



## Saturday, April 2

Individual arrivals throughout the day; private transfers by shuttle will be provided by the airport of Calvi to the hotels.

Welcome dinner in the evening.

## Sunday, April 3

### Session 1

#### Working as a team physician - challenges and strategies

**Chair:** Lars Engebretsen MD PhD

- **Gordon Matheson (USA):** Where are your loyalties: Coach, team or athlete?
- **Roald Bahr (Norway):** From postseason injury analysis through pre-season screening - risk management in the team setting
- **Karim Khan (Canada):** How teams work - learning from outside sport

### Session 2

#### Working as a team physician - pearls & pitfalls

**Chair:** Roald Bahr MD PhD

#### The smartest and the dumbest thing I have done as a team physician:

- **Wayne Derman (South Africa):** Working with the South African Olympic and Paralympic Teams
- **Geoffrey Verrall (Australia):** Working with an AFL football team
- **Ola Ronsen (Norway):** Working with the Norwegian Olympic Team
- **Jiri Dvorak (Switzerland):** Working with an international federation
- **Willem Meeuwisse (Canada):** Working with an NHL hockey team
- **John Orchard (Australia):** Working with an Australian rugby team
- **Kimberly G. Harmon (USA):** Working with a US college team
- **Panel discussion**

### Session 3

#### Managing concussions in a team setting

**Chairs:** Willem Meeuwisse MD PhD & Paul McCrory MD PhD

- **Paul McCrory (Australia):** Introduction and two cases illustrating key issues - Small-group discussions
- **Willem Meeuwisse (Canada):** The Zurich concussion consensus approach - outcomes and controversies
- **Willem Meeuwisse (Canada):** Acute sideline assessment - the role of the SCAT<sub>2</sub>
- **Michael Makdissi (Australia):** Return to play issues
- **Michael Makdissi (Australia):** How can we best use NP assessment strategies to guide return to play
- **Paul McCrory (Australia):** What do you do with the difficult cases?
- **Paul McCrory (Australia):** Long-term risks - is chronic traumatic encephalopathy a real entity?
- **Panel:** Review of cases and learning objectives

## Session 4

### The groin enigma in sports

**Chair: Per Hölmich MD PhD**

- **Lars Engebretsen** (Norway): Introduction and two cases illustrating key issues - Small-group discussions
- **Per Hölmich** (Denmark): Groin problems - not only soft tissue problems but also include bone and joint
- **Marc Safran** (USA): The hip joint as a cause of groin pain in athletes - etiology, diagnosis and surgical options
- **Geoffrey Verrall** (Australia): MRI - the significance of bone marrow edema - is osteitis pubis/pubis bone stress a diagnosis?
- **Per Hölmich** (Denmark): The clinical diagnosis of hip and groin pain in athletes
- **Geoffrey Verrall** (Australia): Non-surgical management of chronic groin injuries
- **Panel:** Review of cases and learning objectives

# Monday, April 4

## Session 5

### The overtrained athlete

**Chair: Ola Rønsen MD PhD**

- **Ola Rønsen** (Norway): Introduction and case presentation: “I’m so tired - and my legs don’t work”
- **Tim Noakes** (South Africa): Is exercise limited by the cardiovascular/skeletal muscular systems or regulated by the brain in anticipation? - the mechanisms of fatigue and overtraining
- **Panel:** Review of case and learning objectives

## Session 6

### Protecting health and preventing illness in athletes

**Chair: Martin Schwellnus MD PhD**

- **Martin Schwellnus** (South Africa): Introduction and three cases illustrating key issues - Small-group discussions
- **Jonathan Drezner** (USA): Cardiac screening in athletes: What is the value of the IOC consensus on Periodic Health Examination?
- **Gordon Matheson** (USA): Non-cardiac illness screening in athletes: What is the value of the IOC consensus on Periodic Health Examination?
- **Martin Schwellnus** (South Africa): Illness patterns in athlete - what can I expect when I travel with a team?
- **Wayne Derman** (South Africa): Detection and treatment of respiratory illness in athletes - allergies and infections
- **Martin Schwellnus** (South Africa): Detection and treatment of other common illness in athletes
- **Ola Rønsen** (Norway): Stay healthy! How it is done within the Norwegian Olympic team
- **Panel:** Review of cases and learning objectives

## Session 7

### Novel approaches to the treatment of tendinopathy

**Chair: Karim Khan MD PhD**

- **Roald Bahr** (Norway): Introduction and two cases illustrating key issues - Small-group discussions
- **Michael Kjær** (Denmark) & **Karim Khan** (Canada): What is tendinopathy and why does it happen? What is mechanotransduction?

- **Roald Bahr** (Norway): Does eccentric training really work?
- **Håkan Alfredson** (Sweden): Ultrasound- & Doppler-guided sclerosis and electrocoagulation
- **Lars Engebretsen** (Norway): Platelet-rich plasma injections for tendinopathy
- **Michael Kjær** (Denmark): Shock-wave therapy
- **Karim Khan** (Canada): Pharmaceutical treatment options for tendinopathy
- **Håkan Alfredson** (Sweden): Ultrasound- & Doppler-guided mini-surgery for patellar tendinopathy
- **Panel**: Case discussions: Which is the first option, and which the last line of defense?  
Review of learning objectives

