

## Weekend 2: MSK Sport Med (January 12-13, 2018)

### Objectives:

- 1) To apply the principles of evidence based rehabilitation to patient care treatment plans.
- 2) To gain proficiency in exercise counselling for evidence based management.
- 3) To identify common sport medicine injuries and office based treatment plans

### DAY 1: FRIDAY, JANUARY 12, 2018

Time	Session	Objectives	Interactive Participation
8:00 am	Registration and Breakfast		
8:30 am	Approach to Common Sport Injuries: Trauma  <b>Dr. Neil Dilworth</b>	Able to identify the early signs of soft tissue and bony trauma.  Able to appropriately refer for investigations and specialist consultation	Question Period allotment for 15 minutes of session  2 Case studies within session to facilitate discussion
9:30 am	Approach to Common Sport Injuries: Tendinopathies  <b>Dr. Neil Dilworth</b>	To describe the pathological process of tendon degenerative changes  To prescribe appropriate treatment strategies for resolution	Question Period allotment for 15 minutes of session  2 Case studies within session to facilitate discussion
10:30 am	Break		
10:45 am	Getting the Right Referral for Rehabilitation  <b>Dr. Julia Alleyne</b>	To describe the emerging and converging roles of rehabilitation professionals  To be able to describe the role of rehabilitation to patients requiring therapy.  To apply clinical decision-making principles to a rehabilitation oriented case for optimal management	Participants will actively complete a rehabilitation referral for a case study which will be reviewed by their peer for feedback.  Allotted Time for questions throughout the session is 20 minutes.
12:00 pm	Lunch	Catered	
12:30pm	Optional Walk n'Talk	Chinatown and the AGO	Led by Dr. Julia Alleyne
1:00pm	Bracing, Splinting, Slings and Good Shoes!  <b>Ms. Heather Robinson</b>	To gain an understanding of the types and uses of orthopedic braces for both upper and lower extremity	Braces and Splints will be handed out for participants to try, feel and use.

		To identify joints and structures which benefit from custom and off-the-shelf bracing.	Allotted Time for questions throughout the session is 20 minutes.
2:30	Break		
2:45	Effective Office Based Exercise Prescription  <b>Dr. Julia Alleyne</b>	To apply the principles of exercise prescription to the appropriate stage of behavioural change  To identify the appropriate exercise prescription components for medical conditions	Self Assessment of Stage of Change for Exercise Behaviour  1 Continuous case example through session to facilitate discussion  10 minutes allotted for questions throughout the session
3:30pm	FITT – Rules for Success  <b>Dr. Julia Alleyne</b>	To prescribe exercise in a specific and accurate method for age related benefit  To demonstrate application of exercise guidelines and indications for fitness testing.	Audience Role playing a case where patient has barriers to exercise intervention.  10 minutes allotted for questions throughout the session
4:30pm	Summary of Key Learnings <b>Dr. Julia Alleyne</b>	To reflect on the day's learnings and identify the key components to initiating change in practice behaviour	Discussion with one contribution per attendee
4:45pm	Evaluation	Discussion of application to Practice	Discussion with one contribution per attendee

## DAY 2: SATURDAY, JANUARY 13, 2018

Time	Session	Objectives	Interactive Participation
8:00 am	Registration and Breakfast		
8:30 am	Injections: The In's and Out's of Treatment  <b>Dr. Howard Chen</b>	To identify surface anatomy and landmarks for intra-injections of the shoulder and knee.  To use the injection models to gain hands-on experience with practice injections on joint injection models.	Demonstration of injection on models (non-human) with all participants having an opportunity to use the model. This will take 40 minutes of session.
10:15 am	Break		
10:30 am	Easy and Effective Taping  <b>Ms. Cindy Hughes</b>	To apply taping treatment for common MSK injuries  To demonstrate taping modifications for specific musculoskeletal conditions	This is an interactive workshop where participants will learn 6 taping procedures and will try them on each other with supervision.
12:00 pm	Lunch		

12:30 pm	Books and Website Resource Sharing		
1:00pm	Injury Prevention: It can be done!  <b>Dr. Julia Alleyne</b>	To describe the evidence and models for sport injury prevention.  To identify patient resources for office based education	FIFA 11 Video  Discussion time of 10 minutes.  Share and Pair of 10 minutes identifying prevention strategies for common injuries.
1:45pm	Step by Step approach to Return to Play  <b>Dr. Cathy Campbell</b>	To describe the protocols for successful Return to Play after a sport injury.  To identify the need for accurate medical assessment to provide medical clearance	2 case based discussions of examples of RTP with favourable and unfavourable outcomes.
2:30	Break		
2:45	Standardized Patients: Rotation 1 <b>Dr. Julia Alleyne</b>	Shoulder Injury  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
3:15	Standardized Patients: Rotation 2 <b>Dr. Cathy Campbell</b>	Ankle Injury  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
3:45	Standardized Patients: Rotation 3 <b>Dr. Howard Chen</b>	Knee Injury  Within a small group, perform the assessment and management plan with a standardized patient integrating the course learnings.	All participants will be playing a role as the assessor with a faculty supervisor for integrated teaching.
4:15	Summary of Key Learnings <b>Dr. Julia Alleyne</b>		.
4:45pm	Evaluation	Survey Monkey Link send to participants with a 24 hours window to complete	