Organising Partner

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E-mail: info@ioc-preventionconference.org
Dear Participants, Dear Friends,

Welcome to Tokyo for the 2019 IOC Advanced Team Physician Course.

Protecting the health of the athletes is one of the major priorities for the International Olympic Committee and its Medical and Scientific Commission, which I have the privilege to chair.

As risks are inherent to the practice of sport, we also 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. As I am myself from the medical profession, I know how important it is to be aware of the latest research and medical practices and to be able to use them to serve the athletes in the best way possible.

Sharing this knowledge and establishing concrete measures will be the main focus of this 11th 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 some new things 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 also have the opportunity to foster networking thanks to a social programme which – I am convinced – will receive once again your full approval.

Our wish is to further build with all of you, the most effective education and knowledge in the important field of protecting athletes’ health, and thus to ensure the best possible care for your athletes. It is even more important as this ATPC edition will be held one year before the Olympic Games Tokyo 2020.

My thanks go to all the organisations for their support and for their involvement in staging this course.

Looking forward to your active participation and contribution and to seeing you all in Tokyo in July 2019.

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

The Organising Committee for the 2019 edition of the IOC Advanced Team Physician Course (ATPC) is very pleased to welcome our experienced faculty and delegates from all over the world to Tokyo, Japan.

This 11th edition follows the previous ten successful ATPCs. The first was organised by the Oslo Sports Trauma Research Center in Svolvær, Norway, 2008. IOC has then hosted the next Courses at Stanford University, USA in 2010, in Calvi, France in 2011, in Oslo, Norway in 2012, at Saltsjobaden, Sweden in 2013, in Mandelieu, France in 2014, in Doha, Qatar in 2015, in Stellenbosch, South Africa in 2016 and in Antalya, Turkey in 2017 and celebrated the 10-year anniversary in Marrakech, Morocco in 2018.

By hosting the 2019 event in Tokyo, Japan we organize the IOC ATPC in East Asia for the first time, hoping to make this programme easily available for colleagues from the region. 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 for a select group of physiotherapists.

For the 2019 edition we will continue with what has become the trademark of the IOC ATPC, addressing current issues in sports medicine through real life cases. You should expect discussions and interactions among participants and faculty around clinical conundrums facing the team physician working with the elite athlete.

One of the aims for the IOC ATPC is to 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 Tokyo, Japan in July 2019!

Lars Engebretsen, MD, PhD Professor
Head of Medicine & Science
IOC Medical and Scientific Department

Fredrik S. BENDIKSEN, MD
President of the Organising Committee

Roald Bahr, MD, PhD Professor
Chair of the Scientific Committee
An experienced faculty is fully committed to ensure that this 3-days event will be at least as successful as the last ten memorable 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 groups discussions, plenary lectures and panel discussions.

Our aim is to bring together 80 delegates with experience as team physicians to share new knowledge and challenge each other in open discussions.

We have also created a social programme to foster discussions and create an excellent possibility for networking 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

The InterContinental Tokyo Bay is a sophisticated urban hotel on Tokyo’s waterfront and is one of the fifth establishment in Japan of the InterContinental Hotel & Resort group. The InterContinental Tokyo Bay is named because of its close location to the Tokyo Bay and has 330 rooms. Some of them have a view over the Tokyo Bay of the Sumida River.

The InterContinental Tokyo Bay is located in the city centre of Tokyo in Minato district, which is known for the local culture, clean streets and welcoming people. The hotel is 20 minutes train ride from the Haneda Airport. Public transportation can provide convenient ride from/to airports.

The InterContinental Tokyo Bay can propose numerous facilities to improve your stay, such as, a fitness centre, the N.Y Lounge Boutique, a beauty care & relaxation salon, parking and more.

Many restaurants and lounges with rich characteristics are available at the hotel from casual to normal. You can enjoy flavour from around the world thanks to the eight restaurants and Lounges inside the hotel.

