



IOC
ADVANCED TEAM PHYSICIAN COURSE



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10TH EDITION
MARRAKECH, MOROCCO
25-27 SEPTEMBER 2018

Organising Partner



Publi Créations

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IOC ADVANCED TEAM PHYSICIAN COURSE

Foreword by the Chairman of the IOC Medical Commission

Dear Participants, Dear Friends,

Welcome to Marrakech for the 2018 IOC Advanced Team Physician Course.

The protection of athletes' health is a number one priority for the International Olympic Committee and its Medical and Scientific Commission, which I have the privilege to Chair.

In addition to our efforts to protect clean athletes, we also continue to work closely with medical and sports science experts from around the world to share the latest insights into the field of injury and illness prevention in sport, as we strive to keep the athletes as fit and healthy as possible.

Sharing this knowledge and establishing concrete measures will be the main focus of this 10th edition of the IOC Advanced Team Physician Course. This course is geared towards the practical issues of working with high-level athletes in a team sports setting.

You will learn some new things from the best! Together we will address controversial topics and present new evidence on diagnosis and treatment. Together we will challenge existing dogma.

Apart from our scientific discussions, we will have the opportunity to foster networking thanks to a social programme which – I am convinced – will receive your approval just like at previous editions.

I would like to thank all the organisations involved in staging this course alongside the IOC for their support.

Our wish is to further build with all of you, dear participants, the most effective education and knowledge in the important field of protecting athletes' health.

I look forward to your active participation and the discussions, and to seeing you all in Marrakech in September 2018.

My best wishes to all.

Prof. Dr Uğur Erdener

IOC Medical & Scientific Commission Chair



IOC ADVANCED TEAM PHYSICIAN COURSE

Welcome

Dear colleagues,

The Organising Committee for 2018 edition of the IOC Advanced Team Physician Course (ATPC) is very pleased to welcome our experienced faculty and delegates to Morocco.

The 10th edition follows the previous nine successful ATPCs. The first was organised by the Oslo Sports Trauma Research Center in Svolvær, Norway, 2008. IOC has then hosted the next courses at Stanford University, USA in 2010, in Calvi, France in 2011, in Oslo, Norway in 2012, at Saltsjöbaden, Sweden in 2013, in Mandelieu, France in 2014, in Doha, Qatar in 2015, in Stellenbosch, South Africa in 2016 and in Antalya, Turkey in 2017.

By hosting the 2018 event in Marrakech, Morocco we hope to make the IOC ATPC available for colleagues in North Africa and Mediterranean region. The excellent feedback from previous participants has inspired us to continue developing the IOC ATPC concept to become even more valuable for experienced team physicians, as well as a selected group of physiotherapists.

For the 2018 edition we will continue with what has become the trademark of the IOC ATPC, addressing current issues in sports medicine through real-life cases. The aim is to foster discussions and interaction among participants and faculty around clinical conundrums facing the team physician working with the elite athlete.

We will also have time for informal social interaction, and we know that each and every one of you will want to avail yourself of this opportunity to build an international network with experienced colleagues among faculty and delegates.

There are many situations in which the benefit of consulting a colleague with perspectives and practical experiences other than your own could be very valuable.

A warm welcome to Marrakech, Morocco in September 2018!

Lars Engebretsen, MD, PhD Professor
Head of Medicine & Science
IOC Medical and Scientific Department

Fredrik S. BENDIKSEN, MD
President of the Organising Committee

Roald Bahr, MD, PhD Professor
Chair of the Scientific Committee



IOC ADVANCED TEAM PHYSICIAN COURSE

Course vision

An experienced faculty is fully committed to ensure that this 3-days event will be at least as successful as the last nine memorable IOC Advanced Team Physician Courses.

This will be a team physician course geared towards the practical issues of working with high-level athletes in a team sports setting.

We will learn from the best! We will address controversial topics and present new evidence on diagnosis and treatment. We will challenge existing dogma.

Upon arrival at the course, delegates will receive cases illustrating specific scenarios, which we will address through small groups discussions, plenary lectures and panel discussions.

