

Wednesday, 7 September	Thursday, 8 September	Friday, 9 September
08.40-10.30 Session 1 Working as a team physician – challenges and strategies	09.00-10.30 Session 5 Medical issues related to travelling with athletes 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	09.00-10.30 Session 9 Relative Energy Deficiency in Sport (RED-S): Clinical approach for the team physician 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	10.30-11.00 Coffee Break	10.30-11.00 Coffee Break
11.00-12.30 Session 2 Hamstring injuries: Optimal treatment – minimal risk of reinjury 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 passive treatment strategies • Describe when surgical treatment is indicated for hamstring injuries	11.00-12.30 Session 6 Return to sport: How do we make the best return to play decisions following injury and illness? 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	11.00-12.30 Session 10 Risk management: Models, methods and making it happen! Learning objectives: • 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
12.45-14.00 Lunch	12.30-13.30 Lunch	12.30-13.30 Lunch
14.00-15.30 Session 3 Acute respiratory infections in athletes Learning objectives: • Define the clinical syndromes of acute respiratory infections in athletes • Identify risk factors for acute respiratory infections in athletes • Develop a working plan to decrease the risk of acute respiratory infections in individual athletes and a team • Know how to treat acute respiratory infections in athletes, including the use of antibiotics or not • Be aware and screen for possible medical complications in athletes with an acute respiratory infection • Have an approach to clinical return-to-sport decision making in athletes with a recent acute respiratory infection	13.30-15.00 Session 7 Ankle injuries – when you hear hoof beats, think horse, but don't forget the zebra 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	13.30-15.00 Session 11 Mental health symptoms and disorders: A clinical approach for the team physician Learning objectives: • Understand the magnitude and aetiology of mental health symptoms and disorders in elite athletes based on the available scientific knowledge. • Develop a prevention program specifically targeted at high-risk sport situations for mental health symptoms and disorders. • Develop competency in the clinical approach to mental symptoms and disorders in elite athletes with a focus on treatment principles and the return to play process. • Be familiar with the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT-1 / SMHRT-1). • Apply the IOC Sport Mental Health Assessment Tool (SMHAT-1).
15.30-16.00 Coffee Break	15.00-15.30 Coffee Break	15.00-15.30 Coffee Break
16.00-17.30 Session 4 Treating tendinopathy in the elite athlete – the case of the patellar tendon 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.	15.30-17.00 Session 8 Managing concussions in the team setting Learning objectives: • Understand the Concussion Consensus process and the key areas that will be discussed at the Amsterdam meeting • Be able to integrate the SCAT5 appropriately in their side-line assessment of a player following a head impact • Understand and apply an office assessment to individualise and be able to prescribe safe RTP programs following concussion • Understand evidence informed targeted treatment strategies, 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 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