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Dear Participants, Dear Friends,

Welcome to Cape Town for the 2016 IOC Advanced Team Physician Course.

The protection of athletes’ health is a number one priority for the International Olympic Committee and its Medical and Scientific Commission, which I have the privilege to Chair.

In addition to our efforts to protect clean athletes, we also continue to work closely with medical and sports science experts from around the world to share the latest insights into the field of injury and illness prevention in sport, as we strive to keep the athletes as fit and healthy as possible.

Sharing this knowledge and establishing concrete measures will be the main focus of this 8th edition of the IOC Advanced Team Physician Course. This course is geared towards the practical issues of working with high-level athletes in a team sports setting.

You will learn from the best! Together we will address controversial topics and present new evidence on diagnosis and treatment. Together we will challenge existing dogma.

Apart from our scientific discussions, we will have the opportunity to foster networking thanks to a social programme which – I am convinced – will receive your approval just like at previous editions.

I would like to thank all the organisations involved in staging this course alongside the IOC for their support.

Our wish is to further build with all of you, dear participants, the most effective education and knowledge in the important field of protecting athletes’ health.

I look forward to your active participation and the discussions, and to seeing you all in Cape Town in November 2016.

My best wishes to all.

Prof. Dr Uğur Erdener
IOC Medical & Scientific Commission Chair
Dear colleagues,

The Organising Committee for 2016 edition of the IOC Advanced Team Physician Course (ATPC) is very pleased to welcome our experienced faculty and delegates to South Africa.

The 8th edition follows the previous seven successful ATPCs. The first was organized by the Oslo Sports Trauma Research Center in Svolvaer, Norway, 2008. IOC has then hosted the next courses at Stanford University, USA in 2010, in Calvi, Corsica in 2011, in Oslo, Norway in 2012, at Saltsjobaden, Sweden in 2013, in Mandelieu, France in 2014 and in Doha, Qatar in 2015.

By hosting the 2016 event in Stellenbosch, South Africa, we hope to make the IOC ATPC available for colleagues in the African region, as well as from South Asia and Oceania. The excellent feedback from previous participants has inspired us to continue developing the IOC ATPC concept to become even more valuable for experienced team physicians, as well as a selected group of physiotherapists.

For the 2016 edition we will continue with what has become the trademark of the IOC ATPC, addressing current issues in sports medicine through real-life cases. The aim is to foster discussions and interaction among participants and faculty around clinical conundrums facing the team physician working with the elite athlete.

We will also have time for informal social interaction, and we know that each and every one of you will want to avail yourself of this opportunity to build an international network with experienced colleagues among faculty and delegates.

There are many situations in which the benefit of consulting a colleague with perspectives and practical experiences other that your own could be very valuable.

A warm welcome to Stellenbosch, South Africa in November 2016!

Prof. Lars Engebretsen
President of the Organising Committee
IOC ADVANCED TEAM PHYSICIAN COURSE

Course vision

Thirty experienced speakers are fully committed to ensuring that this 3-day event will be at least as successful as the seven memorable previous IOC Advanced Team Physician Courses.

This will be a team physician course geared towards the practical issues of working with high-level athletes in a team sports setting! We will learn from the best! We will address controversial topics and present new evidence on diagnosis and treatment.

We will challenge existing dogma. Upon arrival at the course, delegates will receive cases illustrating specific scenarios, which we will address through small group discussions, plenary lectures and panel discussions.

Our aim is to bring together 110 delegates with experience as team physicians to share new knowledge and challenge each other in open discussions.

We have also created a social program to foster discussions and create an excellent possibility for networking also outside the scientific sessions. We know from previous experience that this opportunity is highly appreciated.

The IOC Advanced Team Physician Course is open to a limited number of experienced sports physical therapists.
Course venue

SPIER HOTEL - R310 Baden Powell Rd, Stellenbosch, 7603, SOUTH AFRICA

The Spier Hotel lies besides the calming waters of the Eerste River and is situated on the historic Spier wine farm in the heart of the Stellenbosch winelands.