Our aim is to bring together 80 delegates with experience as team physicians to share new knowledge and challenge each other in open discussions.

We have also created a social programme to foster discussions and create an excellent possibility for networking outside the scientific sessions. We know from previous experience that this opportunity is highly appreciated.

The IOC Advanced Team Physician Course is open to a limited number of experienced sports physical therapists.





IOC ADVANCED TEAM PHYSICIAN COURSE

Course venue

The Four Seasons Resort Marrakech is a private resort paradise situated in the “red city” in front of the Menara gardens. Created in 2011, this resort welcomes the travellers in 16 hectares composed of a variety of plants and flowers such as palm trees, olive trees and hibiscus. Inspired by the Moroccan architecture, the Four Season Marrakech is composed of riads and brown small buildings. The decoration is very modern with a touch of Moroccan style.

Just 10 minutes away from the Marrakech-Ménara International Airport by taxi, the Four Seasons Resort Marrakech has 141 rooms and 27 suites decorated in the same contemporary and chic style with some Moroccan details. Endowed with a dressing space allowing you to tide your personal stuff, you will enjoy your stay with all the necessities comforts. Rooms are also furnished with a flat screen television, air conditioning, IPod & IHome station, minibar, safe deposit box and Wi-Fi. Bathrooms, like the rooms, are spacious with a big bath and an Italian styled shower. The whole atmosphere is very pleasant, bright and roomy.



Ballroom Agdal is located within the conference center.

The Four Seasons Hotel Marrakech offers 2,115 square metres of meeting and function space.

The three adjacent breakout rooms have natural daylight.

The hotel resort has two outdoor banquet spaces: the outdoor lawn composed of a central lawn surrounded by palm trees and the patio having an ornamental lake in the middle.





IOC ADVANCED TEAM PHYSICIAN COURSE

Organising Committee

President

Fredrik S. BENDIKSEN, MD

Members

Cherine TOUVET - FAHMY, *Anti-Doping & Project Manager*
IOC Medical & Scientific Department Head of Logistics, Social Events

Organising Partner, Publi Créations SAM:

Benedetta BOARETTO - SARTORI, *Account Manager*

Denise DAVIDE, *Project Manager*

International Olympic Committee

IOC Medical & Scientific Commission Chair:

Uğur ERDENER, *Professor, Dr*

Medical & Scientific Department

Director in charge:

Richard BUDGETT, MD, OBE

Organising Partner



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Scientific Committee

Chair

Roald BAHR

MD, PhD Professor

Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo, Norway
& Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

Members

Lars ENGBRETSSEN

MD PhD Professor & Head of Medicine & Science
International Olympic Committee, Lausanne, Switzerland;
Oslo Sports Trauma Research Center, Oslo University Hospital
& Norwegian Olympic Training Center, Oslo, Norway

Haydar A. DEMIREL

MD, PhD

Hacettepe University
Faculty of Medicine, Department of Sports Medicine
Faculty of Sport Sciences, Department of Exercise and Sport Physiology

