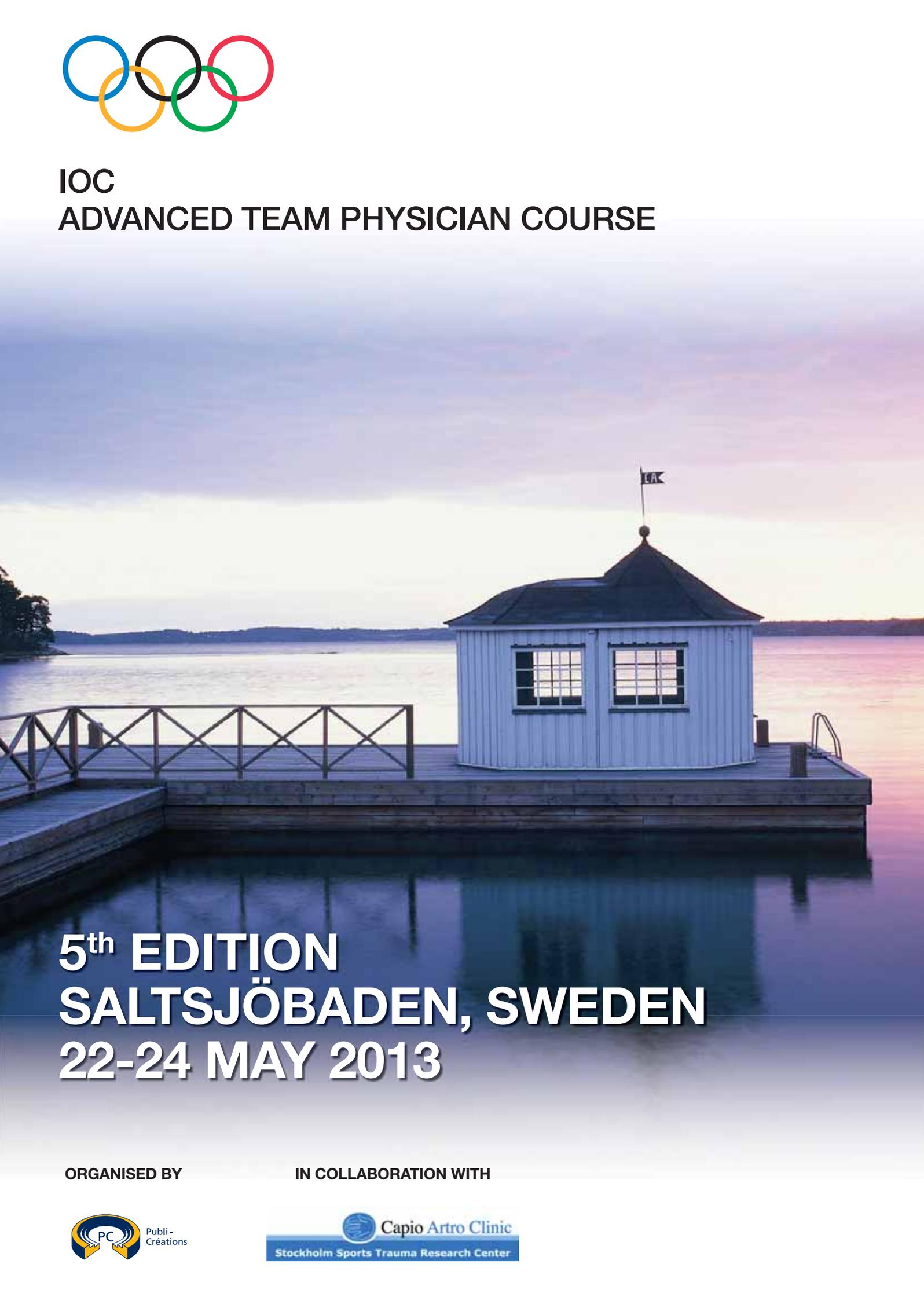




**IOC
ADVANCED TEAM PHYSICIAN COURSE**



**5th EDITION
SALTSJÖBADEN, SWEDEN
22-24 MAY 2013**

ORGANISED BY



IN COLLABORATION WITH





IOC ADVANCED TEAM PHYSICIAN COURSE



Welcome

The Organising Committee for 2013 IOC Advanced Team Physician Course (ATPC) is very pleased to welcome our experienced faculty and delegates to the 5th Course at Vår Gård, Saltsjöbaden, Sweden.