It was one of the very first farms to be established in Stellenbosch in 1692. Its rich cultural heritage includes a restored Manor House, an impressive collection of Cape Dutch gables and the oldest dated wine cellar in the country.

The rooms are situated in village-style buildings grouped around six private courtyards, each with its own swimming pool in a design reminiscent of the Bo-Kaap or Mediterranean villages where pedestrians have right of way.

The Spier Hotel Restaurant offers elegant a la carte dining with only the freshest available produce. The Eight Restaurant is a farm-to-table eating experience. The produce used at Eight is either grown on the farm or sourced from nearby farmers. Natural and organic ingredients are preferred, creatively combined to create nourishing, healthy, and delicious food.

At Spier, you will also enjoy the possibility to create your own picnic from a selection of cold cuts, cheeses, salads, breads, pâtés and dips, to be enjoyed on the lawns.

Spier has multiple conference venues of various sizes and a conference center that includes a 450 seat auditorium and three breakaway rooms seating up to 250 delegates. For smaller groups, Spier offers some interesting meeting space options from the historic Manor House, Amphitheatre meeting rooms and Hotel Boardroom. The flexibility of the facilities makes them suitable for any occasion.
Organising Committee

President

Lars ENGEBRETSEN
MD, PhD Professor & Head of Medicine & Science
International Olympic Committee, Lausanne, Switzerland;
Oslo Sports Trauma Research Center, Oslo University Hospital
& Norwegian Olympic Training Center, Oslo, Norway

Members

Cherine TOUVET - FAHMY, Anti-Doping & Project Manager
IOC Medical & Scientific Department, Head of Logistics, Social Events

Organising Partner, Publi Créations SAM:
Benedetta BOARETTO - SARTORI, Account Manager
Denise DAVIDE, Project Manager

International Olympic Committee
Medical & Scientific Department

Director in charge:
Richard BUDGETT, MD, Professor

IOC Medical & Scientific Commission Chair:
Uğur ERDENER, Professor, Dr

Organising Partner

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Scientific Committee

Chair

Roald BAHR
MD, PhD Professor
Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo, Norway & Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

Members

Lars ENGBRETSEN
MD, PhD Professor & Head of Medicine & Science
International Olympic Committee, Lausanne, Switzerland; Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic Training Center, Oslo, Norway

Karim KHAN
MD, PhD, MBA, Professor
University of British Columbia, Vancouver, Canada & Editor in Chief, BJSM

Local scientific representatives

Martin SCHWELLNUS
MBBCh, MSc (Med), MD, FACSM, FFIMS
Professor of Sport and Exercise Medicine
Director: Institute for Sport, Exercise Medicine and Lifestyle Research, Faculty of Health Sciences, University of Pretoria, South Africa
Director: IOC Research Centre
Director: FIFA Medical Centre of Excellence

Wayne DERMAN
MBChB, PhD FFIMS
Member, IPC Medical Committee
Director, Institute of Sport & Exercise Medicine
Co-Director IOC Research Centre South Africa
University of Stellenbosch
Stellenbosch, South Africa

Responsible for Case Studies

Robbart Van LINSCHOTEN
MD, PhD
Sports Medicine Physician, Assistant Professor
Sports Medicine Consultant at Aspetar, Qatar Orthopedic and Sports Medicine Hospital, Doha, Qatar & Assistant Professor at Weill Cornell Medical College, Doha, Qatar
IOC WORLD CONFERENCE
PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
16-18 MARCH 2017
# IOC Advanced Team Physician Course