The Willard Ballroom, where the Course will take place, is located on the fifth floor of the InterContinental Tokyo Bay. The ballroom has natural daylight and is distinguished by a panoramic view of Tokyo Bay.
Organising Committee

President
Fredrik S. BENDIKSEN, MD

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

Benedetta BOARETTO - SARTORI, Account Manager
  Organising Partner, Publi Créations SAM

International Olympic Committee
Medical & Scientific Department
IOC Medical & Scientific Commission Chair
Uğur ERDENER, Professor, Dr

Director in charge
Richard BUDGETT, MD, OBE

Head of Scientific Activities
Lars ENGBRETSEN, MD, PhD Professor

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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

**Haydar A. DEMIREL, MD, PhD**
Hacettepe University
Faculty of Medicine, Department of Sports Medicine
Faculty of Sport Sciences, Department of Exercise and Sport Physiology

**Karim KHAN, MD, PhD, MBA, Professor**
University of British Columbia, Vancouver, Canada
& Editor in Chief, BJSM
Scientific Director of the Canadian Institutes of Health Research (CIHR)
Institute of Musculoskeletal Health and Arthritis (IMHA)

**Responsible for Case Studies**

**Robbhart VAN LINSCHOTEN, MD, PhD**
Chief Medical Officer, Team Mitchelton-Scott

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**IOC Advanced Team Physician Course 2019**
Tokyo, Japan, 01/07/2019-03/07/2019 has been accredited by
the European Accreditation Council for Continuing Medical Education (EACCME®)
for a maximum of 18 European CME credits (ECMEC®s).
<table>
<thead>
<tr>
<th>MONDAY 1 JULY</th>
<th>TUESDAY 2 JULY</th>
<th>WEDNESDAY 3 JULY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>08.30-10.30  Session 1</strong></td>
<td><strong>09.00-10.30  Session 5</strong></td>
<td><strong>09.00-10.30  Session 9</strong></td>
</tr>
<tr>
<td>Working as a team physician –</td>
<td>Medical issues related to travelling</td>
<td>Relative Energy Deficiency in Sport</td>
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<tr>
<td>challenges and strategies</td>
<td>with athletes</td>
<td>(RED-S): Clinical approach for the</td>
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<tr>
<td>Chairs: Roald BAHR (Norway/Qatar) &amp;</td>
<td>Chair: Jiří DVORSKÝ (Switzerland)</td>
<td>team physician</td>
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<tr>
<td>Fredrik S. BENDIKSEN (Norway)</td>
<td>Format: Interactive (Kahoot/Mentimeter)</td>
<td>Chair: Karim KHAN (Canada)</td>
</tr>
<tr>
<td>Format: Lecture series</td>
<td>Learning objectives:</td>
<td>Format: Case-based discussions</td>
</tr>
<tr>
<td><strong>10.30-11.00  Coffee break</strong></td>
<td>• Recognise and plan for possible</td>
<td>Learning objectives:</td>
</tr>
<tr>
<td><strong>11.00-12.45  Session 2</strong></td>
<td>medical issues related to travelling</td>
<td>• Describe the pathophysiology of RED-S</td>
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<tr>
<td>Hamstring injuries:</td>
<td>with athletes</td>
<td>• Understand the health and performance</td>
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<tr>
<td>Optimal treatment – minimal risk of</td>
<td>Chair:  Wayne DERMAN (South Africa)</td>
<td>presentations of Low Energy Availability</td>
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<td>reinjury</td>
<td><strong>12.30-13.30  Lunch</strong></td>
<td>• Identify and work up patients with</td>
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<tr>
<td>Chair: Adam WEIR (The Netherlands/Qat</td>
<td><strong>15.30-17.00  Session 12</strong></td>
<td>RED-S appropriately</td>
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<td>a)</td>
<td>The groin/Hip enigma in sports</td>
<td>• Manage patients with RED-S clinically</td>
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<td>Chair: Jiří DVORSKÝ (Switzerland)</td>
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<td><strong>15.00-17.00  Session 8</strong></td>
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<td>Managing concussions in the team</td>
<td>Learning objectives:</td>
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<td>setting</td>
<td>• Articulate the key elements of risk</td>
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<td>Chair: Johannes TOL (The Netherlands/Qat)</td>
<td>• Use Periodic Health Evaluations and</td>
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<td>**17.00  End of the sessions and</td>
<td>Team Injury Surveillance in a team</td>
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<td></td>
<td>departures</td>
<td>setting</td>
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<td></td>
<td><strong>17.30-15.00  Session 7</strong></td>
<td>• Quantify the injury risk in the</td>
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<td>Pharmacological treatment of acute</td>
<td>Ankle injuries – when you hear hoof</td>
<td>preparation phase and develop a</td>
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<td>sports injuries</td>
<td>beats, think horse, but don’t forget</td>
<td>strategy to mitigate risk</td>
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<td>Chair: Adam WEIR (The Netherlands/Qat)</td>
<td>the zebra</td>
<td>• Discuss lessons learned about these</td>
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<tr>
<td>Format: Case-based discussions</td>
<td><strong>15.30-17.00  Session 8</strong></td>
<td>instruments shared by experienced</td>
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<td>Managing concussions in the team</td>
<td>clinicians working in the elite</td>
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<td>Chair: Johannes TOL (The Netherlands/Qat)</td>
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<td><strong>17.30-15.00  Session 7</strong></td>
<td>Chair: Johannes TOL (The Netherlands/Qat)</td>
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</tbody>
</table>
SCIENTIFIC PROGRAMME

