



International
Olympic
Committee

Istanbul, Turkey
1 - 3 November 2021

12TH ADVANCED TEAM PHYSICIAN COURSE



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SCIENTIFIC COMMITTEE

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University of British Columbia,
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Scientific Director of the Canadian Institutes
of Health Research (CIHR)
Institute of Musculoskeletal Health
and Arthritis (IMHA)

Responsible for Case Studies

Robbart VAN LINSCHOTEN, MD, PhD,
Sports Medicine Consultant
Rotterdam, Netherlands

SCIENTIFIC PROGRAMME AT A GLANCE

Monday 01 November	Tuesday 02 November	Wednesday 03 November
08.40-10.30 Session 1 Working as a team physician – challenges and strategies Chairs: Roald BAHR (Norway/Qatar) Format: Lecture series 10.30-11.00 Coffee break	09.00-10.30 Session 5 Medical issues related to travelling with athletes Chair: Jiří DVOŘÁK (Switzerland) Format: Interactive (Kahoot/Mentimeter) Learning objectives: • 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 10.30-11.00 Coffee break	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 Learning objectives: • 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 program specifically for an at-risk population 10.30-11.00 Coffee break
11.00-12.45 Session 2 Hamstring injuries: Optimal treatment – minimal risk of reinjury Chair: Adam WEIR (Netherlands/Qatar) Format: Case-based discussions Learning objectives: • 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 12.45-14.00 Lunch	11.00-12.35 Session 6 Novel approaches to the treatment of tendinopathy – the case of the patellar tendon Chair: Margo MOUNTJOY (Canada) Format: Case-based discussions Learning objectives: • 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 12.35-13.30 Lunch	11.00-12.30 Session 10 Return to sport: How do we make the best return to play decisions following injury and illness? Chair: Robb VAN LINSCHOTEN (Netherlands) Format: Case-based discussions Learning objectives: • 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 12.30-13.30 Lunch
14.00-15.30 Session 3 Acute infective illness in athletes Chair: Roald BAHR (Norway/Qatar) Format: Interactive (Kahoot/Mentimeter) Learning objectives: • 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 • Know how antibiotic choices may be modified in athletes 15.30-16.00 Coffee break	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) Learning objectives: • 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 program after an ankle injury 15.00-15.30 Coffee break	13.30-15.00 Session 11 Pharmacological treatment of acute sports injuries Chair: Karim KHAN (Canada) Format: Case-based discussions Learning objectives: • In relation to acute musculoskeletal injuries (muscle injuries or fractures), recite the pharmacology, contraindications, side effects and risks associated with the injection of local anaesthetics/glucocorticoids/PRP, and prescription of NSAIDs 15.00-15.30 Coffee break
16.00-17.30 Session 4 Mental health symptoms and disorders: a clinical approach for the team physician Chair: Simon KEMP (United Kingdom) Format: Case-based discussion Learning objectives: • Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge • Be familiar with the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT) • Develop competency in the clinical approach to athlete mental symptoms and disorders: - Treatment principles for the sport medicine physician - The return to play following time away for mental health symptoms and disorders • Develop a prevention program specifically targeted at high-risk sport situations for mental health symptoms and disorders	15.30-17.00 Session 8 Managing concussions in the team setting Chair: Johannes TOL (Netherlands/Qatar) Format: Case-based discussions Learning objectives: • 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	15.30-17.00 Session 12 The groin/hip enigma in sports Chair: Lars ENGBRETSSEN (Norway/Switzerland) Format: Case-based discussions Learning objectives: • 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 End of the sessions and departures

SCIENTIFIC PROGRAMME

Sunday 31 October 2021

Arrival of the participants throughout the day
19.30 Welcome Dinner at the hotel

Monday 01 November 2021

08.40-10.30 Session 1

Working as a team physician - Challenges and strategies

Chair:

Roald BAHR, Norway/Qatar

Format:

Lecture series

Speakers:

Uğur Erdener, Turkey

Lars Engebretsen, Norway/Switzerland

Richard Budgett, Switzerland

Alan Vernec, Canada

Phatho Zondi, South Africa

Jane Thornton, Canada

Karim Khan, Canada

Programme:

08.40-08.50 Welcome from the IOC Medical & Scientific Commission Chair

Uğur Erdener, Turkey

08.50-09.10 The scientific activities of the IOC Medical Commission

Lars Engebretsen, Switzerland/Norway

09.10-09.25 The Olympic Movement Medical Code – How does it apply to you as team physician?

Richard Budgett, Switzerland

09.25-09.45 Understanding the Prohibited List – keeping you and your athletes out of trouble

Alan Vernec, Canada

09.45-10.00 Working as a team physician – what they don't teach you in medical school

Phatho Zondi, South Africa

10.00-10.15 Slower, calmer, wiser - achieving excellence as a team doctor

Jane Thornton, Canada

10.15-10.30 The team clinician as a leader, mentor AND mentee – what's the evidence?