Responsible for Case Studies

Dr. Robbart VAN LINSCHOTEN, MD, PhD

Chief Medical Officer, Team Mitchelton-Scott



IOC ADVANCED TEAM PHYSICIAN COURSE

PROGRAMME AT A GLANCE

MONDAY 24 SEPTEMBER	TUESDAY 25 SEPTEMBER	WEDNESDAY 26 SEPTEMBER	THURSDAY 27 SEPTEMBER
<p><i>Arrival of the participants throughout the day</i></p> <p>19.00 Welcome Dinner at the hotel</p>	<p>08.30-10.30 Session 1</p> <p>Working as a team physician – challenges and strategies</p> <p><i>Chairs: Roald BAHR (Norway/Qatar) & Lars ENGBRETSSEN (Norway/Switzerland)</i></p> <p><i>Format: Lecture series</i></p> <p>10.30-11.00 Coffee break</p> <p>11.00-12.45 Session 2</p> <p>Hamstring injuries: Optimal treatment – minimal risk of reinjury</p> <p><i>Chair: Adam WEIR (The Netherlands/Qatar)</i></p> <p><i>Format: Case-based discussions</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 <p>12.45-14.00 Lunch</p> <p>14.00-15.30 Session 3</p> <p>Infective illness in the athletes</p> <p><i>Chair: Roald BAHR (Norway/Qatar)</i></p> <p><i>Format: Interactive (Kahoot)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 • Recognise and manage acute and chronic tropical infections in athletes • Know how antibiotic choices may be modified in athletes <p>15.30-16.00 Coffee break</p> <p>16.00-17.30 Session 4</p> <p>Managing concussions in the team setting</p> <p><i>Chair: Johannes TOL (The Netherlands/Qatar)</i></p> <p><i>Format: Case-based discussion</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 etc) and modifying factors that influence the clinical management of concussed athletes <p>19.00 Social Programme <i>Transfer and Dinner at Beldi Country Club</i></p>	<p>08.30-10.00 Session 5</p> <p>Medical issues related to travelling with athletes</p> <p><i>Chair: Jiří DVOŘÁK (Switzerland)</i></p> <p><i>Format: Interactive (Kahoot)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 <p>10.00-10.30 Coffee break</p> <p>10.30-12.00 Session 6</p> <p>Novel approaches to the treatment of tendinopathy – the case of the patellar tendon</p> <p><i>Chair: Lars ENGBRETSSEN (Norway/Switzerland)</i></p> <p><i>Format: Case-based discussions</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 <p>12.00-13.30 Lunch</p> <p>13.30-15.00 Session 7</p> <p>Medical considerations for athletes with impairment</p> <p><i>Chair: Richard BUDGETT (Switzerland)</i></p> <p><i>Format: Interactive (Kahoot)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Understand the medical challenges of the athlete with impairment • Understand common injury patterns in athletes with impairment • Recognise and plan for environmental issues related to travel in athletes with impairment • Design a plan to reduce the illness and injury exacerbation in Paralympic athletes when travelling to foreign destinations • Design an injury and illness prevention programme for athletes with impairment • Understand the common medications used by athletes with impairment <p>15.00-15.30 Coffee break</p> <p>15.30-17.00 Session 8</p> <p>Pharmacological treatment of acute sports injuries</p> <p><i>Chair: Adam WEIR (The Netherlands/Qatar)</i></p> <p><i>Format: Case-based discussions</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • In relation to acute musculoskeletal injuries (muscle injuries or fractures), recite the pharmacology, contra-indications, side effects and risks associated with the injection of local anesthetics/glucocorticoids/PRP, and prescription of NSAIDs <p>19.00 Social Programme <i>Transfer and Dinner at Soleiman Palace</i></p>	<p>08.30-10.00 Session 9</p> <p>Ankle injuries – when you hear hoof beats, think horse, but don't forget the zebra</p> <p><i>Chair: Simon KEMP (United Kingdom)</i></p> <p><i>Format: Interactive (Kahoot)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • To be determined <p>10.00-10.30 Coffee break</p> <p>10.30-12.00 Session 10</p> <p>Return to sport: How do we make the best medical decisions?</p> <p><i>Chair: Robbart VAN LINSCHOTEN (The Netherlands)</i></p> <p><i>Format: Case-based discussions</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 <p>12.00-13.30 Lunch</p> <p>13.30-15.00 Session 11</p> <p>Risk management: Models, methods and making it happen!</p> <p><i>Chair: Wayne DERMAN (South Africa)</i></p> <p><i>Format: Interactive (Kahoot)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 <p>15.00-15.30 Coffee break</p> <p>15.30-17.00 Session 12</p> <p>The groin/Hip enigma in sports</p> <p><i>Chair: Lars ENGBRETSSEN (Norway/Switzerland)</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • 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 time frames 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 <p>17.00 End of the sessions and departures</p>



IOC ADVANCED TEAM PHYSICIAN COURSE

SCIENTIFIC PROGRAMME

Monday 24 September

Arrival of the participants throughout the day

19.00 Welcome Dinner at the hotel

Tuesday 25 September

08.30-10.30 **Session 1**

WORKING AS A TEAM PHYSICIAN – CHALLENGES AND STRATEGIES

Chairs:

Roald BAHR, Norway/Qatar & **Lars ENGBRETSSEN**, Norway/Switzerland

Format:

Lecture series

Speakers:

Uğur Erdener, Turkey

Nawal El Moutawakel, Morocco

Richard Budgett, Switzerland

Lars Engebretsen, Norway/Switzerland

Alan Vernec, Canada

Phatho Zondi, South Africa

Nirmala Perera, Australia/Sri Lanka

Irina Zelenkova, Russia

Programme:

08.30-08.35 Welcome from the Chair

Uğur Erdener, Turkey

08.35-08.40 Welcome from IOC Member, Morocco

Nawal El Moutawakel, Morocco

08.40-08.45 Welcome

Richard Budgett, Switzerland

08.45-09.00 The scientific activities of the IOC Medical Commission

Lars Engebretsen, Norway/Switzerland

09.00-09.20 The Olympic Movement Medical Code – How does it apply to you as team physician?

Richard Budgett, Switzerland

09.20-09.40 Understanding the Prohibited List and dietary supplements – keeping you and your athletes out of trouble

Alan Vernec, Canada

09.40-10.00 Working as a team physician – what they don't teach you in medical school

Phatho Zondi, South Africa

10.00-10.15 Using social media to get the message out

Nirmala Perera, Australia/Sri Lanka

10.15-10.30 Biggest challenges facing team physician

Irina Zelenkova, Russia

10.30-11.00 **Coffee break**



11.00-12.45

Session 2

HAMSTRING INJURIES: OPTIMAL TREATMENT – MINIMAL RISK OF REINJURY

Chair:

Adam WEIR, The Netherlands/Qatar

Format:

Case-based discussions

Speakers:

Haydar A. Demirel, Turkey

Johannes Tol, The Netherlands/Qatar

Rod Whiteley, Qatar

Gino Kerkhoffs, The 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, The 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, The Netherlands/Qatar

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

Gino Kerkhoffs, The Netherlands

12.30-12.45 Panel: Review of cases and learning objectives

12.45-14.00 Lunch



14.00-15.30

Session 3

INFECTIVE ILLNESS IN THE ATHLETES

Chair:

Roald BAHR, Norway/Qatar

Format:

Interactive (Kahoot)

Speakers:

Martin Schwellnus, South Africa

Nick Webborn, United Kingdom

Olaf Schumacher, Qatar

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
- Recognise and manage acute and chronic tropical infections in athletes
- Know how antibiotic choices may be modified in athletes

Programme:

14.00-14.05 Introduction of the session (Online questions)

Roald Bahr, Norway/Qatar

14.05-14.20 Infections in athletes - Who is at risk? (intrinsic and extrinsic risk factors)

Olaf Schumacher, Qatar

14.20-14.40 Strategies for preventing of illness in your team

Nick Webborn, United Kingdom

14.40-14.55 Possible medical complications in athletes who exercise during an infective illness

Martin Schwellnus, South Africa

14.55-15.15 Antibiotic and other prescription medication for infections in athletes – which ones to use or not to use?

Wayne Derman, South Africa

15.15-15.30 Questions & Post-test

15.30-16.00 Coffee break



16.00-17.30

Session 4

MANAGING CONCUSSIONS IN THE TEAM SETTING

Chair:

Johannes TOL, The Netherlands/Qatar

Format:

Case-based discussions

Speakers:

Jiří Dvořák, Switzerland

Simon Kemp, United Kingdom

Willem Meeuwisse, 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 etc) and modifying factors that influence the clinical management of concussed athletes

Programme:

16.00-16.05 Introduction of two cases illustrating key issues

16.05-16.15 Small-group discussions

16.15-16.25 The 2016 Berlin Concussion Consensus Guidelines – what is new?