Sunday 30 June 2019

Arrival of the participants throughout the day
19.00 Welcome Dinner at the hotel - Le Grand Ballroom

Monday 1 July 2019

08.30-10.30 Session 1

WORKING AS A TEAM PHYSICIAN – CHALLENGES AND STRATEGIES

Chairs:
Roald BAHR, Norway/Qatar & Fredrik S. BENDIKSEN, Norway

Format:
Lecture series

Speakers:
Uğur Erdener, Turkey
Lars Engebretsen, Norway/Switzerland
Richard Budgett, Switzerland
Alan Vernec, Canada
Mitsuo Ochi, Japan
Rachel Harris, Australia
Elke van den Steen, Belgium

Programme:
08.30-08.40 Welcome from the IOC Medical & Scientific Commission Chair
Uğur Erdener, Turkey
08.40-08.55 The scientific activities of the IOC Medical Commission
Lars Engebretsen, Switzerland/Norway
08.55-09.10 The Olympic Movement Medical Code – How does it apply to you as team physician?
Richard Budgett, Switzerland
09.10-09.30 Understanding the Prohibited List and dietary supplements – keeping you and your athletes out of trouble
Alan Vernec, Canada
09.30-09.50 Treatment of ACL and cartilage injury - the Japanese contribution
Mitsuo Ochi, Japan
09.50-10.10 When things don’t go to plan - a real headache: lessons learnt so you don’t have to
Rachel Harris, Australia
10.10-10.30 Being team physician: working for a team, but especially in a team!
Elke van den Steen, Belgium
10.30-11.00 Coffee break
11.00-12.45  Session 2

HAMSTRING INJURIES: OPTIMAL TREATMENT – MINIMAL RISK OF REINJURY

Chair:
Adam WEIR, The Netherlands/Qatar

Format:
Case-based discussions

Speakers:
Haydar A. Demirel, Turkey
Johannes Tol, The Netherlands/Qatar
Rod Whiteley, Qatar
Gino Kerkhoffs, The 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 programme
• 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  Muscle regeneration after injury
Haydar A. Demirel, Turkey
11.30-11.45  Classifying muscle injuries: useless or useful?
Johannes Tol, The Netherlands/Qatar
11.45-12.00  What are the keys to rehabilitation success?
Rod Whiteley, Qatar
12.00-12.15  Predicting prognosis–accurate classification or flawed fortunetelling?
Johannes Tol, The Netherlands/Qatar
12.15-12.30  When everything fails – what is the role of surgery in hamstring injuries?
Gino Kerkhoffs, The Netherlands
12.30-12.45  Panel: review of cases and learning objectives
12.45-14.00  Lunch
14.00-15.30  **Session 3**

**ACUTE INFECTIVE ILLNESS IN ATHLETES**

**Chair:**
Roald BAHR, Norway/Qatar

**Format:**
Interactive (Kahoot/Mentimeter)

**Speakers:**
Olaf Schumacher, Qatar
Nick Webborn, United Kingdom
Martin Schwellnus, South Africa
Wayne Derman, South Africa

**Learning objectives:**
Participants will be able to:
- Identify risk factors for acute infection in athletes
- Develop a working plan to decrease the risk of acute infections in individual athletes and a team
- Be aware and screen for possible medical complications in athletes with an acute infection
- Know how antibiotics / antiviral agents may be used in athletes

**Programme:**
14.00-14.05  Introduction of the session (poll)
Roald Bahr, Norway/Qatar

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

14.20-14.40  Strategies for preventing of acute infective illness in your team
Nick Webborn, United Kingdom

14.40-14.55  Possible medical complications in athletes who exercise during an acute infective illness
Martin Schwellnus, South Africa

14.55-15.15  Antibiotic and other prescription medication for acute infections in athletes – which ones to use or not to use?
Wayne Derman, South Africa

15.15-15.30  Questions & Post-test (Quiz)