## Programme at a Glance

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<th><strong>WEDNESDAY 16 NOVEMBER</strong></th>
<th><strong>THURSDAY 17 NOVEMBER</strong></th>
<th><strong>FRIDAY 18 NOVEMBER</strong></th>
<th><strong>SATURDAY 19 NOVEMBER</strong></th>
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<tbody>
<tr>
<td><strong>Arrival of the participants throughout the day</strong></td>
<td><strong>09.00 - 10.30 Session 1</strong> Working as a team physician – challenges and strategies</td>
<td><strong>09.00 - 10.30 Session 2</strong> Medical issues related to travelling with athletes</td>
<td><strong>09.00 - 10.30 Session 3</strong> Pharmacological treatment of acute sports injuries</td>
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<tr>
<td><strong>19.00 Welcome Dinner at the hotel</strong></td>
<td><strong>10.30 - 11.00 Coffee break</strong></td>
<td><strong>10.30 - 11.00 Coffee break</strong></td>
<td><strong>10.30 - 11.00 Coffee break</strong></td>
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<tr>
<td><strong>11.00 - 12.30 Session 2</strong> Hamstring injuries: Optimal treatment – minimal risk of relnjury</td>
<td><strong>12.00 - 14.00 Lunch</strong></td>
<td><strong>12.00 - 14.00 Lunch</strong></td>
<td><strong>12.00 - 14.00 Lunch</strong></td>
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<tr>
<td><strong>14.00 - 15.30 Session 3</strong> Infective illness in the athletes</td>
<td><strong>14.30 - 15.30 Session 4</strong> Infective illness in the athletes</td>
<td><strong>14.30 - 15.30 Session 5</strong> Medical considerations for athletes with impairment</td>
<td><strong>14.00 - 15.30 Session 6</strong> Risk management Models, methods and making it happen!</td>
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<td><strong>15.30 - 16.00 Coffee break</strong></td>
<td><strong>16.00 - 17.30 Session 5</strong> Managing concussions in the team setting</td>
<td><strong>16.00 - 17.30 Session 6</strong> Novel approaches to the treatment of tendinopathy – the case of the patellar tendon</td>
<td><strong>16.00 - 17.30 Session 7</strong> Risk management Models, methods and making it happen!</td>
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<tr>
<td><strong>16.00 - 17.30 Session 6</strong> Managing concussions in the team setting</td>
<td><strong>17.30 - 18.30 Free Time</strong></td>
<td><strong>17.30 - 18.30 Free Time</strong></td>
<td><strong>17.30 - 18.30 Free Time</strong></td>
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<tr>
<td><strong>17.30 - 19.00 Departure for Cape Town for evening social programme Dinner at Gold Restaurant</strong></td>
<td><strong>18.30 Beginning of the Evening Social Programme Wine Tasting at Spier</strong></td>
<td><strong>18.30 Beginning of the Evening Social Programme Wine Tasting at Spier</strong></td>
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SCIENTIFIC PROGRAMME

Wednesday 16 November

Arrival of the participants throughout the day

19.00 Welcome Dinner at the hotel

Thursday 17 November

09.00-10.30 Session 1

WORKING AS A TEAM PHYSICIAN – CHALLENGES AND STRATEGIES

Chairs:
Lars ENGBRETSEN, Switzerland/Norway
Roald BAHR, Norway/Qatar

Format:
Lecture series

Speakers:
Richard Budgett, Switzerland
Lars Engebretsen, Switzerland/Norway
Martin Schwellnus, South Africa
Wayne Derman, South Africa
Karim Khan, Canada

Programme:
09.00-09.05 Welcome
Richard Budgett, Switzerland - Lars Engebretsen, Switzerland/Norway
09.05-09.10 Welcome
Martin Schwellnus, South Africa - Wayne Derman, South Africa
09.10-09.25 The scientific activities of the IOC Medical & Scientific Commission
Lars Engebretsen, Switzerland/Norway
09.25-09.40 Preparing for the Olympic Games – key messages for the team physician
Richard Budgett, Switzerland
09.40-09.55 TBA
TBA
09.55-10.10 Lessons learned from the Paralympic Games – the CMO perspective
Wayne Derman, South Africa
10.10-10.30 Working as a team physician – what they don’t teach you in medical school
Karim Khan, Canada
10.30-11.00 Coffee Break
HAMSTRING INJURIES: OPTIMAL TREATMENT – MINIMAL RISK OF REINJURY

