



# CASEM ANNUAL SYMPOSIUM MAY 7-10, 2025



Delta Prince Edward by Marriott and PEI Convention Centre  
Charlottetown, Prince Edward Island

#CASEM25

# About the symposium

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## Wednesday, May 7

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

## Thursday, May 8

- Conference: 7:45am - 4:30pm
- Wednesday Night Social - TBA

## Friday, May 9

- Conference: 7:45am - 4:45pm
- Gala Dinner and Dance: 7:00pm

## Saturday, May 10

- Conference: 7:45am - 1:00pm
- Charity Fun Run: 7:00am

## Local Organizing Committee

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- Chair: Allison McGlashan
- Randy Goodman
- Andrew Marshall
- CASEM CPD chair: Erika Persson
- Stephanie Melanson
- Kirsty Newson
- Nathan Urquhart

## Learning Objectives

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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.



**THURSDAY, MAY 8**

<b>TIME</b>	<b>TITLE</b>	<b>SPEAKER</b>
7:45am	Registration // Coffee & Breakfast Available in the Exhibit Hall (unaccredited)	
8:15am - 8:30am	Welcome Remarks from CASEM President and Scientific Committee Chair	Kim Coros (CASEM President) Allison McGlashan (Committee Chair)
8:30am - 9:15am	Opening Keynote: Athletes Defying the Odds	
9:15am - 10:00am	Beyond the Medals: Reflections and our Vision for Future Olympic and Paralympic Games	Andrew Marshall, MD, Dip. Sport Med. Mike Wilkinson, MD, Dip. Sport Med. Moderator: Randy Goodman
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	Medico-Legal Risks of AI & Social Media	Eileen Bridges, MD, CMPA
12:00pm - 1:30pm	Lunch - Time to Check out the Exhibit Hall (unaccredited)	
1:30pm - 2:30pm	AMSSM Exchange Lecture	
2:30pm - 3:15pm	Concurrent Workshops  W1: Mental Health Removal From Play W2: How to Introduce AI Into Your Practice W3: Return to Sport After an ED - Round Table Discussion W4: Safe Sport - How Do We Make a Report W5: The Role of Public Health in Major Sporting Events	
3:15pm - 3:45pm	Nutrition Break with Exhibitors and Poster Viewing (unaccredited)	
3:45pm - 4:30pm	Repeat Workshops	
<i>Please note that 25% of the presentations will be dedicated to a Q&amp;A session, which will immediately follow the presentation</i>		
5:00pm - 6:00pm	CASEM AGM	
7:00pm - 10:00pm	CASEM Social Night	



**FRIDAY, MAY 9**

<b>TIME</b>	<b>TITLE</b>	<b>SPEAKER</b>
7:45am	Coffee & Breakfast Available in the Exhibit Hall (unaccredited)	
8:30am - 9:15am	Resident Session: Severe Injuries During Games and Management Strategies	
9:15am - 10:00am	Summary Stability 1+ 2 ACL	Nathan Urquhart, MD, Dip. Sport Med.
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	The Role of the North American Indigenous Games in Indigenous Youth Sport	Darrell Menard, MD, Dip. Sport Med.
12:00pm - 1:15pm	Lunch - Time to Check out the Exhibit Hall (unaccredited)	
1:15pm - 2:00pm	Building a Healthier Future: Sport and Exercise Medicine and Effective Government Advocacy	
2:00pm - 2:30pm	Golf Injuries	
2:45pm - 3:30pm	Concurrent Workshops W1: Canadian 24-Hour Movement Guidelines W2: Practical Tips for Foot and Ankle Injuries in Recreational Runners W3: Optimizing Athletic Performance with Blood Work W4: Hand & Wrist Exam W5: Speed Training in Golf	Randy Goodman, Dip. Sports P.T.
3:30pm - 4:00pm	Nutrition Break with Exhibitors and Poster Viewing (unaccredited)	
4:00pm-4:45pm	Repeat Workshops	
<i>Please note that 25% of the presentations will be dedicated to a Q&amp;A session, which will immediately follow the presentation</i>		
7:00pm	CASEM Gala - Entertainment by Vintage Band	

