



JUNE 22 - 24 2008

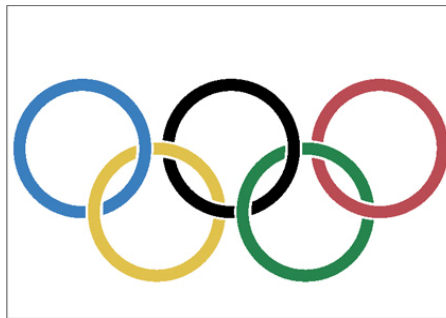
ADVANCED TEAM PHYSICIAN COURSE

SVOLVÆR NORWAY



PROGRAM

NYCOMED



Oslo Sports Trauma
RESEARCH CENTER



Welcome to Svinøya and the Advanced Team Physician Course 2008

It is a great pleasure to welcome you to Svinøya, where you will enjoy four days of advanced team physician medicine and science as well as the terrific Norwegian coastal nature.

This unique course has been sponsored by the IOC Medical Commission as a Continental course for physicians and by ISAKOS, AMSSM and Nycomed. We are also truly grateful to our international lecturers who will share their wealth of knowledge with the rest of us.

Due to the unique location of the course, only 80 sports physicians can participate. After this course you should be well equipped to perform your job as a team physician on the highest levels.

This course is designed to be interactive with topic and case discussions prepared by experienced team physicians. We hope you will take the opportunity to be active during the lectures as well as in the time spent in the Norwegian nature. We look forward to guide you through four days of advanced sports medicine!

Yours sincerely



Lars Engebretsen MD PhD
Professor
Chairman, Program committee



Fredrik F. Bendiksen MD
Chairman, Organizing committee

Course Vision

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 review and discuss high-profile cases! We will teach you how to prevent injuries in your daily work as a team physician and how to design surveillance systems for athletes' injuries. The final day we will put you on the spot with difficult cases where you have to make a decision within 30 seconds!



Course information

Faculty: 25 speakers

Location: Svinøya rorbuer, Lofoten – situated on a tiny fishing hamlet on an island in Svolvær – combining tradition and atmosphere, with all modern conveniences

The Lofoten Islands

- mountains and lofty peaks
- open sea and sheltered coves beaches and untouched countryside
- sunshine at breakfast
- storm at dinner time and calm seas at suppertime
- tiny, picturesque fishing villages like real life fairy tales
- authenticity guaranteed!



Program-at-a-glance

Saturday June 21, 2008

1745 By bus to the village of Henningsvær, visit Gallery Lofoten
Dinner at the fish restaurant Fiskekrogen

Sunday June 22, 2008

0900-1300 Session 1 The challenges of a team physician
1400-1700 Session 2 Return to sports after injury
1730-1930 Session 3 Managing concussions in a team setting
2000 Dinner in restaurant Børsen Spiseri

Monday June 23, 2008

0800-1015 Session 4 Novel approaches in the treatment of tendinopathies
1045-1215 Session 5 Prevention is the key
1330-1630 Session 6 Burning medical issues for the team physician
1700-2200 Deep Sea Rafting to Skrova
Dinner at the Zakariasbrygga restaurant

Tuesday June 24, 2008

0830-1000 Session 7 Preparticipation exams and prevention of injuries and diseases in the US
1030-1300 Session 8 The groin enigma in sports
1500-1800 Session 9 Bring your own cases: medical and musculoskeletal problems in team sports athletes
1900 Dinner in restaurant Børsen Spiseri
2230 Departure Whale Safari
Overnight trip from Svolvær to Tromsø

Program

Saturday June 21, 2008

Arrival and hotel check-in at *Svinøya rorbuer*

Afternoon/evening program

- By bus to the village of Henningsvær, departure 17.45
- Visit *Gallery Lofoten*
- Dinner at the fish restaurant *Fiskekrogen*
- *Dress code: Casual*



