

WINTER ENDURANCE SPORT MEDICINE COURSE



TUESDAY, MARCH 7, 2023
FAIRMONT BANFF SPRINGS
BANFF, AB



MAR 2023

CASEM-ACMSE.ORG/EVENTS

About the Series

This course is intended for physicians specializing in sports medicine as well as physiotherapists, athletic therapists, nurses and other health care professionals with an interest in endurance medicine and active patients.

The course will provide interactive lectures to provide the learner with the clinical expertise to manage the medical needs of endurance athletes who race and train in the winter months.

Overall Course Objectives

At the end of the workshop, the learner will be able to:

- Identify effective interventions to prevent, treat and rehabilitate common injuries from winter endurance athletes through a series of lectures and workshops;
- Have a plan to deal with prevention, training and return to play issues including nutritional and physical realms for the endurance athlete.

Declaration of Potential Conflicts of Interest

All speakers will be requested to disclose to the audience any real or apparent conflict (s) of interest that may have a direct bearing on the subject matter of this program.

Planning Committee

Rich Trenholm, MD, CCFP (SEM), Dip. Sport Med. (Chair)

Victor Lun, MD, CCFP (SEM), Dip. Sport Med.

CPD Committee Chair: Andrew Marshall, MD, FRCSC, Dip. Sport Med.



TUESDAY – MARCH 7, 2023

DRAFT PROGRAM

8:15AM - 8:30AM

WELCOME AND INTRODUCTIONS

DR. RICH TRENHOLM

8:30AM - 9:15AM

FATIGUE IN THE ENDURANCE ATHLETE

DR. LOUISE TULLOH

9:15AM - 10:00AM

**PERFORMANCE PHYSIOLOGY, TESTING AND MONITORING IN THE
TRAINING SEASON FOR CANADA'S NORDIC SPORTS**

JESS KRYSKI

10:00AM - 11:00AM

**RUNNING EFFICIENCY AND ECONOMY IN THE WINTER ENDURANCE
RUNNER**

DR. RICHARD TRENHOLM

11:00AM - 11:15AM

MORNING BREAK

11:15AM - 12:00PM

HYPOTHERMIA IN ABLE-BODIED AND ADAPTIVE ATHLETES

DR. JIM MOELLER

12:00PM

FITNESS BREAK (LED BY DR LEE SCHOFIELD) FOLLOWED BY LUNCH

1:30PM - 1:45PM

COLD WATER SWIMMING/IMMERSION THERAPY - BENEFITS VS RISKS

1:45PM - 2:30PM

**PREGNANCY AND POSTPARTUM CONSIDERATIONS FOR THE ENDURANCE
ATHLETE**

DR. JANE THORNTON

2:30PM - 2:45PM

AFTERNOON BREAK

2:45PM - 3:15PM

**TO WEAR OR NOT TO WEAR - THAT IS THE QUESTION
AN UPDATE ON WEARABLES**

3:15PM - 4:00PM

PANEL DISCUSSION - WINTER ENDURANCE PEARLS

DRS TULLOH, TRENHOLM, MOELLER