Fortius Sport & Health would like to invite you to our Sport & Health Symposium designed specifically for Family Practice Physicians. Please join us for a day of world-class speakers and small, functional workshops. Space for this symposium is extremely limited, so early registration is suggested. This program has been accredited by the College of Family Physicians of Canada and the British Columbia Chapter for up to 7 Mainpro-M1 credits.

**Assessment. Treatment. Rehabilitation.**

**A COMPREHENSIVE SYMPOSIUM ON FOOT & ANKLE, KNEE, HIP, SHOULDER, HAND & WRIST INJURIES.**

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**FORTIUS SPORT & HEALTH**

3713 Kensington Ave, Burnaby, BC V5B 0A7

604.292.2500 | FortiusSport.com
PLANNING COMMITTEE

Dr. Jack Taunton, MSc, MD, Dipl. Sports Medicine (CASEM) – Director Sport Medicine, Fortius Institute; Physician, Allan McGavin, Sports Medicine Centre; Professor, Dept. of Family Practice, UBC

Dr. Jason Crookham, DO, CAQSM, Dipl. Sports Medicine (CASEM) – Physician, Fortius Institute

Mr. Randy Goodman, B. Sc. PT, Dip. Sports PT – Director of Institute Operations, Fortius Sport & Health

Ms. Jo-Ann Bateman, BA, B. Comm (Hons.), Manager of Health Programs & Partnerships, Fortius Sport & Health

Ms. Erin Reid, RMT, Registered Massage Therapist, Fortius Institute

PRESENTING FACULTY

Dr. Bruce Forster, MSc, MD, FRCPC – Professor and Department Head, Radiology, Faculty of Medicine, UBC

Ms. Carol Kennedy, B. Sc. PT, MCISc (Manip), FCAMPT – Physiotherapist, Treloar Physiotherapy

Dr. Rod French, Clinical Asst. Professor, Department of Plastic Surgery, UBC; Department Head of Plastic Surgery, Peace Arch Hospital

Dr. Jack Taunton, MSc, MD, Dipl. Sports Medicine (CASEM) – Director Sport Medicine, Fortius Institute; Physician, Allan McGavin Sports Medicine Centre; Professor, Dept. of Family Practice, UBC

Ms. Marilyn Adams, B.Sc.PT,FCAMT,CGIMS, Physiotherapist, Fortius Institute, Physiotherapist, Canadian Snowboard and Triathlon Teams

Dr. Jordan Leith, M.D.,MHSc.,FRCS(C), Director of Orthopaedics, Fortius Institute; Clinical Associate Professor, UBC

Dr. Rick Celebrini, PhD, Bsc. PT, RCAMT, Dip. Sports PT – Chief Sport Officer, Fortius Institute; Director of Sport Medicine, Vancouver Whitecaps

Ms. Elizabeth Gnatiuk, MKin, CSEP-CEP, CSCS – Exercise Physiologist, Fortius Institute

Dr. Jason Crookham, DO, CAQSM, Dipl. Sports Medicine (CASEM) – Physician, Fortius Institute

Dr. Reg Peters, MD, CCFP(EM),FCFP, CASEM Dip. Sports Med., Physician, Fortius Institute

Dr. Christopher MacLean, PhD – Director of Biomechanics, Fortius Institute

Dr. Kevin Loopeker, BSc, OD, FCVOD – Director, Performance Vision, Fortius Institute

Mr. Erik Torchia, BMR(PT), CAFCI, Physiotherapist, Fortius Institute

Mr. Mike Foster, B.Sc.PT, FCAMP, Physiotherapist Fortius Institute; Clinical Assistant Professor, UBC

Dr. Gerry Ramogida, DC, CCSSC (R) – Chiropractor, Fortius Institute

Ms. Ashley Charlebois, MSc, CSEP-CEP – Registered Dietitian, Fortius Institute

Mr. Nick Held, MHk, CSCS – Kinesiologist Hydrotherapy, Fortius Institute

Mr. Jermaine John-Archer, B. KIN, CSEP-CEP, Performance Movement Coach, Fortius Institute

Dr. Ben Sporer, PhD, MSc, Physiology & Performance Advisor, Fortius Institute

Dr. Donna Mockler, BSc, OD – Performance Vision, Fortius Institute to page two under Presenting Faculty
SCHEDULE

7:30 - 8:00 AM: Registration & Continental Breakfast

8:00 - 8:05 AM: Welcome Mr. Randy Goodman, Director of Institute Operations

8:05 - 8:15 AM: Dr. Jack Taunton - “Sports Medicine; Then & Now”

8:15 - 8:35 AM: Ms. Carol Kennedy - “Role of Cervical Spine in Concussion Symptoms”

8:35 - 8:55 AM: Dr. Bruce Forster - “Imaging in Musculoskeletal Injuries - What to use & when”

8:55 - 9:15 AM: Dr. Jason Crookham - “Using Exercise as Medicine to Reduce Risk Factors”

9:15 - 9:45 AM: BREAK

9:45 - 10:25 AM: Workshop #1 - Please choose one of the following: A, B, C, D, M

10:30 - 11:10 AM: Workshop #2 - Please choose one of the following: E, K, A, C, H, N

11:15 - 11:55 AM: Workshop #3 - Please choose one of the following: M, I, B, G, N, J

11:55 AM - 1:00 PM: LUNCH
Luncheon Speaker: Chris Spencer, National Football League veteran
The Importance of Assessment, Treatment & Rehabilitation: The Client Perspective
An All-American first-round NFL Draft pick of the Seattle Seahawks in the season of their first Super Bowl appearance in 2005-2006, the Tennessee Titan offensive lineman will provide a high level client's perspective on the importance of the full continuum of quality medical care.