Chair:
Karim KHAN, Canada

Format:
Case-based discussions

Speakers:
Michael Kjær, Denmark
Johannes Tol, Netherlands/Qatar
Carl Askling, Sweden
Roald Bahr, Norway/Qatar
Gino Kerkhoffs, Netherlands

Learning objectives:
Participants will be able to:
• Understand the natural repair process of hamstring injuries
• Discuss the prognostic value of muscle injury classification systems
• Describe an evidence-based rehabilitation program
• Discuss possible prevention strategies
• Describe when surgical treatment is indicated for hamstring injuries

Programme:
11.00-11.05 Introduction of two cases illustrating key issues
11.05-11.15 Small-group discussions
11.15-11.30 Back to basics–from hamstring injury to repair
Michael Kjær, Denmark
11.30-11.40 Predicting prognosis–accurate classification or flawed fortunetelling?
Johannes Tol, Netherlands/Qatar
11.40-11.55 Lengthening exercises–the key to rehabilitation success?
Carl Askling, Sweden
11.55-12.05 Preventing hamstring (re)injuries, can it be done?
Roald Bahr, Norway/Qatar
12.05-12.15 When everything fails – what is the role of surgery in hamstring injuries?
Gino Kerkhoffs, Netherlands
12.15-12.30 Panel: Review of cases and learning objectives
12.30-14.00 Lunch
**Session 3**

**INFECTIVE ILLNESS IN THE ATHLETES**

**Chairs:**
- Austin JEANS, Zimbabwe
- Nick WEBBORN, UK

**Format:**
Interactive (mixed)

**Speakers:**
- Martin Schwellnus, South Africa
- Nick Webborn, UK
- Yorck Olaf Schumacher, Qatar
- Austin Jeans, Zimbabwe
- Wayne Derman, South Africa

**Learning objectives:**
Participants will be able to:
- Identify risk factors for infection in athletes
- Develop a working plan to decrease the risk of infections in individual athletes and a team
- Be aware and screen for possible medical complications in athletes with an infection
- Recognise and manage acute and chronic tropical infections in athletes
- Know how antibiotic choices may be modified in athletes

**Programme:**

14.00-14.05  Introduction of the session (Online questions)
- Martin Schwellnus, South Africa - Nick Webborn, UK

14.05-14.20  Infections in athletes - Who is at risk? (intrinsic and extrinsic risk factors)
- Yorck Olaf Schumacher, Qatar

14.20-14.35  General strategies for preventing of illness in your team
- Nick Webborn, UK

14.35-14.50  Possible medical complications in athletes who exercise during an infective illness
- Martin Schwellnus, South Africa

14.50-15.05  Tropical infections in athletes – risk factors, diagnosis and management
- Austin Jeans, Zimbabwe

15.05-15.20  Antibiotic and other prescription medication for infections in athletes – which ones to use or not to use?
- Wayne Derman, South Africa

15.20-15.30  Summary – final questions (three) and discussion

15.30-16.00  Coffee Break
MANAGING CONCUSSIONS IN THE TEAM SETTING

Chair:
Karim KHAN, Canada

Format:
Case-based discussions

Speakers:
Jon Patricios, South Africa
Paul McCrory, Australia

Learning objectives:
Participants will be able to:
• Understand the 2016 Berlin Concussion Consensus statement and the key changes that have taken place in the clinical management of sports concussion
• Be able to use the CRT and SCAT3 tools appropriately in the sideline/pitch side assessment of concussion
• Understand the need to individualise and be able to prescribe safe RTP programs following concussion
• Understand the critical issues (e.g. long term problems etc) and modifying factors that influence the clinical management of concussed athletes

Programme:
16.00-16.05  Introduction of two cases illustrating key issues
16.05-16.15  Small-group discussions
              Paul McCrory, Australia
16.25-16.40  Acute sideline assessment and the role of the SCAT3
              Jon Patricios, South Africa
16.40-16.55  The role of active rehabilitation - taking a targeted approach to therapy
              Paul McCrory, Australia
16.55-17.15  Hands on with the SCAT3 - workshop participation
              Jon Patricios, South Africa - Paul McCrory, Australia
17.15-17.30  Panel: Review of cases and learning objectives
17.30-18.00  Free Time
             18.00  Departure for Cape Town for evening social programme
                     Dinner at Gold Restaurant
Friday 18 November