15.30-16.00  Coffee break
16.00-17.30  Session 4

PHARMACOLOGICAL TREATMENT OF ACUTE SPORTS INJURIES

Chair:
Adam WEIR, The Netherlands/Qatar

Format:
Case-based discussions

Speakers:
Robbart van Linschoten, The Netherlands
Lars Engebretsen, Norway/Switzerland
Karim Khan, Canada
Johannes Tol, The 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:
16.00-16.05  Introduction of two cases illustrating key issues
16.05-16.15  Small-group discussions
16.15-16.25  Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle or ligament tears?
Robbart van Linschoten, The Netherlands
16.25-16.35  Is there a risk with NSAIDs or Cox-2 inhibitors in the treatment of fractures?
Lars Engebretsen, Norway/Switzerland
16.35-16.45  Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries?
Karim Khan, Canada
16.45-16.55  Platelet-rich plasma injections for acute musculoskeletal injuries: do they work?
Johannes Tol, The Netherlands/Qatar
16.55-17.15  Treatment of pain in the athlete – The 2017 IOC consensus statement
Wayne Derman, South Africa
17.15-17.30  Panel: review of cases and learning objectives
19.00  Dinner at the Hotel Gajoen
Tuesday 2 July 2019

09.00-10.30  

**Session 5**

**MEDICAL ISSUES RELATED TO TRAVELLING WITH ATHLETES**

*Chair:*
Jiří DVOŘÁK, Switzerland

*Format:*
Interactive (Kahoot/Mentimeter)

*Speakers:*
Christa Janse van Rensburg, South Africa
Martin Schwellnus, South Africa
Olaf Schumacher, Qatar
Wayne Derman, South Africa
Emin Ergen, Turkey/Qatar

*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 effects of travel to foreign destinations
• Formulate a clinical approach to common illnesses related to travel
• Evaluate evidence that team illness prevention strategies are effective

*Programme:*

09.00-09.05  Introduction of session (poll)  
Jiří Dvořák, Switzerland

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

09.20-09.30  Medical challenges – risk of illness/infections and injuries
Martin Schwellnus, South Africa

09.30-09.45  Medical challenges – environmental issues (seasons, altitude, temperature and humidity, pollution)
Olaf Schumacher, Qatar

09.45-10.00  Pre-travel preparation and approach to medical issues during travel: What the team physician should do?
Wayne Derman, South Africa

10.00-10.15  What to bring when you travel: the team physician’s medical bag
Emin Ergen, Turkey/Qatar

10.15-10.20  Are Team Illness Prevention Strategies (TIPS) effective?
Martin Schwellnus, South Africa

10.20-10.30  Questions & post-test (Quiz)

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

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

**Chair:**
Lars ENGBRETSEN, Norway/Switzerland

**Format:**
Case-based discussions

**Speakers:**
Karim Khan, Canada  
Rod Whiteley, Qatar  
Ben Clarsen, Norway  
Johannes Tol, The Netherlands/Qatar  
Hideyuki Koga, Japan

**Learning objectives:**
Participants will be able to:
- Understand the pathogenesis of tendinopathy
- Become familiar with the 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 patients where further interventions such as Doppler-guided sclerosis, platelet-rich plasma injections, shock-wave therapy may be appropriate.

**Programme:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00</td>
<td>Introduction of two cases illustrating key issues</td>
</tr>
<tr>
<td>11.05</td>
<td>Small-group discussions</td>
</tr>
<tr>
<td>11.15</td>
<td>What is tendinopathy and why does it happen?</td>
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<tr>
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<td>Karim Khan, Canada</td>
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<td>11.25</td>
<td>The clinical assessment: history, physical examination, load assessment,</td>
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<td>Rod Whiteley, Qatar</td>
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<td>11.40</td>
<td>Physiotherapy management: first line</td>
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<td>Ben Clarsen, Norway</td>
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<tr>
<td>11.55</td>
<td>Shock wave therapy, platelet-rich plasma or pharmaceutical treatments?</td>
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<tr>
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<td>Johannes Tol, The Netherlands/Qatar</td>
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<td>12.05</td>
<td>Does surgery work?</td>
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<td>Hideyuki Koga, Japan</td>
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<td>12.15</td>
<td>Panel: case discussions: which is the first treatment option, and which</td>
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<td>the last line of defense?</td>
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<tr>
<td>12.30</td>
<td>Lunch</td>
</tr>
</tbody>
</table>