1:00 - 1:40 PM: Workshop #4 - Please choose one of the following: E, G, J, L, K, F

1:45 - 2:20 PM: Workshop #5 - Please choose one of the following: I, D, F, H, L

2:20 - 3:30 PM: RECEPTION (CashBar) - Game Changers Bistro @ Fortius

*Please see following pages for Workshop descriptions.
ASSESSMENT STREAM

A. Assessing the Ankle and Foot – Dr. Jack Taunton & Ms. Marilyn Adams
   ▪ Practical workshop reviewing the clinical assessment of the foot and ankle.
   ▪ Learn a basic exam, special tests and clinical pearls for more complicated cases.

B. Assessment of the Hip – Dr. Jordan Leith & Dr. Rick Celebrini
   ▪ Practical workshops reviewing the clinical tests used to assess the hip and groin (including those for labral tears).
   ▪ Learn to differentiate between conditions of the hip.

C. Clinical Care of Specific Sport-Related Hand & Wrist Injuries – Dr. Rod French
   ▪ Review common, but more complicated hand and wrist injuries requiring a referral to a hand and wrist surgeon and hand therapist to achieve a successful clinical outcome.
   ▪ Review specific conditions and the appropriate care continuum.

D. Testing for Exercise Induced Asthma – Ms. Beth Gnatiuk & Dr. Ben Sporer
   ▪ Demonstration of the Asthma Exercise Challenge test and its role in diagnosing exercise induced asthma.
   ▪ Assess the effectiveness of medications and medications to manage exercise induced asthma.

E. Basics of Assessing Gait – Dr. Christopher MacLean
   ▪ Learn how changes in gait can affect a variety of clinical conditions.
   ▪ Review how video analysis can give us clues to determine the mechanical problems that lead to overuse injuries.

F. Performing a basic SCAT test for concussion – Dr. Reg Peters
   ▪ Learn the steps to correctly perform a SCAT 3 test in your clinic for a client who has suffered a concussion.
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TREATMENT STREAM

G. Shoulder Injection Techniques – Dr. Jason Crookham
- Practical workshop demonstrating common injection techniques for the shoulder (including for conditions such as bursitis and rotator cuff injuries).
- Discuss contraindications and risks of injections.

H. Knee injection techniques – Dr. Jordan Leith
- Practical workshop demonstrating common injection techniques for the knee: viscosupplementation, anti-inflammatory injections and aspiration of the knee.
- Discuss contraindications and risks of injections.

I. Carotinoid supplementation to improve vision – Dr. Kevin Loopeker & Dr. Donna Mockler
- Discuss ground-breaking evidence in supplementation that has been shown to improve contrast vision specifically.
REHABILITATION STREAM

J. Basic Early Rotator Cuff Strengthening – Mr. Erik Torchia & Dr. Erik Yuill
   - Review basic exercises used to begin to strengthen rotator cuff injuries.
   - Review those cases that need to be referred for more of comprehensive rehabilitation or surgical consults.

K. PatelloFemoral Exercise for Patients – Mr. Mike Foster & Ms. Stefania Rizzo
   - Learn simple home exercises that can resolve patellofemoral pain.
   - Review those cases that require further referral for rehabilitation.

L. Early Core Stability: The Important Points – Dr. Gerry Ramogida & Mr. Jermaine John-Archer
   - Review common low back injuries.
   - Learn the correct progression to teach patients how to engage and maintain core stability.

M. The Role of Nutrition in Injury Recovery – Ms. Ashley Charlebois
   - Learn the essentials to help your patients recover as quickly as possible.

N. Early Mobility, The Role of the Hydroworx Treadmill – Mr. Nick Held
   - Review case studies using hydrotherapy and the underwater treadmill to speed recovery.
   - Experience the treadmill yourself if you choose to.*

*Participants are invited to experience the Hydrotherapy pool during the presentation. Please contact Jo-Ann Bateman at 604.292.2534 for more information.

LEARNING OBJECTIVES

1. Specific review of recent International Consensus of concussions, Return to Play guidelines, and the role of imaging/special tests in concussion management.
2. Discuss the appropriateness of ordering imaging for specific orthopaedic conditions.
4. Clarify the clinical techniques used to assess the hip.
5. Outline the problem solving process in assessment of ankle and foot injuries.
6. Discuss injuries to the hand, requiring referral to a plastic surgeon.
7. Review testing protocols used to diagnose exercise induced asthma and determine effective medication management of the problem.
8. Describe common evidence-based exercise programs in Rotator Cuff and PatelloFemoral injuries including handouts for patients.
9. Learn the steps of an effective delivery of the SCAT3 concussion screen.
10. Discuss the effectiveness of Carotenoid supplementation to improve vision.
11. Discover the basics of assessing gait in the clinical office and what conditions are complicated enough to refer to the biomechanics lab.
12. Provide information on dietary needs for effective injury recovery.
13. Learn practical techniques for injection of the shoulder and knee.
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MORE INFORMATION
events@fortiussport.com | 604.292.2534 | FortiusSport.com

TO REGISTER
fortiussymposium.eventbrite.ca
Symposium Fee: $149+GST/person
(includes course materials, snacks, refreshments and lunch)

Personal Information is collected on this registration form pursuant to section 26 of the Freedom of Information and Protection of Privacy Act, RSBC 1996 c. 165. Information is used for the purposes of facilitating the conference and collecting aggregate statistics.

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