGM

 **Upper Fallsview A - 5th floor**

 Wednesday, May 29 | 12:00pm - 1:30pm

SPC AGM

 **Strategy room 3 - 5th floor**

 Wednesday, May 29 | 12:00pm - 1:30pm

OMA Sport Med AGM

 **Great Room BC - 3rd floor**

 Thursday, May 30 | 12:00pm - 1:30pm

AMA Sport Med AGM

 **Strategy room 5 - 5th floor**

 Thursday, May 30 | 12:00pm - 1:30pm

Atlantic Provinces SEM Meeting

 **Strategy room 7 - 5th floor**

 Thursday, May 30 | 12:00pm - 1:30pm

THANK YOU TO OUR SPONSORS

THIS PROGRAM HAS RECEIVED AN EDUCATIONAL GRANT OR IN-KIND SUPPORT FROM:

DIAMOND



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SESSION LEARNING OBJECTIVES

Athlete Experience

Upon completion of the conference, participants should be able to

- Recognize the impact of athletic training and performance on joint health, specifically focusing on the development and progression of osteoarthritis.
- Identify the role of exercise, physical therapy, and other rehabilitation approaches in managing osteoarthritis symptoms and improving functional outcomes for athletes.
- Identify the psychological and emotional impact of osteoarthritis on athletes, including coping strategies,

On the Field and Beyond: Latest Updates on Concussion in Sport

Upon completion of the conference, participants should be able to

- Recognize differences in presentation and management of pediatric athletes with concussion compared with adults
- Employ concussion assessment tools for pediatric athletes
- Describe a return to learn strategy and academic supports that students may benefit from following concussion

Lance Richard Memorial Lecture

Upon completion of the conference, participants should be able to

- Recognize the significant advancements in sports medicine technology and research that have influenced athletes' performance, health, and safety over time.
- Recognize the ethical considerations and challenges faced by sports medicine practitioners in balancing athlete health and performance enhancement.
- Analyze the role of sports medicine in addressing emerging issues and trends in sports, such as concussion management, mental health support, and gender equity in healthcare.

Breaking: Injuries Seen in the Sport

Upon completion of the conference, participants should be able to

- Identify common types of injuries associated with breakdancing, including acute traumatic injuries and overuse injuries.
- List strategies for injury prevention in breakdancers, including proper warm-up and cooldown routines, strength and conditioning exercises, technique modification, and protective equipment use.
- Identify considerations for return to play and performance following a breakdancing injury, including gradual progression of activity, rehabilitation milestones, and injury recurrence prevention strategies.

Systematic Review vs Meta-Analysis

Upon completion of the conference, participants should be able to

- Identify key strengths and limitations of a particular systematic review.
- Recognize when results are (not) likely to apply to an individual patient in the office.

Optimizing Exercise for Medical Treatment

Upon completion of the conference, participants should be able to

- Identify key anatomical landmarks and structures of the foot and ankle that are assessed during the examination process.
- Identify special considerations for foot and ankle examinations in specific sports or athletic populations, such as dancers, runners, soccer players, and basketball players.
- List evidence-based treatment and rehabilitation strategies for managing foot and ankle injuries in athletes, including therapeutic exercises, manual therapy techniques, taping, bracing, and footwear recommendations.

SESSION LEARNING OBJECTIVES

Tales, Tips and Tribulations of Travelling Team Docs

Upon completion of the conference, participants should be able to

- List the roles and responsibilities of a travelling team doc.
- Identify the required and extensive preparation for medical coverage on team trips
- Propose comprehensive medical care while travelling.

Utilizing Concussion Management Tools

Upon completion of the conference, participants should be able to

- Identify the role of baseline testing in concussion management and understand how to interpret baseline scores in the context of post-injury assessments.
- List best practices for adapting concussion management protocols, including return-to-play guidelines, academic accommodations, and activity modifications, to meet the unique needs of para athletes.
- Recognize the importance of individualized concussion management strategies tailored to the specific needs and abilities of individuals within the para population.

Next-Level RTP

Upon completion of the conference, participants should be able to

- Utilize performance monitoring tools to track progress, identify potential issues, and adjust training as needed.
- Identify the key components of a comprehensive return-to-play protocol, including assessment tools and criteria.
- Recognize the importance of individualized management plans based on the nature and severity of the injury, athlete's medical history, and sport-specific demands.

Basic MSK Ultrasound Overview

Upon completion of the conference, participants should be able to

- List the common uses of MSK Ultrasound in a Sports Medicine practice
- Identify the echo texture of muscle, bone, tendon and nerve on an MSK Ultrasound exam

Parsonage Turner Syndrome

At the conclusion of this session, participants will be able to

- Identify presenting features of Parsonage Turner Syndrome, distinguish them from similar musculoskeletal conditions, and begin to formulate next steps in management plans of this condition.