**Tuesday 2 July**

IOC ADVANCED TEAM PHYSICIAN COURSE
13.30-15.00  **Session 7**

**ANKLE INJURIES – WHEN YOU HEAR HOOF BEATS, THINK HORSE, BUT DON’T FORGET THE ZEBRA**

*Chair:*
Simon KEMP, United Kingdom

*Format:*
Interactive (Kahoot/Mentimeter)

*Speakers:*
Roald Bahr, Norway/Qatar
Gino Kerkhoffs, The Netherlands
Rod Whiteley, Qatar

**Learning objectives:**
Participants will be able to:
- Describe the differential diagnoses after an ankle sprain – and their typical history and likelihood
- Perform a quick but precise sideline management of an acute ankle injury
- Distinguish a lateral ligament injury from a syndesmotic injury
- Diagnose a peroneal tendon problem
- Recognize a serious midfoot injury mechanism
- Organize an accurate RTP programme after an ankle injury

**Programme:**

13.30-13.35  **Introduction of the session (poll)**
Simon Kemp, United Kingdom

13.35-13.55  **Sideline management of ankle sprains – assessment and initial treatment**
Roald Bahr, Norway/Qatar

13.55-14.15  **High ankle sprains – assessment and treatment**
Gino Kerkhoffs, The Netherlands

14.15-14.30  **How to return the elite athlete to play after an ankle sprain**
Rod Whiteley, Qatar

14.30-14.50  **Midfoot sprains – assessment and treatment**
Gino Kerkhoffs, The Netherlands

14.50-15.00  **Questions & post-test (Quiz)**

15.00-15.30  **Coffee break**
15.30-17.00  
**Session 8**

**MANAGING CONCUSSIONS IN THE TEAM SETTING**

*Chair:*  
Johannes TOL, The Netherlands/Qatar

*Format:*  
Case-based discussions

*Speakers:*  
Jiří Dvořák, Switzerland  
Simon Kemp, United Kingdom  
Margo Mountjoy, Canada

*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 SCAT5 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) and modifying factors that influence the clinical management of concussed athletes

*Programme:*

15.30-15.35  
Introduction of two cases illustrating key issues

15.35-15.45  
Small-group discussions

15.45-15.55  
The 2016 Berlin Concussion Consensus Guidelines – what is new?  
Jiří Dvořák, Switzerland

15.55-16.10  
Acute sideline assessment and the role of the SCAT5  
Simon Kemp, United Kingdom

16.10-16.25  
The role of active rehabilitation - taking a targeted approach to therapy  
Margo Mountjoy, Canada

16.25-16.55  
Hands on with the SCAT5 - workshop participation  
Simon Kemp, United Kingdom - Jiří Dvořák, Switzerland

16.55-17.00  
Panel: review of cases  
Simon Kemp, United Kingdom

19.00  
*Dinner at Happo-en*
Wednesday 3 July 2019

09.00-10.30  **Session 9**

**RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S): CLINICAL APPROACH FOR THE TEAM PHYSICIAN**

*Chair:*  
Karim KHAN, Canada

*Format:*  
Case-based discussions

*Speakers:*  
Margo Mountjoy, Canada  
Naama Constantini, Israel  
Kathryn E. Ackerman, USA  
Jane Moran, Canada

*Learning objectives:*  
Participants will be able to:  
- Describe the pathophysiology of RED-S  
- Understand the health and performance presentations of Low Energy Availability  
- Identify and work up patients with RED-S appropriately  
- Manage patients with RED-S clinically  
- Develop a prevention programme specifically for an at-risk population

*Programme:*  
09.00-09.05  Introduction of two cases illustrating key issues  
09.05-09.15  Small-group discussions  
09.15-09.30  What is RED-S?  
Margo Mountjoy, Canada  
09.30-09.45  Making the diagnosis of RED-S  
Naama Constantini, Israel  
09.45-10.00  Treatment protocols for RED-S  
Kathryn E. Ackerman, USA  
10.00-10.15  Prevention of RED-S  
Jane Moran, Canada  
10.15-10.30  Review of cases and learning objectives  
10.30-11.00  Coffee break
11.00-12.30  **Session 10**

**RETURN TO SPORT: HOW DO WE MAKE THE BEST RETURN TO PLAY DECISIONS FOLLOWING INJURY AND ILLNESS?**

*Chair:*
Robbart VAN LINSCHOTEN, The Netherlands

*Format:*
Case-based discussions

*Speakers:*
Roald Bahr, Norway/Qatar
Martin Schwellnus, South Africa
Adam Weir, The Netherlands/Qatar
Rod Whiteley, Qatar