This edition follows the four successful ATPCs. The first was organized by the Oslo Sports Trauma Research Center in Svolvær, Norway, 2008. The IOC then hosted the next courses at Stanford University, USA in 2010, in Calvi, Corsica in 2011 and in Oslo, Norway in 2012.

The excellent feedback from previous participants have given us the inspiration to continue developing the IOC ATPC concept to become even more valuable for experienced team physicians, as well as a select group of physiotherapists.

For the 2013 edition we will continue with pre-prepared cases to be presented and discussed. The aim is to foster discussions and interaction among participants and faculty.

We will also have time for informal social interaction, and we hope that each one of you will take this opportunity to build a true international network with experienced colleagues. 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. Do take advantage of this opportunity during the next IOC ATPC.

A warm welcome to Vår Gård, Saltsjöbaden, Sweden.



Arne Ljungqvist

*Guest of Honour
IOC Medical Commission Chairman*



Fredrik S Bendiksen, MD

*Chairman
Organising Committee*



Roald Bahr, MD, PhD

*Chairman
Scientific Committee*

Organising Committee

Chair

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Cherine FAHMY, *Project Officer*

IOC Medical & Scientific Department

Head of Logistics, Social Events

Benedetta BOARETTO, Denise DAVIDE

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Roald BAHR, *Chair*

Magnus FORSSBLAD, *Co-chair*

Lars ENGBRETSEN

Karim KHAN

Stockholm scientific working group

Björn ENGSTRÖM, Per-Mats JANARV, Jon KARLSSON,

Per RENSTRÖM, Anders VALENTIN,

Suzanne WERNER

Guest of Honour

Arne LJUNGQVIST

IOC Medical Commission Chairman

International Olympic Committee



Medical and Scientific Department

Director in charge: **Richard BUDGETT**

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IOC ADVANCED TEAM PHYSICIAN COURSE



Course vision

Thirty experienced speakers are fully committed to ensuring that this 3-day event will be at least as successful as the four memorable previous IOC Advanced Team Physician Courses, first in in Svolvær, Lofoten in 2008, and then at Stanford University in 2009, in Calvi, Corsica in 2011 and Oslo, Norway in 2012.

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-group discussions, plenary lectures and panel discussions.

Our aim is to bring together 110 delegates with experience as team physicians to share new knowledge and challenge each other in open discussions. We have also created a social program to foster discussions and create an excellent possibility for networking also outside the scientific sessions.

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



IOC ADVANCED TEAM PHYSICIAN COURSE

Course venue



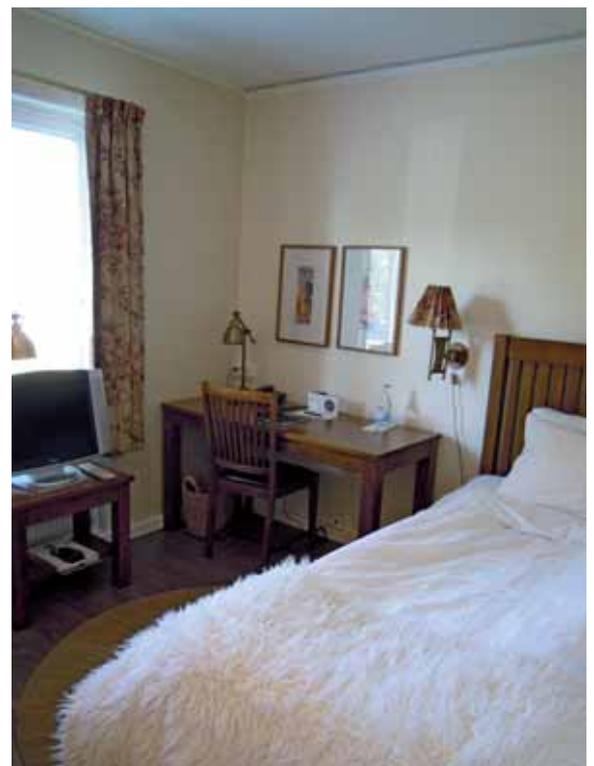
Location:

Vår Gård Hotel, Saltsjöbaden. The hotel, adjacent to the beautiful Baggens Bay, is located just 15 minutes from Stockholm. You can reach us easily by car, Saltsjöbanan (local train) or by boat.

Surrounded by tall pine trees and groves densely wooded with old oaks, Vår Gård, facing the water, is located in the heart of the old resort of Saltsjöbaden.