Sunday June 22, 2008

Session 1 The challenges of a team physician

0900-1300

Chair: *Lars Engebretsen* ▪ *Norway*

- 0900-0930 My life as a team physician *John Bergfeld* ▪ *USA 20 min + 5 min*
- 0930-1000 Where are your loyalties: coach, team or athlete? *Gordon Matheson* ▪ *USA 20 min + 5 min*
- 1000-1030 Medico-legal issues for the team physician *John Bergfeld* ▪ *USA 20 min + 5*
- 1030-1100 Coffee break
- 1100-1300 This is how we have built our team and how we work – brief talks demonstrating different team structures, positive and negative experiences
- Sports medicine in the Japanese National Olympic Committee *Toru Fukubayashi* ▪ *Japan 12 min*
 - Organizing a sports medicine team in professional Australian Rules Football *Geoffrey Verrall* ▪ *Australia 12 min*
 - The FIFA experience *Jiri Dvorak* ▪ *Switzerland 12 min*
 - Sports medicine in a major US University *Elizabeth Arendt* ▪ *USA 12 min*
 - Building a strong team in a small country – the Norwegian model *Lars Engebretsen* ▪ *Norway 12 min*
 - Building for success in Vancouver 2010 *Willem Meeuwisse* ▪ *Canada 12 min*
 - Panel discussion

1300-1400 Lunch

Session 2 Return to sports after injury

1400-1700

Chair: *Gordon Matheson* ▪ *USA*

- 1400-1430 Treatment of stress fractures and return to sports *Elizabeth Arendt* ▪ *USA 20 min + 5 min*



Advanced Team Physician Course

Satellite course - 2nd World Congress on Sports Injury Prevention
Lofoten, Norway, June 21-24, 2008



- 1430-1500 Treatment of ligament injuries and return to sports *Elizabeth Arendt* ▪
USA 20 min + 5 min
- 1500-1530 Coffee break
- 1530-1600 Treatment of muscle injuries and return to sports *Geoffrey Verrall* ▪
Australia 20 min + 5 min
- 1600-1630 Functional training preparing to return to sports: the sling exercise
therapy concept *Bjørn Fossan* ▪ *Norway 20 min + 5 min*
- 1630-1700 Panel discussion—clearance for sports: ethical dilemmas illustrated by
cases *Gordon Matheson* ▪ *USA 20 min + 5 min*
- 1700-1730 Coffee break & sandwiches

Session 3 Managing concussions in a team setting

1730-1930

Chair: *Jiri Dvorak* ▪ *Switzerland*

- 1730-1800 Concussion – what is it and how do you detect and diagnose it in a team
sports setting? *Paul McCrory* ▪ *Australia 20 min + 5 min*
- 1800-1830 Concussion management: from simple to complex *Willem Meeuwisse* ▪
Canada 20 min + 5 min
- 1830-1900 The role of neuropsychological testing in concussion management *Truls
Straume-Næsheim* ▪ *Norway 20 min + 5 min*
- 1900-1930 Taking concussion prevention from the labs to the field *Jiri Dvorak* ▪
Switzerland 20 min + 5 min

Evening program

2000 Dinner in restaurant *Børsen Spiseri* – *Dress code: Casual*



Monday June 23, 2008

Session 4 Novel approaches in the treatment of tendinopathies

0800-1015

Chair: *Roald Bahr* ▪ *Norway*

0800-0820 Eccentric training *Karim Khan* ▪ *Canada 15 min*

0820-0840 Ultrasound-guided sclerosing injections *Håkan Alfredson* ▪ *Sweden 15 min*

0840-0900 Ultrasound guided electrocoagulation *Michael Kjær* ▪ *Denmark 15 min*

0900-0920 Ultrasound and Doppler-guided mini-surgery to treat Achilles and patellar tendinosis *Håkan Alfredsson* ▪ *Sweden 15 min*

0920-0940 Surgical treatment *Jon Karlsson* ▪ *Sweden 15 min*

0940-1015 Case discussions - which is the first option, and which is the last line of defence? *All speakers*

1015-1045 Coffee break

Session 5 Prevention is the key

1045-1215

Chair: *Karim Khan* ▪ *Canada*

1045-1115 Stay healthy! How it is done within the Norwegian Olympic team *Ola Rønsen & Bjørn Fossan* ▪ *Norway 20 min + 5 min*