*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:*

11.00-11.05  Introduction of two cases illustrating key issues
11.05-11.15  Small-group discussions
11.15-11.30  A decision-based model for return to play in sport  
**Roald Bahr**, Norway/Qatar
11.30-11.50  What is the best practice for medical decision making in return to play following acute illness?  
**Martin Schwellnus**, South Africa
11.50-12.00  Can imaging help make return to play decisions?  
**Adam Weir**, The Netherlands/Qatar
12.00-12.15  How can functional testing help make return to play decisions?  
**Rod Whiteley**, Qatar
12.15-12.30  Panel: panel discussion - Clearance for sports: ethical dilemmas illustrated by cases
12.30-13.30  *Lunch*
Session 11

RISK MANAGEMENT: MODELS, METHODS AND MAKING IT HAPPEN!

Chair:
Wayne DERMAN, South Africa

Format:
Interactive (Kahoot/Mentimeter)

Speakers:
Roald Bahr, Norway/Qatar
Olaf Schumacher, Qatar
Rod Whiteley, Qatar
Ben Clarsen, Norway

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:
13.30-13.35 Introduction of the session (poll)
Wayne Derman, South Africa

13.35-13.50 From postseason injury analysis through pre-season screening – risk management in the team setting
Roald Bahr, Norway/Qatar

13.50-14.10 What are the benefits of Periodic Health Evaluations?
Olaf Schumacher, Qatar

14.10-14.30 Functional testing as part of the PHE – Yes or no?
Rod Whiteley, Qatar

14.30-14.50 Injury and illness surveillance in elite athletes – the Norwegian Olympic team experience
Ben Clarsen, Norway

14.50-15.00 Questions & post-test (Quiz)

15.00-15.30 Coffee break
15.30-17.00  Session 12
THE GROIN/hip enigma in sports

Chair:
Lars ENGBRETSEN, Norway/Switzerland

Speakers:
Adam Weir, The Netherlands/Qatar
Üstün Aydıngöz, Turkey
Per Hölmich, Denmark
Jón Karlsson, Sweden

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 timeframes 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:
15.30-15.35  Introduction of two cases illustrating key issues
15.35-15.45  Small-group discussions
15.45-16.00  Groin pain: anatomy and diagnosis – what do I need to know as a team physician?
Adam Weir, The Netherlands/Qatar
16.00-16.15  Imaging in groin pain - what do I need to know as a team physician?
Üstün Aydingöz, Turkey
16.15-16.30  Treatment of groin injuries
Per Hölmich, Denmark
16.30-16.45  The hip in athletic groin pain
Jón Karlsson, Sweden
16.45-17.00  Panel: review of cases and learning objectives
17.00    End of the sessions and departures
SPEAKERS

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Welcome Dinner

SUNDAY 30 JUNE

The Welcome Dinner will be the perfect occasion to network and meet the other participants in an elegant atmosphere. The dinner will take place at the hotel (Intercontinental Tokyo Bay), in the “Le Grand” ballroom with 220 - degree view giving the possibility to enjoy the views of Tokyo Bay and Rainbow Bridge. This will be a great opportunity to celebrate the beginning of the Course.

Dinner at Hotel Gajoen

MONDAY 1 JULY

Established in 1928 as an elegant restaurant, Hotel Gajoen quickly rose to become one of Japan’s premier sites for elegant weddings and ceremonies. The owner Rikizo Hosokawa dreamed of providing delights not only for the palate, but also for the eyes and senses. The stunning woodwork, Japanese paintings and laquerwork which adorn the building to this day, create an immersive experience. Enjoy the dinner in the Japanese style banquet room having various traditional artworks, is the perfect venue to dive into the magic atmosphere of the “Land of the Rising Sun”.

Dinner at Happo-en

TUESDAY 2 JULY

Refined artistic sensibilities and utmost consideration for others are well-known Japanese traits that are universally praised and draw attention throughout the world. Happo-en is grounded in all aspects of Japanese culture—traditional gardens, architecture, culinary techniques, art, music and many others. Enjoy the bespoke dinner in one of Tokyo’s largest gathering spaces, reflecting the best in Japanese architecture, standing in the back of the beautiful garden.
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PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
12 - 14 MARCH 2020

Call for Abstracts and Workshops is open