

CASEM PARA AND ADAPTIVE SPORT MEDICINE COURSE



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



MAR 2023

CASEM-ACMSE.ORG/EVENTS

About the Series

The number of athletes with disabilities participating in organized sports and the popularity of the Paralympic Games is steadily increasing in both Canada and around the world. As with all types of athletes, sports injuries are common among athletes with disabilities. Athletes with disabilities are predisposed to medical conditions and have a higher prevalence than that of a nondisabled individual. Understanding these conditions are vital to the proper prevention, care, and return to activity for these athletes

The goal of the course is to prepare physicians to provide medical care to athletes with physical impairments.

Target Audience

The target audience is a physician of any specialty, with or without their CASEM diploma, who wishes to develop and enhance their knowledge of and skill in the care of the paraathlete. This course may also be of interest to allied health professionals.

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

Lindsay Bradley, MD, CCFP (SEM), Dip. Sport Med. (Chair)

Kim Coros, MD, FRCPC (PMR), Dip. Sport Med

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

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



TUESDAY MARCH 7TH, 2023

DRAFT PROGRAM
SUBJECT TO CHANGE

7:55AM - 8:00AM

WELCOME AND INTRODUCTIONS

DR. LINDSAY BRADLEY

8:00AM - 9:00AM

HODGE PODGE

8:00AM

- VI ATHLETE INJURY PATTERNS

8:20AM

- SAFE SPORT CONSIDERATIONS FOR THE PARA ATHLETE

8:40AM

- CONSENSUS STATEMENT ON CONCUSSION IN PARA SPORT

9:00AM - 11:00AM

PREPARE TO PLAY WORKSHOPS

9:00AM

- WORKSHOP #1 – CLASSIFICATION CASES

10:00AM

- WORKSHOP #2 – PARA SPORT RULES

11:00AM - 11:15AM

MORNING BREAK

11.15AM - 12:00PM

HYPOTHERMIA IN ABLE-BODIED AND ADAPTIVE ATHLETES

- JOINT SESSION WITH WINTER ENDURANCE SPORT MEDICINE COURSE

DR. JIM MOELLER

12:00PM

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

1:30PM - 2:00PM

THE ATHLETE EXPERIENCE

2:00PM - 4:00PM

IN THE GYM AND ON THE HILL WORKSHOPS

2:00PM

- EMERGENCY EQUIPMENT REMOVAL – ON THE HILL

3:00PM

- STRENGTH & CONDITIONING MODIFICATIONS – THREE 'TYPES' OF ATHLETE (PARA, AMPUTEE, TONE)
 - CORE
 - SHOULDER
 - LOWER BODY

4:00PM - 4:45PM

LESSONS LEARNED FROM THE FIELD – WHERE SHOULD THE SPORT DOC BE?

- ATHLETICS
- SWIMMING
- ALPINE SKIING