1115-1145 From postseason injury analysis through pre-season screening – risk management in the team setting *Roald Bahr* ▪ *Norway 20 min + 5 min*

1145-1215 The Australian disease: Hamstring injuries – primary and secondary prevention *Geoffrey Verrall* ▪ *Australia 20 min + 5 min*



1215-1330 Lunch

Session 6 Burning medical issues for the team physician

1330-1630

Chair: *Michael Kjær* ▪ *Denmark*

1330-1400 What is the current evidence on cardiac screening in high-level athletes?
Mats Børjesson ▪ *Sweden 20 min + 5 min*

1400-1430 Managing exercise-induced bronchoconstriction in athletes *Kai-Håkon Carlsen* ▪ *Norway 20 min + 5 min*

1430-1500 The over-trained and non-functioning athlete: diagnosis and treatment
Ola Rønsen ▪ *Norway 20 min + 5 min*

1500-1530 Coffee break

1530-1600 Can protein supplements help speed the recovery of muscle injuries?
Michael Kjær ▪ *Denmark 20 min + 5 min*

1600-1630 The role of growth factors in connective tissue and muscle injuries in sports
Martin Schweltnus ▪ *South Africa 20 min + 5 min*

Afternoon & evening program

1700-2200

- Deep Sea Rafting to Skrova – the traditional whaling village in Lofoten

- Dinner at the *Zakariasbrygga* restaurant

- BBQ – whale and salmon - specialities of the island

- *Dress code: Bring a warm sweater, all-weather jacket, a hat and gloves (just in case)*



Tuesday June 24, 2008

Session 7 Preparticipation exams and prevention of injuries and diseases in the US

0830-1000

Chair: *Elizabeth Arendt* ▪ USA

0830-0900 The preparticipation evaluation and cardiac screening *Robert Dimeff* ▪ USA 20 min + 5 min

0900-0930 Emergency preparedness, AEDs, and management of sudden cardiac arrest *Jonathan Drezner* ▪ USA 20 min + 5 min

0930-1000 Prevention of overuse injuries in youth sports *Craig Young* ▪ USA 20 min + 5 min

1000-1030 Coffee break

Session 8 The groin enigma in sports

1030-1300

Chair: *John Bergfeld* ▪ USA

1030-1100 Setting the stage: which are the clinical entities involved in groin pain? *Per Hølmich* ▪ Denmark 20 min + 5 min

1100-1130 The aetiology of groin injuries: Possible explanations *Geoffrey Verrall* ▪ Australia 20 min + 5 min

1130-1200 Diagnosing the athlete with chronic groin injury: Clinical features and examination *Per Hølmich* ▪ Denmark 20 min + 5 min

1200-1230 Non-surgical management of chronic groin injuries *Geoffrey Verrall* ▪ Australia 20 min + 5 min

1230-1300 Rationale and options for surgical management of chronic groin injury *Lars Engebretsen* ▪ Norway 20 min + 5 min

1300-1500 Lunch and check out

Session 9 Bring your own cases: medical and musculoskeletal problems in team sports athletes

1500-1800

Chair: *Lars Engebretsen* ▪ Norway

1500-1520 Health care in Beijing *Patrick Schamasch (IOC)*

1520-1800

Symposium participants and faculty will bring cases: musculoskeletal, internal medicine etc. Cases will be prepared and discussed in a panel session. Bring your own: present a difficult case to us and let us discuss it!

Cases to be presented by:

Robert Dimeff USA: a pos finding on a PPE; what to do
Jonathan Drezner USA: a scary case of cardiac problem
Geoff Verrall Australia: a difficult hamstring problem
Elisabeth Arendt USA: a stress fracture which will not heal
Ola Rønsen, Norway: an underachieving athlete
Paul McCrory Australia: a head injury to learn from
Haakan Lorentzon, Sweden: a high profile tendon injury
Martin Scwellnus, South Africa: a case of muscle injury

And if needed:

Lars Engebretsen Norway: why downhill skiing can be dangerous

Cases are to be presented on 5 slides followed by a 6th slide with questions to be discussed. Each case to last approximately 15-20 min.