Maximum capacity:

110 participants (first come, first served !)





IOC ADVANCED TEAM PHYSICIAN COURSE

PROGRAMME AT A GLANCE

TUESDAY 21 MAY	WEDNESDAY 22 MAY	THURSDAY 23 MAY	FRIDAY 24 MAY
<p>Individual arrivals throughout the day; transfer by shuttle from Stockholm airport, Arlanda, to Vår Gård hotel (apx. 50 min).</p> <p>18.00 Session chair meeting [by invitation only]</p> <p>20.00 Welcome dinner at Vår Gård</p>	<p>09.00-10.30 Session 1 Working as a team physician – challenges and strategies <i>Chairs: Karim Khan, Qatar/Canada Roald Bahr, Norway/Qatar</i></p> <p>10.30-11.00 Coffee break</p> <p>11.00-12.30 Session 2 Doping – methods, regulations and role of the physician <i>Chair: Roman Seil, Luxemburg</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Discuss 4 developments within the antidoping area and new rules • Understand the influence of doping on health • List 5 potential pitfalls for a team physician in the doping arena <p>12.30-13.30 Lunch</p> <p>13.30-15.00 Session 3 Overuse injuries: Better management through better understanding <i>Chair: Jon Karlsson, Sweden</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Discuss the definition and risk factors of overuse injuries • Better manage stress fractures and overuse injuries in growing athletes <p>15.00-15.30 Coffee break</p> <p>15.30-17.00 Session 4 Prevention of recurrent injuries: Opportunity knocks! <i>Chair: Per Renström, Sweden</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Negotiate successfully to prioritise a prevention program at a relevant level (organization, sport, individual) • Construct, evaluate and sustain a prevention program in a sport of interest <p>17.00-18.30 Session 5 Concussion: 2013 Consensus <i>Chair: Karim Khan, Qatar/Canada</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Explain the rapid changes that have taken place in clinical management and regulatory policy related to concussion management • Make clinical decisions relating to the use of different neurocognitive biomarkers • Interpret the clinical management of patients with concussion within the context of multiple outside influences • Implement safe return to play in the complicated case <p>19.00 Departure from Vår Gård dock for a boat cruise with Teaterskeppet</p> <p>19.30 Aperitif & Dinner on Teaterskeppet</p> <p>23.00 Return to Vår Gård</p>	<p>08.30-10.30 Session 6 Managing the potentially career-threatening acute knee injury <i>Chair: Magnus Forssblad, Sweden</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Confidently modern assess & manage acute knee injuries in top athletes • Discuss a standardized rehabilitation and return-to-sport criteria • Understand the decision to return to sport after ACL surgery <p>10.30-11.00 Coffee break</p> <p>11.00-12.30 Session 7 A sport-specific approach to managing the overhead athlete: Shoulder injuries <i>Chair: Elizabeth Arendt, USA</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Discuss sports-related risk factors for shoulder pain in different sports • Discuss challenging shoulder pathologies that arise in different sports • Discuss evaluation of the symptomatic athletic shoulder • List the pros and cons associated with surgical treatment and timing of treatment • Prescribe evidence-based and sport-specific prevention and rehabilitation programs <p>12.30-13.30 Lunch break</p> <p>13.30-15.00 Session 8 Hip/groin solutions in athletes: Are we there yet? <i>Chair: Ed Wojtyls, USA</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Discuss a standardized and evidence-based approach to diagnose groin pain • Discuss the evidence that guides patient selection for hip arthroscopy • Discuss the pathology and treatment options for sports hernia <p>15.00-15.30 Coffee break</p> <p>15.30-17.00 Session 9 Pediatric injuries/training <i>Chair: Per-Mats Janarv, Sweden</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Understand knee symptoms and knee injuries in growing children • List pros and cons with different types of treatment of ACL injuries in growing children • Discuss the decisions WHEN to return to sport or NOT to return to sport in children • Understand the mechanism and risk factors of lateral patella dislocation and their role in treatment algorithm <p>17.00-18.30 Session 10 Pulling the elements of team care together for high performance teams: Screening & appropriate investigation <i>Chair: Lars Engebretsen, Switzerland/Norway</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Highlight potential pitfalls in interpretation of MRI and laboratory findings among even experienced clinicians • Use Periodic Health Evaluations in a team setting • Discuss lessons learned about these instruments shared by experienced clinicians working in the elite athlete setting <p>19.30 Bus transfer to Skansen Museum</p> <p>20.30 Dinner at Solliden Restaurant</p>	<p>08.30-10.30 Session 11 Return to sport – training/competition <i>Chair: Willem van Mechelen, The Netherlands</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Design an approach for return-to-play decisions that optimizes the medical decision making process • Cite the non-medical factors that are part of decision making for return to play • Discuss different tests and evaluation methods to decide return to sports • Develop a successful team approach to avoid re-injuries <p>10.30-11.00 Coffee break</p> <p>11.00-12.30 Session 12 Protecting health/Cardiology <i>Chair: Willem Meeuwisse, Canada</i></p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Understand cardiac screening and how to handle it over the years • Understand the clinical importance when analyzing cardiopulmonary screening • Confidently plan and execute a club-based emergency preparedness program • Discuss the elements required for cardiovascular screening in 2013 • Be able to teach other clinicians the use of the new ECG interpretation instrument for athletes <p>12.30-13.00 Keynote lecture: Female Hyperandrogenism – New IOC rules <i>Angelica Lindén Hirschberg, Sweden</i></p> <p>13.00 Lunch & Departure from hotel - Transfer to Arlanda airport</p>