09.00-10.30  **Session 5**

**MEDICAL ISSUES RELATED TO TRAVELLING WITH ATHLETES**

*Chairs:*
Martin SCHWELLNUS, South Africa
Yorck Olaf SCHUMACHER, Qatar

*Format:*
Interactive (mixed)

*Speakers:*
Christa Janse van Rensburg, South Africa
Martin Schwellnus, South Africa
Yorck Olaf Schumacher, Qatar
Kevin Subban, South Africa
Phatho Zondi, South Africa

*Learning objectives:*
Participants will be able to:
- Recognise and plan for possible medical issues related to travelling with athletes
- Recognise and plan for environmental issues related to travel
- Design a plan to reduce the negative affects of travel to foreign destinations
- Formulate a clinical approach to common illnesses related to travel

*Programme:*

09.00-09.05  **Introduction of session (Online questions)**
Martin Schwellnus, South Africa - Yorck Olaf Schumacher, Qatar

09.05-09.20  **Medical challenges – effects of travel fatigue and “jet lag”**
Christa Janse van Rensburg, South Africa

09.20-09.35  **Medical challenges – risk of illness/infections and injuries**
Martin Schwellnus, South Africa

09.35-09.50  **Medical challenges – environmental issues (seasons, altitude, temperature and humidity, pollution)**
Yorck Olaf Schumacher, Qatar

09.50-10.05  **Pre-travel preparation and approach to medical issues during travel: What the team physician should do?**
Kevin Subban, South Africa

10.05-10.20  **Management of common medical issues (on arrival at the destination)**
Phatho Zondi, South Africa

10.20-10.30  **Summary – final questions (three) and discussion**

10.30-11.00  **Coffee Break**
11.00-12.30  **Session 6**

**ALL YOU NEED TO KNOW ABOUT THE ACUTELY INJURED KNEE**

*Chair:*  
Per HÖLMICH, Denmark

*Format:*  
Case-based discussions

*Speakers:*  
Lars Engebretsen, Norway  
Richard de Villiers, South Africa  
Jón Karlsson, Sweden  
Gino Kerkhoffs, Netherlands

*Learning objectives:*  
Participants will be able to:
- Decide when an MRI can provide value in acute knee cases.
- Describe the principles for managing knee fractures in the acute situation.
- Discuss the pros and cons of surgical treatment of ACL injuries.
- Deal with multiligamentous knee injuries on the sideline.

*Programme:*  

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<td>11.00-11.05</td>
<td>Introduction of two cases illustrating key issues</td>
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<tr>
<td>11.05-11.15</td>
<td>Small-group discussions</td>
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<tr>
<td>11.15-11.30</td>
<td>Multiligamentous knee injuries: What you need to know to manage these on the sideline</td>
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<tr>
<td></td>
<td>Lars Engebretsen, Norway</td>
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<tr>
<td>11.30-11.45</td>
<td>What can the MRI add in the management of the acutely injured knee?</td>
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<td>Richard de Villiers, South Africa</td>
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<tr>
<td>11.45-12.00</td>
<td>Surgery or not? – All you need to know about ACL injuries in the elite athlete</td>
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<td>Jón Karlsson, Sweden</td>
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<td>12.00-12.15</td>
<td>Heads up! Knee fractures not to be missed in the athlete</td>
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<td>Gino Kerkhoffs, Netherlands</td>
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<td>12.15-12.30</td>
<td>Panel: Review of cases and learning objectives</td>
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<td>12.30-14.00</td>
<td>Lunch</td>
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14.00-15.30 Session 7

MEDICAL CONSIDERATIONS FOR ATHLETES WITH IMPAIRMENT

Chairs:
Kevin SUBBAN, South Africa
Cheri BLAUWET, USA

Format:
Interactive (pre-post)