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**SATURDAY, MAY 10**

<b>TIME</b>	<b>TITLE</b>	<b>SPEAKER</b>
7:45am	Continental Breakfast—in Exhibit Hall (unaccredited)	
8:30am - 9:15am	Lance Richard Memorial Lecture	Connie Lebrun, MD, Dip. Sport Med.
9:15am - 10:00am	Breaking the Glass Ceiling - Women in Sport	
10:00am - 10:30am	Coffee Break (unaccredited)	
10:30am - 11:00am	2 Minutes / 2 Slides*	Moderator: Rich Trenholm, MD, Dip. Sport Med.
11:00am - 12:00pm	Debate: Injury by Sport	
12:00pm - 1:00pm	Sandy Kirkley Research Session III	Moderator: Kien Trinh, MD, PhD
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 2025 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](mailto:cpd@casem-acmse.org).


# Social

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

## Welcome Reception


 Wednesday, May 7

 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!


## Social Night


 Thursday, May 8

 TBD

Join colleagues in a local activity! Details to come soon.


## Gala Dinner & Dance


 Friday, May 9

 7:15pm - 1:00am

Come out and celebrate with your colleagues dressed up to the nines. Includes a 3 course dinner and wine followed by local Charlottetown entertainment from Vintage Band.

## Charity Fun Run

 Saturday, May 10

 7:00am

Experience Charlottetown's waterfront on foot! Funds collected from this run will be donated to [KidSport PEI](#).





# Delta Prince Edward by Marriott

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*The Delta Hotels by Marriott Prince Edward & PEI Convention Centre is located on the Historic Charlottetown Waterfront. The Convention Centre adjoins the Hotel with meeting facilities, meeting rooms and an outdoor patio overlooking the scenic Charlottetown waterfront.*

*As the only hotel situated on Charlottetown's scenic harbourfront, the Delta offers easy access to the waterfront boardwalk, unique independent shops, art galleries, live theatre, and the incredible dining scene steps away from the hotel.*

Conference rate available until April 5, 2025. The rate is available for dates between May 1, 2025 and May 15, 2025. Room rates are between \$259 CAD to \$399 CAD depending on room type.

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.



To reserve your accommodation please click the link:

<https://www.marriott.com/events/start.mi?id=1721996271729&key=GRP>

## Parking

On-site parking is available

- Hourly: \$3.00
- Daily: \$21.00

Electric Car Charging Station Available

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# Travel Discounts

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## Air Canada

Air Canada is proud to offer a discount for travel to and from Charlottetown (YYG). The travel period begins April 30, 2025 and ends May 17, 2025.

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](http://www.aircanada.com) using the promo code TUJJYR41.



## 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 Charlottetown, PEI. The discount applies to travel between 4/29/2025 and ends 5/18/2025. 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](http://www.westjet.com/conventions) to make a booking online.

Coupon Code: Guest web/Travel Agent web: 9O9E5RD

Promo Code: Travel Agent GDS only: YBB13



# Travel Discounts

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## Porter Airlines

Porter Airlines is proud to offer a up to 10% discount on available base fares (with the exception of the lowest class fare during a public seat sale) for travel to and from the CASEM Annual Symposium 2025. The discounted fares are available for booking from November 06, 2024 to May 06, 2025. This discount applies to flights to and from Charlottetown (YYG) from May 5 to May 12, 2025.

Please book online at <https://www.flyporter.com/en-ca/?promocode=CCAS25> or through your travel agent using promo code “CCAS25” Porter Airlines is committed to effortless travel, onboard.

The promo code is intended for use by conference attendees and organizers and is not meant for distribution outside of authorized channels. Porter’s fare rules and conditions apply. For any questions regarding Porter’s services or any pre-travel concerns, contact us at 1-888-619-8622.

## Hertz Car Rental

Hertz Car Rental – Charlottetown Airport. The discount code is CPD 2188961, simply enter the CDP when making the reservation and the system will automatically pull the best available rate!

# THANK YOU TO OUR SPONSORS

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