Jiří Dvořák, Switzerland

16.25-16.40 Acute sideline assessment and the role of the SCAT5

Simon Kemp, United Kingdom

16.40-16.55 The role of active rehabilitation - taking a targeted approach to therapy

Willem Meeuwisse, Canada

16.55-17.15 Hands on with the SCAT5 - workshop participation

Simon Kemp, United Kingdom - **Willem Meeuwisse**, Canada - **Jiří Dvořák**, Switzerland

17.15-17.30 Panel: Review of cases and learning objectives

19.00 Social Programme

Transfer and Dinner at Beldi Country Club



Wednesday 26 September

08.30-10.00

Session 5

MEDICAL ISSUES RELATED TO TRAVELLING WITH ATHLETES

Chair:

Jiří DVOŘÁK, Switzerland

Format:

Interactive (Kahoot)

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

Programme:

08.30-08.35 Introduction of session (Online questions)

Jiří Dvořák, Switzerland

08.35-08.50 Medical challenges – effects of travel fatigue and “jet lag”

Christa Janse van Rensburg, South Africa

08.50-09.05 Medical challenges – risk of illness/infections and injuries

Martin Schwellnus, South Africa

09.05-09.20 Medical challenges – environmental issues (seasons, altitude, temperature and humidity, pollution)

Olaf Schumacher, Qatar

09.20-09.35 Pre-travel preparation and approach to medical issues during travel: What the team physician should do?

Wayne Derman, South Africa

09.35-09.50 What to do on arrival: The team physician’s checklist

Emin Ergen, Turkey/Qatar

09.50-10.00 Questions & post-test

10.00-10.30 **Coffee break**



10.30-12.00

Session 6

NOVEL APPROACHES TO THE TREATMENT OF TENDINOPATHY – THE CASE OF THE PATELLAR TENDON

Chair:

Lars ENGBRETSSEN, Norway/Switzerland

Format:

Case-based discussions

Speakers:

Michael Kjær, Denmark

Rod Whiteley, Qatar

Ben Clarsen, Norway

Johannes Tol, The 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:

10.30-10.35 Introduction of two cases illustrating key issues

10.35-10.45 Small-group discussions

10.45-11.00 What is tendinopathy and why does it happen?

Michael Kjær, Denmark

11.00-11.10 The clinical assessment: history, physical examination, load assessment, demand

Rod Whiteley, Qatar

11.10-11.20 Physiotherapy management: First line

Ben Clarsen, Norway

11.20-11.35 Shock wave therapy, platelet-rich plasma or pharmaceutical treatments?

Johannes Tol, The Netherlands/Qatar

11.35-11.45 Does surgery work?

Jón Karlsson, Sweden

11.45-12.00 Panel: which is the first treatment option, and which the last line of defense?

12.00-13.30 Lunch



13.30-15.00

Session 7

MEDICAL CONSIDERATIONS FOR ATHLETES WITH IMPAIRMENT

Chair:

Richard BUDGETT, Switzerland

Format:

Interactive (Kahoot)

Speakers:

Wayne Derman, South Africa

Cheri Blauwet, USA

Nick Webborn, United Kingdom

Learning objectives:

Participants will be able to:

- Understand the medical challenges of the athlete with impairment
- Understand common injury patterns in athletes with impairment
- Recognise and plan for environmental issues related to travel in athletes with impairment
- Design a plan to reduce the illness and injury exacerbation in Paralympic athletes when travelling to foreign destinations
- Design an injury and illness prevention programme for athletes with impairment
- Understand the common medications used by athletes with impairment

Programme:

13.30-13.35 Introduction of the session (Online questions)

Richard Budgett, Switzerland

13.35-13.50 Introduction to the paralympic athlete

Cheri Blauwet, USA

13.50-14.10 Medical challenges of the athlete with impairment – developing practical solutions

Wayne Derman, South Africa

14.10-14.30 Medications, boosting and other dangerous practices used by Paralympic athletes

Cheri Blauwet, USA

14.30-14.50 Common injuries in athletes with impairment: do we need different prevention strategies in Paralympic athletes to Olympic athletes?