Speakers:
Wayne Derman, South Africa
Cheri Blauwet, USA
Nick Webborn, UK

Learning objectives:
Participants will be able to:
• Understand the medical challenges of the athlete with impairment
• Understand common injury patterns in athletes with impairment
• Recognise and plan for environmental issues related to travel in athletes with impairment
• Design a plan to reduce the illness and injury exacerbation in Paralympic athletes when travelling to foreign destinations
• Design an injury and illness prevention programme for athletes with impairment
• Understand the common medications used by athletes with impairment

Programme:
14.00-14.05 Introduction of the session (Online questions)
Kevin Subban, South Africa - Cheri Blauwet, USA
14.05-14.15 Small-Group discussion
14.15-14.30 Introduction to the paralympic athlete
Cheri Blauwet, USA
14.30-14.45 Medical challenges of the athlete with impairment – developing practical solutions
Wayne Derman, South Africa
14.45-15.00 Medications, boosting and other dangerous practices used by Paralympic athletes
Cheri Blauwet, USA
15.00-15.15 Common injuries in athletes with impairment: do we need different prevention strategies in Paralympic athletes to Olympic athletes?
Nick Webborn, UK
15.15-15.30 Summary and discussion (Post-session online questions – ten)
Wayne Derman, South Africa - Cheri Blauwet, USA
15.30-16.00 Coffee Break
**Session 8**

**NOVEL APPROACHES TO THE TREATMENT OF TENDINOPATHY – THE CASE OF THE PATELLAR TENDON**

*Chair:*
Karim KHAN, Canada

*Format:*
Case-based discussions

*Speakers:*
Roald Bahr, Norway/Qatar
Jill Cook, Australia
Michael Kjær, Denmark
Johannes Tol, Netherlands/Qatar
Jón Karlsson, Sweden

**Learning objectives:**
Participants will be able to:
- Understand the pathogenesis of tendinopathy
- Become familiar with the positive and negative effects of tendon loading
- Develop a clinical reasoning process that identifies those who should undertake conservative treatment, those who need further intervention and those who require surgical treatment.
- Identify tendons where further interventions such as Doppler-guided sclerosis, platelet-rich plasma injections, shock-wave therapy are appropriate.
- Recognise the role of surgery and the importance of post-surgical management

**Programme:**

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<th>Activity</th>
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<td>16.00</td>
<td>Introduction of two cases illustrating key issues</td>
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<tr>
<td>16.05</td>
<td>Small-group discussions</td>
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<tr>
<td>16.15</td>
<td>What is tendinopathy and why does it happen?</td>
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<td></td>
<td>Michael Kjær, Denmark</td>
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<tr>
<td>16.30</td>
<td>What is mechanotransduction and does eccentric training work?</td>
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<td>Jill Cook, Australia</td>
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<tr>
<td>16.45</td>
<td>Do ultrasound-guided sclerosing injections work?</td>
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<td>Roald Bahr, Norway/Qatar</td>
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<td>16.55</td>
<td>Does shock-wave therapy work?</td>
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<td>Michael Kjær, Denmark</td>
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<tr>
<td>17.00</td>
<td>Do platelet-rich plasma injections work?</td>
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<td>Johannes Tol, Netherlands/Qatar</td>
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<tr>
<td>17.10</td>
<td>Other pharmaceutical treatment options for tendinopathy</td>
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<tr>
<td></td>
<td>Michael Kjær, Denmark</td>
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<tr>
<td>17.30</td>
<td>Does surgery work?</td>
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<td>Jón Karlsson, Sweden</td>
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<td>17.40</td>
<td>Panel: Case discussions: which is the first option, and which the last line of defense?</td>
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<td>18.00</td>
<td>Free Time</td>
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<td>18.30</td>
<td>Beginning of the Evening Social Programme Wine Tasting at Spier</td>
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Saturday 19 November

