Fortius Sport & Health and SportMedBC would like to invite you to our Complimentary Sport & Health Symposium designed specifically for Family Practice Physicians, Physiotherapists and other Sport & Exercise Medicine Practitioners.

Please join us for a short day of world-class speakers & small, case-based workshops.

3713 KENSINGTON AVE, BURNABY, BC V5B 0A7

fortiussport.com
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AN INTEGRATED APPROACH TO PRIMARY PREVENTION & SPORTS MEDICINE

A COMPLIMENTARY SPORT & HEALTH SYMPOSIUM

SATURDAY
SEPTEMBER 28TH, 2013
8:15 AM TO 3:30 PM

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KEY NOTE SPEAKERS

**DR. RICK CELEBRINI, PhD, BSc, PT, RCMAT, DIP. SPORTS PT** – Musculoskeletal Conditions that aren’t getting better – cracking the code from a rehab perspective.

Dr. Celebrini will discuss elements to consider in the management of complex musculoskeletal conditions from a rehab perspective. Recalcitrant lumbo-pelvic-hip & other lower extremity conditions can be a challenge to the physician, therapist & allied healthcare practitioner. Rehab principles, techniques & design will be presented that can be applied to a diverse population.

**DR. GORDON MATHESON, MD, PhD –** Exercise, Health & Disease Prevention – Where does it fit in Healthcare?

Dr. Matheson addresses the rapidly-increasing burden of chronic disease in the context of the large body of evidence that demonstrates the substantial preventive & therapeutic benefits of physical activity, healthy diets and lifestyle changes such as cessation of smoking. He explains how sport & exercise medicine is well positioned to champion the cause of disease prevention and management by promoting physical activity.

**MR. JOHN HERDMAN –** The importance of sports medicine, science & training

Mr. Herdman understands the importance of sports medicine, science and training in his role as head coach of the Canadian National Women’s Soccer Team. He addresses his emphasis on comprehensive support in the field in the lead-up to the FIFA Women’s World Cup in 2015 and the Rio 2016 Olympics. He also explains how his national team athletes understand their impact on the next generation of Canadians as active living role models.

WORKSHOP DETAILS

**A CASE-BASED APPROACH TO FOOT & ANKLE INJURIES – DR. JASON CROOKHAM, DO, CAQSM**

- Discussion of common foot & ankle injury mechanisms and their exam findings;
- Review of relevant anatomy and physical exam of the foot & ankle;
- Ordering of appropriate tests;
- Rehabilitation of foot and ankle injuries.

Times Offered: 1:55 PM & 2:45 PM | This workshop is limited to 15 people.

**ASSESSMENT & MANAGEMENT OF COMMON TRAUMATIC & OVERUSE KNEE CONDITIONS – DR. JACK TAUNTON, MSC MD DIPL. SPORTS MEDICINE (CASEM)**

- Review of knee & lower extremity alignment;
- Assessment & management of patellar laxity (Patelofemoral Pain & Patellar Tendinopathy), Iliotibial Band Syndrome (ruling out Meniscal Pathology) and Ligament injuries;
- Role of unloader braces for medial/lateral OA or meniscal tears.

Times Offered: 1:00 PM & 1:55 PM | This workshop is limited to 15 people.

**APPLIED PHYSIOLOGICAL & BIOMECHANICAL INTEGRATION: RELEVANCE TO YOUR PRACTICE – DR. CHRISTOPHER MACLEAN, PhD, JESSICA MAURER, MSc & BETH GNATIUK, Mkin, CSEP-CEP, CSCS**

- The Client Experience: Client Education through Quantitative Analysis & Novel Integrated Solutions;
- The Collaborating Physician Experience: How we Collaborate with the Allied Healthcare Practitioner;
- Applied Sport & Exercise Applications for: the recreational athlete, active individuals committed to improved health & wellness, and/or those challenged with chronic systemic or lower extremity orthopaedic conditions.

Times Offered: 1:00 PM & 2:45 PM | This workshop is limited to 25 people.

**WORKSHOP DETAILS**

**COMBATTING IRRITABLE BOWEL SYNDROME (IBS) – AN INNOVATIVE & INTEGRATED APPROACH – MS. ASHLEY CHARLEBOIS, REGISTERED DIETITIAN, MSC, CSEP-CEP, MS. LING PAI BHUKIN, ACSM CES, CSEP CEP, & MS. TARA LOSETH, BSc. PHARM, R. PH**

- The Client Experience: Optimize Patient Outcomes with access to a Registered Dietitian, a Certified Exercise Physiologist & a Pharmacist;
- Discussion of the Low FODMAP diet that has shown to be effective in the symptom management of IBS patients;
- Discussion of medications that can contribute to IBS symptoms and interactions that can occur between food, supplements & medication;
- Special considerations for exercise.

Times Offered: 1:55 PM | This workshop is limited to 25 people.