Nick Webborn, United Kingdom

14.50-15.00 Questions & post-test

15.00-15.30 Coffee break



15.30-17.00

Session 8

PHARMACOLOGICAL TREATMENT OF ACUTE SPORTS INJURIES

Chair:

Adam WEIR, The Netherlands/Qatar

Format:

Case-based discussions

Speakers:

Robbart van Linschoten, The Netherlands

Michael Kjær, Denmark

Lars Engebretsen, Norway/Switzerland

Johannes Tol, The 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 anesthetics/glucocorticoids/PRP, and prescription of NSAIDs

Programme:

15.30-15.35 Introduction of two cases illustrating key issues

15.35-15.45 Small-group discussions

15.45-15.55 Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle or ligament tears?

Robbart van Linschoten, The Netherlands

15.55-16.05 Is there a risk with NSAIDs or Cox-2 inhibitors in the treatment of fractures?

Lars Engebretsen, Norway/Switzerland

16.05-16.15 Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries?

Michael Kjær, Denmark

16.15-16.25 Platelet-rich plasma injections for acute musculoskeletal injuries: do they work?

Johannes Tol, The Netherlands/Qatar

16.25-16.45 Treatment of pain in the athlete – The 2017 IOC consensus statement

Wayne Derman, South Africa

16.45-17.00 Panel: Review of cases and learning objectives

19.00 Social Programme

Transfer and Dinner at Soleiman Palace



Thursday 27 September

08.30-10.00

Session 9

ANKLE INJURIES – WHEN YOU HEAR HOOF BEATS, THINK HORSE, BUT DON'T FORGET THE ZEBRA

Chair:

Simon KEMP, United Kingdom

Format:

Interactive (Kahoot)

Speakers:

Roald Bahr, Norway/Qatar

Jón Karlsson, Sweden

Gino Kerkhoffs, The Netherlands

Learning objectives:

Participants will be able to:

- **To be determined**

Programme:

08.30-08.35 Introduction of the session (Online questions)

Simon Kemp, United Kingdom

08.35-08.55 Sideline management of ankle sprains – assessment and initial treatment

Roald Bahr, Norway/Qatar

08.55-09.15 High ankle sprains – assessment and treatment

Gino Kerkhoffs, The Netherlands

09.15-09.30 Peroneus tendon injuries – assessment and treatment

Jón Karlsson, Sweden

09.30-09.50 Midfoot sprains – assessment and treatment

Gino Kerkhoffs, The Netherlands

09.50-10.00 Questions & post-test

10.00-10.30 *Coffee break*



10.30-12.00

Session 10

RETURN TO SPORT: HOW DO WE MAKE THE BEST MEDICAL DECISIONS?

Chair:

Robbart VAN LINSCHOTEN, The Netherlands

Format:

Case-based discussions

Speakers:

Roald Bahr, Norway/Qatar

Martin Schwellnus, South Africa

Adam Weir, The 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:

10.30-10.35 Introduction of two cases illustrating key issues

10.35-10.45 Small-group discussions

10.45-11.00 A decision-based model for return to play in sport

Roald Bahr, Norway/Qatar

11.00-11.20 What is the best practice for medical decision making in return to play?

Martin Schwellnus, South Africa

11.20-11.30 Can imaging help make return to play decisions?

Adam Weir, The Netherlands/Qatar

11.30-11.45 How can functional testing help make return to play decisions?

Rod Whiteley, Qatar

11.45-12.00 Panel: Panel discussion - Clearance for sports: Ethical dilemmas illustrated by cases

12.00-13.30 *Lunch*



13.30-15.00

Session 11

RISK MANAGEMENT: MODELS, METHODS AND MAKING IT HAPPEN!

Chair:

Wayne **DERMAN**, South Africa

Format:

Interactive (Kahoot)

Speakers:

Roald Bahr, Norway/Qatar

Olaf Schumacher, Qatar

Rod Whiteley, Qatar

Ben Clarsen, Norway

Learning objectives:

Participants will be able to:

- 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

Programme:

13.30-13.35 Introduction of the session (Online questions)

Wayne Derman, South Africa

13.35-13.50 From postseason injury analysis through pre-season screening – risk management in the team setting

Roald Bahr, Norway/Qatar

13.50-14.10 What are the benefits of Periodic Health Evaluations?

Olaf Schumacher, Qatar

14.10-14.30 Functional testing as part of the PHE – Yes or no?