09.00-10.30 **Session 9**

PHARMACOLOGICAL TREATMENT OF ACUTE SPORTS INJURIES

*Chair:*
Paul McCRORY, Australia

*Format:*
Case-based discussions

*Speakers:*
Michael Kjær, Denmark
Robbart van Linschoten, Qatar
Lars Engebretsen, Norway/Switzerland
Johannes Tol, Netherlands/Qatar
Wayne Derman, South Africa

*Learning objectives:*
Participants will be able to:
- In relation to acute musculoskeletal injuries (muscle injuries or fractures), recite the pharmacology, contraindications, side effects and risks associated with the injection of local anesthetics/glucocorticoids/PRP, and prescription of NSAIDs

*Programme:*

09.00-09.05 Introduction of two cases illustrating key issues
09.05-09.15 Small-group discussions
09.15-09.25 Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries?  
  Michael Kjær, Denmark
09.25-09.35 Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle tears?  
  Robbart van Linschoten, Qatar
09.35-09.45 Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of fractures?  
  Lars Engebretsen, Norway/Switzerland
09.45-09.55 Platelet-rich plasma injections for acute musculoskeletal injuries: do they work?  
  Johannes Tol, Netherlands/Qatar
09.55-10.05 Treatment of pain in the athlete – is there consensus?  
  Wayne Derman, South Africa
10.05-10.30 Panel: Review of cases and learning objectives

*10.30-11.00 Coffee Break*
11.00-12.30 Session 10
THE GROIN/HIP ENIGMA IN SPORTS

Chair:
Michael KJÆR, Denmark

Format:
Case-based discussions

Speakers:
Adam Weir, Netherlands/Qatar
Richard de Villiers, South Africa
Per Hölmich, Denmark/Qatar
Thane Munting, South Africa

Learning objectives:
Participants will be able to:
• Understand the complexity of the various interconnections between structures in the groin
• Be aware of the complexity of diagnostic terminology used in groin injuries
• Understand the clinical entities approach to groin pain
• Understand the possibilities for imaging in athletic groin pain
• Show potential and limitations/common misunderstandings of imaging
• Know the evidence for the conservative treatment of athletic groin injuries
• Appreciate the time frames for the various treatment modalities in groin injuries
• Have a framework to base the decision to refer for surgery on
• Describe the prevalence of hip injuries in athletes presenting with athletic groin pain
• Describe a system to make a diagnosis for athletes presenting with hip pain
• Know the options and evidence behaving conservative and surgical treatment for athletes with hip pain

Programme:
11.00-11.05 Introduction of two cases illustrating key issues
11.05-11.15 Small-group discussions
11.15-11.30 Groin pain: anatomy and diagnosis—what do I need to know as a team physician?
Adam Weir, Netherlands/Qatar
11.30-11.45 Imaging in groin pain—what do I need to know as a team physician?
Richard de Villiers, South Africa
11.45-12.00 Treatment of groin injuries
Per Hölmich, Denmark/Qatar
12.00-12.15 The hip in athletic groin pain
Thane Munting, South Africa
12.15-12.30 Panel: Review of cases and learning objectives
12.30-14.00 Lunch
14.00-15.30  **Session 11**

**RETURN TO SPORT: HOW DO WE MAKE THE BEST MEDICAL DECISIONS?**

*Chair:*  
Martin SCHWELLNUS, South Africa

*Format:*  
Case-based discussions

*Speakers:*  
Roald Bahr, Norway/Qatar  
Martin Schwellnus, South Africa  
Adam Weir, Netherlands/Qatar  
Jill Cook, Australia

*Learning objectives:*  
Participants will be able to:  
- Design and implement a 3-step model for return-to-play that optimizes the medical decision making process  
- Cite the non-medical factors that are part of decision making for return to play