SCIENTIFIC PROGRAMME

Tuesday 21 May

18.00 Session chair meeting *[by invitation only]*

Wednesday 22 May

09.00-10.30 **Session 1**

WORKING AS A TEAM PHYSICIAN – CHALLENGES AND STRATEGIES

Chairs: Karim KHAN, Qatar/Canada - Roald BAHR, Norway/Qatar

- Magnus Forssblad, Sweden
- Richard Budgett, Switzerland/UK
- Lars Engebretsen, Switzerland/Norway
- Leif Swärd, Sweden
- Fredrik S. Bendiksen, Norway
- Mats Börjesson, Sweden
- Welcome
Magnus Forssblad, Sweden 5 min
- The history and role of the ATPC
Richard Budgett, Switzerland/UK 10 min
- The scientific activities of the IOC Medical Commission
Lars Engebretsen, Switzerland/Norway 15 min
- My English experience and medicolegal aspects of working as team physician
Leif Swärd, Sweden 20 min
- Preparing for the 2014 Olympic Games
Fredrik Bendiksen, Norway 20 min
- Women's soccer experiences
Mats Börjesson, Sweden 20 min

10.30-11.00 *Coffee break*



IOC ADVANCED TEAM PHYSICIAN COURSE

11.00-12.30 **Session 2**

DOPING—METHODS, REGULATIONS AND ROLE OF THE PHYSICIAN

Chair: Roman SEIL, *Luxemburg*

- Arne Ljungqvist, *Sweden*
- Carl Johan Sundberg, *Sweden*
- Richard Budgett, *Switzerland*
- Bo Berglund, *Sweden*

Learning objectives

Participants will be able to:

- Discuss 4 developments within the antidoping area and new rules
- Understand the influence of doping on health
- List 5 potential pitfalls for a team physician in the doping arena

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Overview of current anti-doping work in the IOC**
Arne Ljungqvist, *Sweden* 15 min
- **Health aspects in relation to the use of doping substances**
Carl Johan Sundberg, *Sweden* 15 min
- **Rules and regulations in a WADA perspective**
Richard Budgett, *Switzerland* 15 min
- **Anti-doping work-The perspective of an Olympic chief medical officer**
Bo Berglund, *Sweden* 15 min
- **Panel: Review of cases and learning objectives** 15 min

12.30-13.30 **Lunch break**

13.30-15.00 **Session 3**

OVERUSE INJURIES: BETTER MANAGEMENT THROUGH BETTER UNDERSTANDING

Chair: Jon KARLSSON, *Sweden*

- Karim Khan, *Qatar/Canada*
- Håvard Visnes, *Norway*
- Romain Seil, *Luxemburg*
- Robbart van Linschoten, *Qatar*

Learning objectives

Participants will be able to:

- Discuss the definition and risk factors of overuse injuries
- Better manage stress fractures and overuse injuries in growing athletes

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Why are overuse injuries often serious injuries?-Pathology**
Karim Khan, *Qatar/Canada* 10 min
- **What are the main risk factors for overuse injuries?**
Håvard Visnes, *Norway* 10 min
- **Overuse injuries in the immature athlete**
Romain Seil, *Luxemburg* 15 min
- **Management of difficult stress fractures**
Karim Khan, *Qatar/Canada* 10 min
- **Patellofemoral pain syndrome—it ain't over till it's over**
Robbart van Linschoten, *Qatar* 15 min
- **Panel: Review of cases and learning objectives** 15 min



IOC ADVANCED TEAM PHYSICIAN COURSE

15.00-15.30 *Coffee break*

15.30-17.00 **Session 4**

PREVENTION OF RECURRENT INJURIES: OPPORTUNITY KNOCKS!