Rod Whiteley, Qatar

14.30-14.50 Injury and illness surveillance in elite athletes – the Norwegian Olympic team experience

Ben Clarsen, Norway

14.50-15.00 Questions & post-test

15.00-15.30 Coffee break



15.30-17.00

Session 12

THE GROIN/HIP ENIGMA IN SPORTS

Chair:

Lars ENGBRETSSEN, Norway/Switzerland

Speakers:

Adam Weir, The 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 time frames 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:

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, The 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

17.00 End of the sessions and departures



IOC ADVANCED TEAM PHYSICIAN COURSE

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IOC ADVANCED TEAM PHYSICIAN COURSE

Social Programme

Welcome Dinner

MONDAY 24 SEPTEMBER

The Welcome Dinner scheduled on September 24, 2018, will be the perfect occasion to network and meet the other participants. The dinner will take place at the hotel (Four Seasons Marrakech Hotel). This will be a great opportunity to celebrate the beginning of the course.



Dinner at Beldi Country Club

TUESDAY 25 SEPTEMBER

The Beldi Country Club is approx. 6 Km southwest of Marrakech, on the beautiful outskirts with the setting of the views of the majestic High Atlas Mountains in the background.

This is truly an exquisite property set spectacular with hundred-years-old olive grove enhanced by its magnificent rose garden. A fascinating and colourful property where features and materials used for the interior design and decoration are in perfect harmony with the stunning surrounding landscape. You will enjoy the exclusive feast, the elegant surroundings, the delightful indoor areas, the gourmet food and great service.



Pre-dinner drinks by the poolside or in the gardens, followed by dinner with entertainment in the main dining room. Entertainment options can include a traditional quartet for live background music, Belly dancing, local band with international repertory suitable for dancing, and disco.

Dinner at Soleiman Palace

WEDNESDAY 26 SEPTEMBER

A stunning 19th century palace, now amazingly transformed into a stunning venue for special evenings with exemplary standards for food and service. Located in the old town with an easy access from the street, it features different beautiful spaces, including two large adjoining lounges, a spectacular open air courtyard, surrounded by additional smaller dining rooms.



This palace is one of the very few Riads serving both Moroccan and international cuisine. Soleiman Palace is the only Riad offering two main entrances – one through the narrow streets (for arrival) and one directly from the main street (for departure, but it can be used twice). The retractable roof of dining courtyard adds to the charm of this wonderful place.



IOC ADVANCED TEAM PHYSICIAN COURSE

Registration

Regular participant fee 1.650,00 €

All-inclusive package:

- Accommodation for 3 nights (IN 24/09 - OUT 27/09) in single occupancy at Hotel – Four Seasons Marrakech, Morocco
- Course kit & bag
- Attendance to the Scientific sessions
- Lunches and coffee breaks (25-26-27 September)
- Social programme
 - 24 September** – Welcome Dinner at the Hotel
 - 25 September** – Dinner at Beldi Country Club
 - 26 September** – Dinner at Soleiman Palace

Transfers from – to the Airport (on 24/9 for arrivals and on 27/9 for departures)

Regular accompanying person fee 550,00 €

All-inclusive package including:

- Supplement for double occupancy for 3 nights (IN 24/09 - OUT 27/09) at Hotel – Four Seasons Marrakech, Morocco
- Lunches & coffee breaks (25-26-27 September)
- Social programme:
 - 24 September** – Welcome Dinner at the Hotel
 - 25 September** – Dinner at Beldi Country Club
 - 26 September** – Dinner at Soleiman Palace

Transfers from - to the Airport (on 24/9 for arrivals and on 27/9 for departures)

Cancellation Policy

Notification of cancellation of registration must be sent in writing to Publi Créations:

(info@ioc-preventionconference.org or to fax number **+377 97 97 35 50**) and will be subject to the following conditions:

- Cancellation received before 18 June 2018: the payment will be refunded after the Course, less 30% of the amount paid.
- Cancellation received after 18 June 2018: no refund will be provided.
- 18 June 2018: After this date, reservations are not guaranteed.



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