Evening & overnight program

1900 Dinner in restaurant *Børsen Spiseri*

2230 Departure after dinner on Whale Safari

- Overnight trip from Svolvær to Tromsø with stops en route for fishing and, if we are lucky, whale-watching!! Remember – midsummer the sun never sets in Northern Norway!

- Arrival & check-in in Tromsø on Wednesday June 25th in the morning (Welcome Reception for the 2nd World Congress for Prevention of Sports Injuries in the evening)



Speakers

Håkan Alfredson MD PhD is Orthopaedic Surgeon and Professor in Sports Medicine at the Sports Medicine Unit, University of Umeå, Sweden

Elizabeth Arendt MD is Professor and Vice Chair in the Department of Orthopaedic Surgery, Division of Sports Medicine at the University of Minnesota. She is the Medical Director for U of M Intracollegiate Athletics, and is an affiliated scholar at the Center for Research and Girls and Women in Sports. She has worked for Team USA Soccer as a team physician since 1996, and Team USA Hockey 1990-1994

Roald Bahr MD PhD is Professor of sports medicine and chair of the Oslo Sports Trauma Research Center and the Department of Sports Medicine at the Norwegian School of Sports Sciences. He also holds a clinical appointment at the Department of Sports Medicine at the Olympic Sports Center

John A. Bergfeld M.D is Consultant Surgeon for Cleveland Browns Professional Football, Cleveland Cavaliers Professional Basketball and Cleveland Metropolitan Schools. He is also a Team Physician for the Baldwin Wallace University and Director Emeritus at the Cleveland Clinic Sports Health.

Mats Börjesson MD PhD is Associate Professor in Cardiology at the Sahlgrenska University Hospital/Östra, Göteborg. Mats is chairman of the section of sports cardiology of the European Society of Cardiology, scientific secretary of the Swedish Society of Sports medicine and a member of the medical committee of the Swedish Football Association as well as team doctor for the first division football club, GAIS of Göteborg.

Kai-Håkon Carlsen, MD PhD is Professor of Paediatric Respiratory Medicine and Allergology at Voksentoppen, Department of Paediatrics, Rikshospitalet University Hospital. He is also Professor of Sports Medicine at the Department of Sports Medicine, Norwegian School of Sport Sciences and Chair of the European Lung Foundation

Robert J Dimeff, MD is the Director of Primary Care Sports Medicine and Sports Health Community Affairs at the Cleveland Clinic Foundation in Cleveland, Ohio. He is the current President of the American Medical Society for Sports Medicine and is an associate clinical professor of family medicine at Case Western Reserve University Medical School.

Jonathan Drezner MD is Associate Professor in the Department of Family Medicine, Associate Director of the Sports Medicine Fellowship, and Team Physician at the University of Washington. He is also Director of the National Registry for AED Use in Sports, and serves on the Board of Directors and is Chair of the Research Committee for the American Medical Society for Sports Medicine.

Prof Jiri Dvorak MD is Professor of neurology at the University of Zurich and senior consultant of dept of neurology, Spine Unit at Schulthess Clinic in Zurich and Chairman of F-MARC – FIFA Medical Assessment and Research Center.

Lars Engebretsen MD PhD is Professor at Ullevål University Hospital and Professor and co-chair of the Oslo Sports Trauma Research Center. He is also Medical Director of the Department of Sports Medicine at the Norwegian Olympic Sports Center and the Head of Scientific activities at the International Olympic Committee (IOC).

Bjørn Fossan PT is the Head Physiotherapist at The Norwegian Olympic Sports Center, a Specialist in sports physiotherapy and manual therapy.