Chair: Per RENSTRÖM, *Sweden*

- Willem Meeuwisse, *Canada*
- Ed Wojtys, *USA*
- Grethe Myklebust, *Norway*
- Roland Thomeè, *Sweden*
- Willem van Mechelen, *The Netherlands*

Learning objectives

Participants will be able to:

- Negotiate successfully to prioritise a prevention program at a relevant level (organization, sport, individual)
- Construct, evaluate and sustain a prevention program in a sport of interest

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **What characterizes an effective prevention program?**
Willem Meeuwisse, *Canada* **12 min**
- **How to construct, evaluate and maintain prevention programs**
Grethe Myklebust, *Norway* **12 min**
- **An ACL prevention program**
Ed Wojtys, *USA* **12 min**
- **Practical problems to consider when constructing and carrying out a prevention program**
Roland Thomeé, *Sweden* **12 min**
- **The development of a cost-effective prevention program—the case of ankle injury**
Willem van Mechelen, *The Netherlands* **12 min**
- **Panel: Review of cases and learning objectives** **15 min**



IOC ADVANCED TEAM PHYSICIAN COURSE

17.00 - 18.30 **Session 5**

CONCUSSION: 2013 CONSENSUS

Chair: Karim KHAN, *Qatar/Canada*

- Willem Meeuwisse, *Canada*
- Sanna Neselius, *Sweden*
- Bengt Gustafson, *Sweden*

Learning objectives

Participants will be able to:

- Explain the rapid changes that have taken place in clinical management and regulatory policy related to concussion management
- Make clinical decisions relating to the use of different neurocognitive biomarkers
- Interpret the clinical management of patients with concussion within the context of multiple outside influences
- Implement safe return to play in the complicated case

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Update from the 2012 Zurich Consensus Conference on Concussion in Sport**
Willem Meeuwisse, *Canada* **30 min**
- **Cerebrospinal fluid biomarkers in boxing: Diagnosis and effects of repetitive head trauma**
Sanna Neselius, *Sweden* **15 min**
- **Return to play after concussion**
Bengt Gustafson, *Sweden* **15 min**
- **Panel: Review of cases and learning objectives** **15 min**



Thursday 23 May

08.30-10.30

Session 6

MANAGING THE POTENTIALLY CAREER-THREATENING ACUTE KNEE INJURY

Chair: Magnus FORSSBLAD, *Sweden*

- Ed Wojtys, *USA*
- Joao Espregueira-Mendes, *Portugal*
- Björn Engström, *Sweden*
- Elizabeth Arendt, *USA*
- Markus Waldén, *Sweden*

Learning objectives

Participants will be able to:

- Confidently modern assess & manage acute knee injuries in top athletes
- Discuss a standardized rehabilitation and return-to-sport criteria
- Understand the decision to return to sport after ACL surgery

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- Risk factors and biomechanics of acute knee injuries
Ed Wojtys, *USA* 15 min
- Managing the high level athlete
Joao Espregueira-Mendes, *Portugal* 15 min
- The severely injured knee - what to do and when?
Björn Engström, *Sweden* 15 min
- When to advise NOT to return to sport after an ACL injury
Elizabeth Arendt, *USA* 15 min
- Return to top athlete sport after ACL injury
Markus Waldén, *Sweden* 15 min
- Panel: *Review of cases and learning objectives* 30 min



IOC ADVANCED TEAM PHYSICIAN COURSE

10.30-11.00 *Coffee break*

11.00-12.30 **Session 7**

A SPORT-SPECIFIC APPROACH TO MANAGING THE OVERHEAD ATHLETE: SHOULDER INJURIES

Chair: Elizabeth ARENDT, *USA*

- Jon Karlsson, *Sweden*
- Björn Engström, *Sweden*
- Leif Swärd, *Sweden*
- Anders Valentin, *Sweden*
- Per Renström, *Sweden*

Learning objectives

Participants will be able to:

- Discuss sports-related risk factors for shoulder pain in different sports
- Discuss challenging shoulder pathologies that arise in different sports
- Discuss evaluation of the symptomatic athletic shoulder
- List the pros and cons associated with surgical treatment and timing of treatment
- Prescribe evidence-based and sport-specific prevention and rehabilitation programs

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Overview shoulder injuries in sports**
Jon Karlsson, *Sweden* 15 min
- **Physical examination of the shoulder**
Björn Engström, *Sweden* 15 min
- **Interpretation/management of MRI findings in the overhead athlete**
Anders Valentin, *Sweden* 15 min
- **The Swimmer's, Tennis and Golfer's shoulder - specific problems in different sports? Timing? Rehabilitation? Round table discussion**
Leif Swärd, *Sweden* - Per Renström, *Sweden* - Anders Valentin, *Sweden* - Jon Karlsson *Sweden* and Björn Engström, *Sweden* 15 min
- **Panel: Review of cases and learning objectives** 15 min



IOC ADVANCED TEAM PHYSICIAN COURSE

12.30-13.30 *Lunch break*

13.30-15.00 **Session 8**

HIP/GROIN SOLUTIONS IN ATHLETES: ARE WE THERE YET?

Chair: Ed WOJTYS, USA

- Leif Swärd, Sweden
- Per Hölmich, Denmark
- Anders Valentin, Sweden
- Per Hölmich, Denmark

Learning objectives

Participants will be able to:

- Discuss a standardized and evidence-based approach to diagnose groin pain
- Discuss the evidence that guides patient selection for hip arthroscopy
- Discuss the pathology and treatment options for sports hernia

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Differential diagnoses in athletes groin pain**
Per Hölmich, Denmark 15 min
- **Who benefits from treatment of FAI and periarticular hip-related problems?**
Leif Swärd, Sweden 15 min
- **Hip arthroscopy - introduction, technique, learning curve: Secrets for sports physicians and physiotherapists**
Anders Valentin, Sweden 15 min
- **Sports hernia diagnosis and treatment**
Per Hölmich, Denmark 15 min
- **Panel: Review of cases and learning objectives 15 min**



IOC ADVANCED TEAM PHYSICIAN COURSE

15.00-15.30 *Coffee break*

15.30-17.00 **Session 9**

PEDIATRIC INJURIES/TRAINING

Chair: Per-Mats JANARV, *Sweden*

- Ed Wojtys, *USA*
- Willem van Mechelen, *The Netherlands*
- Romain Seil, *Luxemburg*
- Lars Engebretsen, *Switzerland/Norway*
- Elizabeth Arendt, *USA*

Learning objectives

Participants will be able to:

- Understand knee symptoms and knee injuries in growing children
- List pros and cons with different types of treatment of ACL injuries in growing children
- Discuss the decisions WHEN to return to sport or NOT to return to sport in children
- Understand the mechanism and risk factors of lateral patella dislocation and their role in treatment algorithm

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **Prevention of pediatric sports injuries**
Willem van Mechelen, *The Netherlands* **10 min**
- **Children's ACL injuries - operative treatment**
Romain Seil, *Luxemburg* **10 min**
- **Children's ACL - non-operative treatment**
Lars Engebretsen, *Switzerland/Norway* **10 min**
- **ACL rupture in the skeletally immature athlete - the end of the career?**
Ed Wojtys, *USA* **15 min**
- **Update on lateral patella dislocations - should we treat our athletes differently?**
Elizabeth Arendt, *USA* **15 min**
- **Panel: Review of cases and learning objectives** **15 min**



IOC ADVANCED TEAM PHYSICIAN COURSE

17.00-18.30

Session 10

PULLING THE ELEMENTS OF TEAM CARE TOGETHER FOR HIGH PERFORMANCE TEAMS: SCREENING & APPROPRIATE INVESTIGATION

Chair: Lars ENGBRETSSEN, *Switzerland/Norway*

- Roald Bahr, *Norway/Qatar*
- Joao Espregueira-Mendes, *Portugal*
- Martin Schwellnus, *South Africa*

Learning objectives

Participants will be able to:

- Highlight potential pitfalls in interpretation of MRI and laboratory findings among even experienced clinicians
- Use Periodic Health Evaluations in a team setting
- Discuss lessons learned about these instruments shared by experienced clinicians working in the elite athlete setting