Karim Khan, Canada

10.30-11.00 Coffee break

11.00-12.45 Session 2

Hamstring injuries: optimal treatment – Minimal risk of reinjury

Chairs:

Adam WEIR, Netherlands/Qatar

Format:

Case-based discussions

Speakers:

Haydar A. Demirel, Turkey

Johannes Tol, Netherlands/Qatar

Rod Whiteley, 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 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, 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, Netherlands/Qatar

12.15-12.30 When everything fails – what is the role of surgery in hamstring injuries?

Gino Kerkhoffs, 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 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
- Know how antibiotic choices may be modified 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**

Mental health symptoms and disorders: a clinical approach for the team physician

Chair:

Simon KEMP, United Kingdom

Format:

Case-based discussions

Speakers:

Margo Mountjoy, Canada

Vincent Gouttebarga, Netherlands

Alan Currie, UK

Margot Putukian, USA

Learning objectives:

Participants will be able to:

- Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge
- Be familiar with the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT)
- Develop competency in the clinical approach to athlete mental symptoms and disorders:
 - Treatment principles for the sport medicine physician
 - The return to play following time away for mental health symptoms and disorders
- Develop a prevention program specifically targeted at high-risk sport situations for mental health symptoms and disorders

Programme:

16.00-16.05	Introduction of two cases illustrating key issues
16.05-16.15	Small-group discussions
16.15-16.30	Mental health symptoms and disorders in elite sport: Science base Margo Mountjoy, Canada
16.30-16.45	Screening for mental health symptoms and disorders in elite sport Vincent Gouttebarga, Netherlands
16.45-17.00	Treatment principles for mental health symptoms and disorders in elite athletes Alan Currie, UK
17.00-17.15	Prevention of mental health symptoms and disorders in elite athletes Margot Putukian, USA
17.15-17.30	Panel: Panel discussion & Review of cases

19.00 Dinner

Tuesday 02 November 2021

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

11.00-12.35 Session 6**Novel approaches to the treatment of tendinopathy – the case of the patellar tendon**

Chair:

Margo MOUNTJOY, Canada

Format:

Case-based discussions

Speakers:

Michael Kjær, Denmark

Rod Whiteley, Qatar

Ben Clarsen, Norway

Johannes Tol, Netherlands/Qatar

Jón Karlsson, Sweden

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:

11.00-11.05 Introduction of two cases illustrating key issues

11.05-11.15 Small-group discussions

11.15-11.30 What is tendinopathy and why does it happen?

Michael Kjær, Denmark

11.30-11.45 The clinical assessment: history, physical examination, load assessment, demand

Rod Whiteley, Qatar

11.45-12.00 Physiotherapy management: First line

Ben Clarsen, Norway

12.00-12.10 Shock wave therapy, platelet-rich plasma or pharmaceutical treatments?

Johannes Tol, Netherlands/Qatar

12.10-12.20 Does surgery work?

Jón Karlsson, Sweden

12.20-12.35 Panel: Case discussions: which is the first treatment option, and which the last line of defence?

12.35-13.30 Lunch

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, 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 program 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, 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, 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, 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

Wednesday 03 November 2021

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 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 program 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 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, Netherlands

Format:

Case-based discussions

Speakers:

Roald Bahr, Norway/Qatar

Martin Schwellnus, South Africa

Adam Weir, 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, 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

13.30-15.00 Session 11**Pharmacological treatment of acute sports injuries**

Chair:

Karim KHAN, Canada

Format:

Case-based discussions

Speakers:

Robbart van Linschoten, Netherlands

Lars Engebretsen, Norway/Switzerland

Michael Kjær, Denmark

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 anaesthetics/glucocorticoids/PRP, and prescription of NSAIDs

Programme:

13.30-13.35	Introduction of two cases illustrating key issues
13.35-13.45	Small-group discussions
13.45-13.55	Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle or ligament tears? Robbart van Linschoten, Netherlands
13.55-14.05	Is there a risk with NSAIDs or Cox-2 inhibitors in the treatment of fractures? Lars Engebretsen, Norway/Switzerland
14.05-14.15	Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries? Michael Kjær, Denmark
14.15-14.25	Platelet-rich plasma injections for acute musculoskeletal injuries: do they work? Johannes Tol, Netherlands/Qatar
14.25-14.45	Treatment of pain in the athlete – The 2017 IOC consensus statement Wayne Derman, South Africa
14.45-15.00	Panel: Review of cases and learning objectives

15.00-15.30 Coffee break

15.30-17.00 Session 12

The groin/hip enigma in sports

Chair:

Lars ENGBRETSSEN, Norway/Switzerland

Format:

Case-based discussions

Speakers:

Adam Weir, 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:

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|-------------|--|
| 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, Netherlands/Qatar |
| 16.00-16.15 | Imaging in groin pain - what do I need to know as a team physician?
Üstün Aydıngöz, 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 |

End of the sessions and departures

SPEAKERS

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