## Tuesday, April 5

### Session 8

#### Pharmacological treatment of common acute sports injuries

**Chair:** Lars Engebretsen MD PhD

- **Nick Mohtadi** (Canada): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Michael Kjær** (Denmark): Acute muscle and ligament injuries - what is the pathology?
- **Michael Kjær** (Denmark): Is there a place for cortisone injections in the treatment of acute muscle and ligament injuries?
- **John Orchard** (Australia): Is there a place for local anaesthetics in the treatment of acute sports injuries?
- **Karim Khan** (Canada): NSAIDs and Cox-2 inhibitors in the treatment of acute sports injuries
- **Lars Engebretsen** (Norway): Platelet-rich plasma injections for acute sports injuries: Do they work and are they legal?
- **Panel**: Review of cases and learning objectives

### Session 9

#### Current clinical controversies

**Chair:** Kimberly G. Harmon MD

#### Introduction and two cases illustrating clinical controversies:

- **Jonathan Drezner** (USA): “I can’t feel my legs!” (cervical spinal stenosis)
- **Kimberly G. Harmon** (USA): “I can feel my legs and they hurt!” (anterior tibial cortex stress fracture)
- **Cindy J. Chang** (USA): “Why is my urine red?” (renal injury and polycystic kidney disease)
- **Jonathan Drezner** (USA): “I just got the wind knocked out of me” (thoracoabdominal trauma - rib fracture, pulmonary contusion, pneumothorax)
- **Kimberly G. Harmon** (USA): “I’m fine now that I have a defibrillator” (return to play with defibrillator or pacemaker)
- **Cindy J. Chang** (USA): “It’s okay, it runs in the family” (clearance for sports with asymptomatic long QT)

### Session 10

#### The hamstring problem in sports

**Chair:** Geoffrey Verrall MD

- **Lars Engebretsen** (Norway): Introduction and two cases illustrating key issues  
- Small-group discussions
- **Geoffrey Verrall** (Australia): Setting the stage: Which are the clinical entities involved in hamstring injuries and pain?
- **Geoffrey Verrall** (Australia): The etiology of hamstring injuries: Possible explanations
- **Nick Mohtadi** (Canada): Latest developments in hamstring injury management
- **Per Hölmich** (Denmark): Diagnostic dilemmas in chronic hamstring syndrome: Approach to clinical history, examination and investigation

- **Nick Mohtadi** (Canada): Non-surgical management of chronic hamstring injuries: Insertional and non-insertional
- **Ned Amendola** (USA): Rationale and options for surgical management of hamstrings injury
- **Panel**: Review of cases and learning objectives

## Session 11

### Return to sport: How do we make the best medical decisions?

**Chair: Gordon Matheson MD PhD**

#### Introduction and five cases illustrating key issues:

- **Gordon Matheson** (USA): A stress fracture - what are the key issues?
- **Kimberly G. Harmon** (USA): A female athlete with disordered eating - how do you decide?
- **Marc Safran** (USA): A ligament injury treated non-operatively?
- **Jiri Dvorak** (Switzerland): Low back pain in a soccer player
- **Marc Safran** (USA): An overuse shoulder injury in an overhead athlete - Small-group discussions
- **Gordon Matheson** (USA): Can return to play decisions be standardized?
- **Ned Amendola** (USA): What are the factors that go into return to play decisions?
- **Nick Mohtadi** (Canada): How good is the scientific evidence for return to play decisions?
- **Martin Schwellnus** (South Africa): What is the best practice for medical decision making in return to play?
- **Panel**: Review of cases and learning objectives

#### Speakers:

- Håkan Alfredson MD PhD Professor  
University of Umeå, Umeå, Sweden
- Ned Amendola MD Professor  
University of Iowa, Iowa City, IA, USA
- Roald Bahr MD PhD Professor (Program Chair)  
Oslo Sports Trauma Research Center, Oslo, Norway
- Cindy J. Chang MD Asst Clinical Professor  
University of California, Berkeley, CA, USA
- Wayne Derman MD PhD Professor  
University of Cape Town, Cape Town, South Africa
- Jiri Dvorak MD Professor  
Schulthess Clinic, Zurich, Switzerland
- Jonathan Drezner MD Associate Professor  
University of Washington, Seattle, WA, USA
- Lars Engebretsen MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo, Norway
- Kimberly Harmon MD Clinical Associate Professor  
University of Washington, Seattle, WA, USA
- Per Hölmich MD Associate Research Professor  
Amager Hospital, Copenhagen, Denmark
- Karim Khan MD PhD Professor  
University of British Columbia, Vancouver, BC, Canada
- Michael Kjær Dr.Med. MD Professor  
Institute of Sports Medicine Copenhagen, Copenhagen, Denmark
- Michael Makdissi MBBS PhD  
University of Melbourne, Parkville, Victoria, Australia
- Gordon O. Matheson MD PhD Professor  
Stanford University, Stanford, CA, USA
- Nicholas G. Mohtadi MD Clinical Professor  
University of Calgary, Calgary, AB, Canada
- Paul McCrory MBBS PhD Associate Professor  
The University of Melbourne, Melbourne, Victoria, Australia
- Willem Meeuwisse MD PhD Professor  
University of Calgary, Calgary, AB, Canada
- Timothy D. Noakes OMS MBChB MD DSc  
FFEM (UK) Discovery Health Professor  
University of Cape Town, Cape Town, South Africa
- John Orchard MD PhD Adjunct Associate Professor  
University of Sydney, Sydney, NSW, Australia
- Ola Rønsen MD PhD  
Norwegian Olympic Training Center, Oslo, Norway
- Marc R. Safran MD Professor  
Stanford University, Redwood City, CA, USA
- Martin Schwellnus MD PhD Professor  
University of Cape Town, Cape Town, South Africa
- Geoffrey Verrall MBBS  
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