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **How to count injuries, and make counting them count!–The Norwegian Olympic team experience with overuse injuries and illnesses**
Roald Bahr, *Norway* 15 min
- **The use or misuse of MRI in sports medicine**
Joao Espregueira-Mendes, *Portugal* 15 min
- **Is there a need for laboratory tests in screening?**
Martin Schwellnus, *South Africa* 15 min
- **Why risk factor screening will not help us identify the athlete who will become injured**
Roald Bahr, *Norway/Qatar* 15 min
- **Panel: Review of cases and learning objectives** 15 min



Friday 24 May

08.30-10.30

Session 11

RETURN TO SPORT – TRAINING/COMPETITION

Chair: Willem van MECHELEN, *The Netherlands*

- Willem Meeuwisse, *Canada*
- Suzanne Werner, *Sweden*
- Roland Thomée, *Sweden*
- Peter Drugge, *Sweden*
- Grethe Myklebust, *Norway*

Learning objectives

Participants will be able to:

- Design an approach for return-to-play decisions that optimizes the medical decision making process
- Cite the non-medical factors that are part of decision making for return to play
- Discuss different tests and evaluation methods to decide return to sports
- Develop a successful team approach to avoid re-injuries

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- Injury definition, classification and their consequences for return-to-sport
Willem Meeuwisse, *Canada* 15 min
- Functional performance tests - reliable and valid?
Suzanne Werner, *Sweden* 15 min
- How athletes should be evaluated before considering return to sport
Roland Thomée, *Sweden* 15 min
- Rehabilitation and its importance after injury for a fast and safe return to sport
Peter Drugge, *Sweden* 15 min
- Guidelines and team work for a successful return to sport after ACL injuries
Grethe Myklebust, *Norway* 15 min
- Panel: Review of cases and learning objectives 30 min

10.30-11.00

Coffee break



IOC ADVANCED TEAM PHYSICIAN COURSE

11.00-12.30 **Session 12**

PROTECTING HEALTH/SPORTS CARDIOLOGY

Chair: Willem MEEUWISSE, *Canada*

- Ed Mats Börjesson, *Sweden*
- Sanjay Sharma, *UK*
- Antonio Pellicia, *Italy*

Learning objectives

Participants will be able to:

- Understand cardiac screening and how to handle it over the years
- Understand the clinical importance when analyzing cardiopulmonary screening
- Confidently plan and execute a club-based emergency preparedness program
- Discuss the elements required for cardiovascular screening in 2013
- Be able to teach other clinicians the use of the new ECG interpretation instrument for athletes

Case discussion: Participants consider key questions relating to two clinical cases- 5 min outline of cases & 10 min small-group management discussion

- **When screening is not enough - the role of emergency preparedness/arena safety**
Mats Börjesson, *Sweden* 20 min
- **Cardiovascular screening-How to perform cardiovascular screening?**
The GB experience & state of the art
Sanjay Sharma, *UK* 20 min
- **A new clinical tool for the interpretation of the ECG in athletes**
Antonio Pellicia, *Italy* 20 min
- **Panel: Review of cases and learning objectives** 15 min

12.30-13.00 **Keynote lecture: FEMALE HYPERANDROGENISM – NEW IOC RULES**

Angelica LINDÉN HIRSCHBERG, *Sweden*

13.00 **Lunch & Departure from hotel**



IOC ADVANCED TEAM PHYSICIAN COURSE

SPEAKERS

Elisabeth ARENDT, MD Professor

Dept. of Orthopaedic Surgery, University of Minnesota, Minneapolis, USA

Roald BAHR, MD PhD Professor

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

Fredrik S. BENDIKSEN, MD

Norwegian Olympic Training Center, Oslo, Norway

Bo BERGLUND, MD PhD,

Karolinska Institutet, Stockholm, Sweden

Richard BUDGETT, MD Medical Director

International Olympic Committee, Lausanne, Switzerland

Mats BÖRJESSON, MD PhD Professor

Karolinska University Hospital and The Swedish School of Sport and Health Science, Stockholm, Sweden

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

Björn ENGSTRÖM, MD PhD Ass Professor

Stockholm Sports Trauma Research Center, Sweden

Joao ESPREGUEIRA-MENDES, MD PhD Professor of Orthopaedics

President of ESSKA, Chairman of ISAKOS, Clínica Espregueira Mendes – Sports Centre FIFA Medical Centre of Excellence, Porto, Portugal

Magnus FORSSBLAD, MD PhD

Stockholm Sports Trauma Research Center, Sweden

BENGT GUSTAFSSON, MD

Stockholm Sports Trauma Research Center, Sweden

Per HÖLMICH, MD Associate Professor

Arthroscopic Center Amager, Copenhagen University Hospital, Denmark; Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

