



5th Annual UofT Sports and Exercise Medicine Conference

Back To The Future

Date: Friday, December 6, 2024

Location: The Music Room, Hart House, 7 Hart House Cir, Toronto, ON

The event is catered – Coffee, snacks, lunch provided

08:30 Introduction and Updates

Dr. Mark Leung and Dr. Neil Dilworth – Sports and Exercise Medicine

08:45 Para Sport Cases

Dr. Janet McMordie – Sports and Exercise Medicine

09:15 Para Travel Considerations and Q&A

Dr. Amandev Aulakh – Sports and Exercise Medicine

Dr. Janet McMordie – Sports and Exercise Medicine

10:00 Morning Break (15 min)

10:15 Sports Medicine Injury cases

Dr. Neil Dilworth – Sports and Exercise Medicine

10:30 British Athletics Muscle Injury Classification

Dr. Alex Francella – Sports and Exercise Medicine

11:00 Approach to back pain in Athletes

Dr. Neil Dilworth – Sports and Exercise Medicine and Emergency Medicine

12:00-12:45 Lunch - Awards

12:45 MSK Ultrasound Skills for the team physician

Dr. Andi Jones - Rural Clinical Instructor UofT, Sports and Exercise Medicine, Emergency Physician

Organizing Committee – Dr. Neil Dilworth, Dr. Mark Leung UofT

All proceeds beyond covering venue and catering, go towards upgrading simulation for Sports and Exercise PGY 3 program at University of Toronto!



13:30 Sports Medicine Clinic Management Panel – How to improve efficiency, patient outcomes, billing advice

Dr. Ryan Eardley – Sports and Exercise Medicine, Eardley Sports & Regenerative Medicine

Dr. Laura Cruz – Sports and Exercise Medicine, LiveActive

Dr. Julia Hamilton – Sports and Exercise Medicine, The Sports Health Experts

Dr. Ira Smith – Sports and Exercise Medicine, Cleveland Clinic Canada

14:15 Afternoon Break (15min)

14:30 Workshops (2 sessions, 45 minutes each)

Workshop A – MSK US guided Skills and Shoulder Injections

Workshop B - Exercises for Lower Back Pain relief!

Chris Cluff Downer – Physiotherapist, Cleveland Clinic Canada

Dr. Scott Howitt – Chiropractor – Canadian Memorial Chiropractic College

Dr. Janet D'Arcy – Chiropractor – Canadian Memorial Chiropractic College

16:00 Knee Injury Cases

Dr. Kate Reilly and Dr. Neil Dilworth

16:15 Meniscal injuries

Dr. Duong Nguyen – Sports Orthopedic Surgery, Etobicoke General Hospital, William Osler Health System

16:45 Conference Adjourns

7.0 CPD credits with CFPC pending

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Registration fee: \$250.00

Limited Spots Available

Parking: <https://transportation.utoronto.ca/park-and-power-up-beneath-the-circle/>

RSVP and register by email neildilworth@gmail.com

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