*Programme:*  

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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>14.00-14.05</td>
<td>Introduction of two cases illustrating key issues</td>
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<td>14.05-14.15</td>
<td>Small-group discussions</td>
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<td>14.15-14.25</td>
<td>A decision-based model for return to play in sport</td>
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<td>Roald Bahr, Norway/Qatar</td>
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<td>14.25-14.35</td>
<td>What is the best practice for medical decision making in return to play?</td>
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<td>Martin Schwellnus, South Africa</td>
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<td>14.35-14.45</td>
<td>Can imaging help make return to play decisions?</td>
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<td>Adam Weir, Netherlands/Qatar</td>
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<td>14.45-15.00</td>
<td>How can functional testing help make return to play decisions?</td>
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<td>Jill Cook, Australia</td>
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<td>15.00-15.30</td>
<td>Panel discussion - Clearance for sports: Ethical dilemmas illustrated by cases</td>
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**Coffee Break**
16.00-17.30  Session 12

RISK MANAGEMENT: MODELS, METHODS AND MAKING IT HAPPEN!

Chairs:
Wayne Derman, South Africa
Pierre Viviers, South Africa

Format:
Interactive (pre-post)

Speakers:
Wayne Derman, South Africa
Roald Bahr, Norway/Qatar
Rob Collins, South Africa
Paul Brink, South Africa
Jacques Slabber, South Africa
Lee Wallis, South Africa

All other faculty (as group moderators)

Learning objectives:
Participants will be able to:
• Articulate the key elements of risk management in a team sport context
• Use Periodic Health Evaluations and Team Injury Surveillance in a team setting
• Quantify the injury risk in the preparation phase and develop a strategy to mitigate risk
• Discuss lessons learned about these instruments shared by experienced clinicians working in the elite athlete setting

Programme:
16.00-16.15  Introduction of the session (Online questions)
Wayne Derman, South Africa - Pierre Viviers, South Africa

16.15-16.27  From postseason injury analysis through pre-season screening – risk management in the team setting
Roald Bahr, Norway/Qatar

16.27-16.39  Screening for an elite Super Rugby team - what works and what does not?
Rob Collins, South Africa

16.39-16.51  Cardiac screening as part of the PHE – Criteria to use when interpreting an athlete’s electrocardiogram
Paul Brink, South Africa

16.51-17.03  Dental screening and injury prevention in dental and facial injury
Jacques Slabber, South Africa

17.03-17.15  When screening is not enough – the role of emergency preparedness/arena safety
Lee Wallis, South Africa

17.15-17.30  Summary and discussion (Post-session online questions – ten)
Wayne Derman, South Africa - Pierre Viviers, South Africa

17.30  End of the sessions and departure transfers to the Airport
SPEAKERS

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Chris Barnard Memorial Hospital
Honorary Consultant University of Cape Town Orthopaedic Department
Chairman of South African Hip Arthroscopy Society

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Director: IOC Research Centre
Director: FIFA Medical Centre of Excellence

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Dental Advisor to SARU
Director: MAX Mouthguards

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Social Programme

**Wednesday 16 November - Welcome Barbecue at Spier Hotel**
You will enjoy a first night social gathering at which meat and food are cooked on an open fire outdoors. An occasion to celebrate the beginning of the Course and profit from the calm and the stunning night views from the Spier Hotel.

**Thursday 17 November - Dinner at Gold Restaurant**
A unique African restaurant in the heart of Cape Town. Its Cape Malay and African menu is a taste safari that will transport you from Table Mountain to Timbuktu. This culinary experience is accompanied by unique interactive traditional entertainment.

**Friday 18 November - Wine Tasting at Spier Hotel**
Spier have been growing grapes and making wine since the early 1700s. Their wines have won numerous awards, both locally and internationally. They are made under the skilful guidance of their celebrated Cellar Master, Frans Smit. This wine tasting will be an occasion to taste and discover their wines paired with innovative food and to enjoy stunning views of the Helderberg mountains.
Aspetar helps athletes regain their trajectory of success despite the setback of injury. Our multidisciplinary team of expert clinicians provides seamless patient care at our state-of-the-art facility.

At Aspetar, clinical excellence is supported by the latest technology and research advances; our team has a wealth of international sports medicine experience at the highest level. We can support you on your journey to do what you do best: perform at your peak.