Per-Mats JANARV, MD PhD

Stockholm Sports Trauma Research Center, Sweden

Jón KARLSSON, MD PhD Professor

Department of Orthopaedics, Sahlgrenska University Hospital, Sweden

Karim KHAN, MD PhD Professor

University of British Columbia, Vancouver, BC, Canada; Aspetar Orthopedic & Sports Medicine Hospital, Doha, Qatar

Robbart VAN LINSCHOTEN, MD PhD Sports Physician

Aspetar Orthopedic & Sports Medicine Hospital, Doha, Qatar

Angelica LINDÉN HIRSCHBERG, MD, PhD, Professor

Karolinska University Hospital and Karolinska Institutet, Stockholm, Sweden

Arne LJUNQVIST, MD PhD Professor

International Olympic Committee, Stockholm, Sweden

Willem VAN MECHELEN MD PhD Professor

Head Department of Public and Occupational Health & Co-director EMGO+ Institute, VU University Medical Center, Amsterdam, the Netherlands

Willem H. MEEUWISSE, MD, PhD

Professor and Co-Chair, Sport Injury Prevention Research Centre, Faculty of Kinesiology and

Hotchkiss Brain Institute, Faculty of Medicine, University of Calgary, Calgary, Alberta, Canada

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Stockholm Sports Trauma Research Center, Sweden



Social Events

Tuesday 21 May

Arrival & Registration of participants.

Welcome dinner at Vår Gård Hotel *(included in the Course registration fee)*

Wednesday 22 May

19:00 - Departure from Vår Gård dock for a boat cruise with Teaterskeppet

19:30 - Aperitive and Dinner on boat

23:00 - Teaterskeppet back at Vår Gård

(full program included in the Course registration fee)

Thursday 23 May

19:30 - Transfer by private bus to Skansen Museum

20:30 - Aperitive and Dinner at Solliden Restaurant

(full program included in the Course registration fee)





IOC ADVANCED TEAM PHYSICIAN COURSE

Registration

REGISTRATION FEE	
Registration fee	€ 1 650,00
Accompanying persons	€ 500,00

Accommodation

4 Stars

Hotel Vår Gård

www.vargard.se

Grand Hotel Saltsjöbaden

www.grandsaltsjobaden.se

Please note that transfers by shuttle from / to the airport included in the registration fee will be provided to individual participants as follow:

- Arrival transfer by shuttle from Arlanda Airport to the hotel on 21 May 2013
- Return group transfer by private bus to Arlanda Airport on 24 May 2013

Please contact Publi Créations for further information regarding the shuttle schedule please contact the Organising Partner Publi Créations: info@ioc-preventionconference.org

The registration fee for the Course includes:

- Participation in all scientific sessions
- Arrival transfer by shuttle from Arlanda Airport to the hotel on 21 May 2013
- 3 nights accommodation in hotel Vår Gård in **single occupancy**, or in Grand Hotel Saltsjöbaden in case of **double occupancy** from 21 to 24 May 2013
- Meals and social programme
- Return group transfer by private bus to Arlanda Airport on 24 May 2013

The accompanying person fee for the Course includes:

- Arrival transfer by shuttle from Arlanda Airport to the hotel on 21 May 2013
- Supplement for double occupancy room
- Evening meals and social programme
- Return group transfer by private bus to Arlanda Airport on 24 May 2013

How to register

To register for the IOC Advanced Team Physician Course, please visit the conference web site at www.ioc-preventionconference.org/atpc2013 and click on the appropriate icon.

Confirmation of registration

Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation.

The above mentioned fees include Swedish VAT (25%).



Travel Information & Policy

IOC Advanced Team Physician Course Saltsjöbaden, Sweden, 22-24 May 2013

Cancellations and refunds

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 11 March 2013:**
The payment will be refunded after the conference, less 30% of the amount paid.
- **Cancellation received after 12 April 2013:** No refund will be provided.

Travel information

Please note that transfers by shuttle from / to the airport included in the registration fee will be provided to individual participants as follow:

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Please contact Publi Créations for further information regarding the shuttle schedule please contact the Organising Partner Publi Créations: info@ioc-preventionconference.org

Reservation deadline

13 April 2013: After this date, reservations are not guaranteed.



Organising Partner



Publi Créations

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www.publicreations.com

E-mail: info@ioc-preventionconference.org