Toru Fukubayashi MD PhD is Professor at the Faculty of Sports Sciences, University of Waseda and a president of the Japanese Clinical Sports Medicine ISAKOS (Member of the Sports Medicine Committee). He is also a Sports Doctor Committee member of Japanese Amateur athletic Association and was the Japan National Team Doctor of the FIFA World Cup in France (1998)

Per Hölmich MD is an Associate Professor of Orthopaedic Surgery and Anatomy at the University of Copenhagen and the Department of Orthopaedic Surgery, Amager Hospital. He is the Head of the Amager Hospital Orthopaedic Research Center that specialises in Preventive Sports Medicine. He also holds a clinical position as Chief Surgeon and Head of the Arthroscopy Department of Amager Hospital, Copenhagen, Denmark.

Karim Khan MD PhD is Associate Professor at the University of British Columbia. He is a co-author of Clinical Sports Medicine and Editor-in-Chief of the British Journal of Sports Medicine.

Jon Karlsson MD PhD is Professor of Sports Traumatology and Orthopaedics at the Sahlgrenska Academy, Gothenburg University. He is Head of the Orthopaedic Department, Sahlgrenska University Hospital, Gothenburg, Sweden. He holds also a clinical position as Senior Consultant at the Orthopaedic Department, mainly as knee and shoulder Surgeon. He is team physician of IFK Göteborg, football club

Michael Kjaer MD PhD is Professor of Sports Medicine at the University of Copenhagen, and chair of the Institute of Sports Medicine Copenhagen. He is a certified specialist in rheumatology

Gordon Matheson MD PhD is Professor of sports medicine in the department of orthopaedics at Stanford University School of Medicine and an adjunct Professor in the Program in Human Biology at Stanford. He is also the Director of Sports Medicine for the Department of Athletics at Stanford.

Paul McCrory MBBS PhD is Associate Professor and Director of the Centre for Health, Exercise and Sports Medicine at the University of Melbourne, Australia. He is a consultant neurologist and sports physician and is the past editor of the British Journal of Sports Medicine.

Ola Rønsen MD PhD is the chief medical officer for the Norwegian Olympic teams and holds a combined clinical and sports science appointment at the Norwegian Olympic Sports Center.

Patrick Schamasch MD is a specialist in sport traumatology and sport orthopaedics. He was Member of the IOC Medical Commission (esq) from 1987 until 1993. In 1993, he became the IOC Medical & Scientific Director. He was the chief medical officer during the Winter Olympic Games in Albertville 1992 and he is Member of the “Health, Medical and Research” committee of WADA as well as Member of the WADA list sub committee.

Martin Schweltnus MD, PhD is Professor of Sports Medicine and Exercise Science at the Department of Human Biology in the Faculty of Health Sciences from the University of Cape Town, South Africa. He is also a member of the IOC Medical Commission (Medical and Science group), Vice President of the International Federation of Sports Medicine (FIMS), and is Chairman of the Medical Advisory Board of the 2010 Football World Cup Local Organizing Committee in South Africa.

Truls M. Straume-Næsheim MD PhD is resident in orthopaedic surgery at the hospitals in Haugesund and Stord and he is a researcher at the Oslo Sports Trauma Research Center. He defended his thesis on Head Impacts in Football in early May this year and his plan is to specialize in orthopaedic surgery in addition to continue his research on footballers.

Geoffrey Verrall MD MBBS FACSP is a full time Sports Physician practicing in a private sports medicine clinic, SPORTSMED.SA, in Adelaide, Australia. He is team doctor to an Australian Rules football team and has an interest in hamstring and groin injuries in sport.

Willem Meeuwisse MD PhD is Professor and Physician at the University of Calgary Sport Medicine Centre and the Director of Sport Medicine for the Canadian Sport Centre Calgary. He also the Chair of the Sport Injury Prevention Research Group in the Faculty of Kinesiology at the University of Calgary and the Editor-in-Chief of the Clinical Journal of Sport Medicine

Craig Young MD is a Professor of Orthopaedic Surgery and Family and Community Medicine and the medical director of sports medicine at the Medical College of Wisconsin. He was the president of the American Medical Society for Sports Medicine (AMSSM) 2007-08. He is a team physician for the Milwaukee Brewers, the Milwaukee Ballet and the US National Snowboard Team.



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