Is it the ACL? Is it the meniscus? It's PVNS

Upon completion of the conference, participants should be able to

- Recognize the typical nature of symptoms and patient demographics associated with pigmented villonodular synovitis (PVNS)
- Identify features suggestive of PVNS on diagnostic imaging and arthrocentesis
- Identify available treatment options for PVNS and chances of recurrence

Upper Limb DVT

At the conclusion of this session, participants will be able to

- Identify an upper limb DVT in an athlete;
- Propose a management plan and follow up of upper limb DVT in athletes

SESSION LEARNING OBJECTIVES

Post-Operative Scar Pain

Upon completion of the conference, participants should be able to

- Recognize the prevalence of post-operative scar pain
- Assess post-op and traumatic scars
- Explore a treatment approach to scar release

Upper Extremity Compartment Syndrome

At the conclusion of this activity, participants will be able to

- Identify and define the clinical characteristics of the condition of exertional compartment syndrome of the upper extremity.
- Predict it's incidence based on activity and mechanism.
- Evaluate and assess the athlete complaining of exertional forearm pain.

ACL and Female Athletes

Upon completion of the conference, participants should be able to

- Identify key female athlete health considerations
- Recall injury prevention strategies for female athletes
- List management strategies of ACL injuries in female athletes

Mental Health Panel

Upon completion of the conference, participants should be able to

- Recognize how to collaborate effectively with mental health professionals, coaches, athletic trainers, and other members of the sports medicine team to provide integrated care and support for athletes' mental health needs.
- Recognize the interplay between mental health and physical performance, including the potential effects of stress, anxiety, depression, and other mental health conditions on athletic performance and overall well-being.

Air Pollution and Sport

Upon completion of the conference, participants should be able to

- Recognize the health effects of air pollution during exercise
- Recognize the performance effects of air pollution during exercise
- Identify personal strategies to mitigate the health and performance effects of exercising during poor air quality

Achilles Rupture - Operative vs. Non-Operative

Upon completion of the conference, participants should be able to

- Identify the assessment and early management of Achilles tendon injuries
- Review Operative vs. Non-operative management of Achilles Tendon Ruptures

Pearls for Exercise Rehab Prescription in a Busy Physician's Office

Upon completion of the conference, participants should be able to

- Identify the effective components of a rehabilitation referral for best patient outcomes
- Describe the key components of office based rehabilitative exercise prescription
- Prescribe non-pharmacological pain management strategies for rehab patients.

SESSION LEARNING OBJECTIVES

Hand and Wrist Exam

Upon completion of the conference, participants should be able to

- Review how to perform a focused history-taking process tailored to sports-related hand and wrist injuries, including mechanism of injury, timing of symptoms, and impact on athletic performance.
- Recognize the principles of injury prevention, rehabilitation, and performance enhancement into the management of hand and wrist injuries in athletes

Career Development in SEM

At the end of this workshop, attendees will be able to

- Identify the various opportunities for MD engagement in the SEM field
- Recognize the many paths an MD can take to be active in the SEM field

Mental Health Workshop

Upon completion of the conference, participants should be able to

- Identify policies and initiatives that prioritize mental health awareness, education, and support within sports organizations and communities.
- Discuss how to conduct comprehensive mental health assessments and screenings in athletes, including recognizing signs and symptoms of mental health disorders and risk factors for suicide.

Media Training

Upon completion of the conference, participants should be able to

- Convey complex medical information in a clear, concise, and accessible manner to various audiences, including athletes, coaches, and members of the media.
- Propose strategies for building rapport and establishing trust with reporters, journalists, and media outlets to enhance the dissemination of accurate and reliable information.
- Identify how to use social media platforms effectively to engage with stakeholders, share educational content, and promote healthy behaviors and injury prevention strategies

RED-S

Upon completion of the conference, participants should be able to

- Recognize REDs
- Diagnose and manage REDs

Safe Sport Plenary

Upon completion of the conference, participants should be able to

- Recognize and manage disclosures/ reporting of harassment and abuse in sport
- Recognize the role of the sport medicine physician in the promotion of safe sport.

BodySense: A Positive Body Image Initiative for Athletes

Upon completion of the conference, participants should be able to

- Review the prevalence of eating disorders, body image concerns and additional challenges that are unique to young athletes.
- Provide an overview of BodySense, so sport medicine doctors can identify it as a resource for adolescents.