**VISION TO VICTORY: GOING BEYOND THE SHELLEN CHART – DR. KEVIN LOOPEKER, BSc, OD, FCQD & DR. DONNA MOCKLER, BSc, OD**

- Sport Vision is a branch of vision care designed to improve the visual performance of all active individuals (athletes);
- Learn how Sport Vision goes beyond 20/20 & examines (and improves) the visual skills necessary to accurately judge space & time, process visual information with greater efficiency, and precisely guide visual-motor responses;
- Review of clinical pearls that are relevant to your general patient population;
- Experience the Nike SPARQ Sensory Station: a state-of-the-art sensory device designed to assess & benchmark athlete visual performance.

Times Offered: 1:55 PM | This workshop is limited to 25 people.

**A MULTI-DISCIPLINARY, COLLABORATIVE APPROACH TO MANAGING COMMON KNEE CONDITIONS – DR. GERRY RAMOGIDA, DC, CCSSC (R), MR. NICK HELD, M. HK, CSCS, & MR. DAMIEN MORONEY, BSc. PT, CGIMS, CSCS**

- Learn how our multi-disciplinary team integrates various therapeutic inputs to optimize recovery from: ACL repair, Microfracture, Osteoarthritis & Tendinopathy;
- Focus on how Hydrotherapy offers many unique advantages throughout all phases of recovery/management.

Times Offered: 1:00 PM & 2:45 PM | This workshop is limited to 10 people.

**THE PERFORMANCE ATHLETE: ASSESSING THE SUM OF THE PARTS (NOT JUST THE PARTS) – MR. DARREN MCCONAGHY, BSc, CAT (C)**

- A look at regional interdependence;
- Assessment of the athlete using a global approach;
- Implications of performance-based training;
- Building an exercise prescription based on the neuro-developmental model.

Times Offered: 1:00 PM | This workshop is limited to 25 people.

**TOPICAL COMPOUNDED PREPARATIONS: AN OVERVIEW OF THEIR ROLE IN PAIN MANAGEMENT, WOUND CARE & SCAR TREATMENT – TARA LOSETH, BSc. PHARM, R.Ph.**

- Review of bases and transdermal vehicles;
- Discussion of topical medications, their use and reduction of side-effects;
- Learn how to achieve pain reduction without sedation and scar reduction post-healing.

Times Offered: 2:45 PM | This workshop is limited to 25 people.
**AGENDA**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:15 – 9:00</td>
<td>SportMedBC AGM Registration, Continental Breakfast</td>
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<tr>
<td>9:00 – 10:00</td>
<td>SportMedBC Annual General Meeting</td>
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<td>10:00 – 10:30</td>
<td>Mr. Randy Goodman, BSc. PT, Dip. Sports PT – Director, Institute Operations, Fortius Sport &amp; Health</td>
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<td>09:15 – 10:00</td>
<td>Welcome, Health Break &amp; Afternoon Workshop Registration</td>
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<td>11:15 – NOON</td>
<td>Dr. Gordon Matheson, MD, PhD – Chief Strategic advisor, Fortius Sport &amp; Health</td>
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<td>NOON – 1:00</td>
<td>Mr. John Herdman, Head Coach - Canadian National Women’s Soccer Team, Lunch &amp; Keynote Speaker</td>
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<td>1:00 – 1:45</td>
<td><strong>WORKSHOP #1</strong></td>
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**COMING FROM OUTSIDE OF VANCOUVER & NEED ACCOMMODATION?**

The Fortius Lodge has 60 rooms over three floors and offers short-term & mid-term accommodations for clients, teams & other groups including visiting athletes, coaches & administrators participating in local tournaments, camps, workshops or symposia. **ROOMS ARE AVAILABLE FOR $100/NIGHT DOUBLE OCCUPANCY. PARKING IS FREE.**

**SPACE FOR THE AGM AND THIS COMPLIMENTARY GRAND OPENING SPECIAL EVENT IS EXTREMELY LIMITED. EARLY REGISTRATION IS SUGGESTED.**

**THERE IS NO CHARGE FOR THIS SYMPOSIUM.**

**TO SECURE YOUR SPOT:**

**FOR MORE INFORMATION:**

sportmedbc.com

Mike Martignago
P: 604.294.3050 – 103
E: mikem@sportmedbc.com

Registration for the afternoon workshops will take place on September 28 between 10:00 – 10:30 am.
Fortius Sport & Health practitioners are committed to ongoing communication & consultation with you - as well as other specialists & experts within British Columbia, Canada & North America. We have combined our practitioner expertise with a state-of-the-art facility to provide a personalized & comprehensive experience for all, in the following areas:

+ Sport Physicians
+ Chiropractic
+ Sport Vision/Optometry
+ Massage Therapy
+ Dietary Consultation
+ Kinesiology
+ Exercise Physiology
+ Biomechanics
+ Performance Conditioning
+ Sport Psychology (Fall 2013)
+ Podiatry (Fall 2013)
+ Pedorthics (Fall 2013)

Our facility also includes: Fortius Fitness Centre, Fortius Performance Conditioning Centre, Hydroworx 2000 underwater treadmill, a multi-purpose double gymnasium, FIFA standard soccer pitch & 120-bed lodge.