

# NSM 5<sup>th</sup> Annual Sports Medicine, Orthopedic & Trauma Symposium

## MEETING INFORMATION

**Date:** Saturday, February 2<sup>nd</sup>, 2019.

**Time:** 2:00 pm – 1 AM

### Location:

The Boulevard Club

1491 Lake Shore Blvd. W, Toronto, ON M6K 3C2. Phone: 416-532-3341

<http://www.boulevardclub.com>

**Dress Code:** Formal / Black tie optional

**Symposium Registration Fee:** 150 \$ / person

Payment can be made via over the phone by credit card (visa, mastercard, american express) by calling (416) 742-3736, mailing in a cheque, emailing via interac, or by cash.

Register by emailing: [research@nguyensportsmed.com](mailto:research@nguyensportsmed.com) and indicate whether you will be bringing a guest (optional – he/she will also have to formally register and pay the 150\$ fee).

**Registered Attendees:** 200

### Symposium Director:

Dr. Duong Nguyen Medicine Professional Corporation  
MD, FRCSC, MSc(ClinEpi), DipABOS, DipSportsMed(ABOS), FAAOS, CIME, DESS(c), DipSportMed(CASEM)  
Diplomate of the American Board of Orthopaedic Surgery  
Subspecialty Board Certification in Sports Medicine (ABOS)  
Fellow of the American Academy of Orthopaedic Surgeons (FRCSC/AAOS)  
Certified Independent Medical Legal Examiner (ABIME) & Health Law (Osgoode)  
Medical Legal Expert Consultant - CMPA (Canadian Medical Protective Association)  
DESS(c) Master's Degree / Insurance Medicine & Medicolegal Expertise  
Diplomate Sport & Exercise Medicine (CASEM)  
Arthroscopic & Reconstructive Shoulder, Elbow & Knee Surgery  
Medical Director / Urgent Sports Injury & Fracture Clinic  
Master of Science / Clinical Epidemiology & Health Research Methodology  
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Dear colleagues,

I am pleased to welcome you to the 2019 5<sup>th</sup> Annual Nguyen Sports Medicine, Orthopedic & Trauma Symposium which aims to gather a broad spectrum of sub-specialties to discuss and debate recent advances in the field of health care, sports performance, orthopedic surgery, and sports medicine. The aim of the symposium is to present a non-didactic, interactive, concise, focused, and practical, 'use tomorrow' approach to common clinical scenarios in sports medicine. The perspective is multifaceted and is seen through the lens of the various sub-specialties of primary care medicine, sports medicine, orthopedic surgery, physiotherapy, osteopathy, chiropractic therapy, athletic training, coaching, teaching, nursing, law, politics, and business.

Last year's sports medicine symposium was held on Saturday February 3<sup>rd</sup>, 2018 was a success and I would like to again thank the scientific committee, guest speakers, and all attendees for taking the time from their busy family and work commitments, brave the weather, overcome family medical and life emergencies, and travel from far to attend this special



event to share their knowledge with you. I demand the best of the speakers in terms of their knowledge and expertise, dedication to this event, and presentation styles. I thank them deeply for their patience and understanding.

Learning objectives:

Improve your knowledge of:

1. The up-to date management of sports-related injuries on and off the field and in the office setting (epidemiology, mechanism of injury, diagnosis, prevention, treatment)
2. Management of common injuries/tendinopathies in specific sports (soccer, basketball, hockey, performance arts) and in special subgroups (female athletes, pediatrics).
3. The anatomy and pathology of injuries with X-ray, MRI & surgical/arthroscopic correlations.
4. The physical examination of the shoulder, elbow, and knee via live hands-on demonstrations, images and videos
5. Surgical indications for sports-related fractures and injuries commonly seen in the office
6. Joint injection techniques with hands-on and video education tools.
7. Management of concussions
8. Recent research advances in the sports medicine literature.

These learning objectives were developed based on requests from the sports medicine community in the Greater Toronto Area throughout the years. Learning is achieved via podium presentations, direct interaction with experts in the field, posters, electronic posters, education booths, videos, practical hands-on sessions, and scientific exhibits. Questions will be posed in the evaluation forms to assess the knowledge achieved by the participants. Answers will be posted on the website after the symposium and the aim is to translate this newly acquired knowledge into better patient care and health outcomes.

I look forward to the lively debates, questions, and contributions from our scientific committee/attendees.

An 'Excellence in Sports Medicine Education' award will be presented to the best presenter of the symposium.

Please also save the date **Saturday February 1<sup>st</sup>, 2020** for next year's 6<sup>th</sup> Annual sports medicine symposium.

Regards,

Dr. Duong Nguyen (Program Director)

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***Saturday, February 2<sup>nd</sup>, 2019***

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1:00 PM – 2:00 PM **Industry Sponsors / Scientific Exhibits / Set-up**

1:30 PM -2:00 PM **REGISTRATION – Location: Lounge / Mezzanine / Solarium**

Police officer will be on site to assist with safe turning into Boulevard Club  
Coat check available in foyer (1:30 pm – 1 AM)

**Coffee / Drinks / Fresh Fruit / Cheese Plates/ Sandwiches – Location: Solarium**

2:00PM-2:05PM **WELCOME – SYMPOSIUM ITINERARY, FORMAT & OUTLINE**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine

Symposium location: Ballroom

**SESSION I REHABILITATION**  
**Moderator: Michelle DeMarchi**

- 2:05PM-2:10PM **NSM Symposium 2018 award ceremony: Best Presentation, Best Spirit, Best Creative Movement, Best Participation, Top score on Industry sponsor quiz, and Top score on the post-symposium exam.**
- 2:15PM-2:20PM **Strengthening, Conditioning & Sports Performance Exercises: How to Avoid an Injury**  
Scott Howitt – Sports Chiropractor (Toronto, Canada)  
Learning Objectives: injury mechanisms, key muscle groups to strengthen, techniques.
- 2:25PM-2:30PM **Post-ACL Reconstruction / Meniscal Repair Rehabilitation: Controversies in 2019**  
  
Danielle Froats, Chelsea Connor – Clinical Assistants / Registered Kinesiologists  
Learning Objectives: when to weight bear, start range of motion, initiate strengthening, initiate open kinetic chain exercises, start running, start plyometrics, and when to return to sports.
- 2:35PM-2:40PM **Hip pain & gait abnormalities post-ACL reconstruction / meniscal repair: manual therapy techniques**  
Elizabeth Frey – Physiotherapist / FCAMPT (Toronto, Canada)  
Learning Objectives: review of anatomy, Quads vs. Gluts Dominance, types of gait, manual therapy techniques.
- 2:45PM-2:50PM **ACL / Meniscus Rehabilitation in Female Athletes: The Core/Pelvis & Special Considerations**  
Jamie Camp- Physiotherapist (Toronto, Canada)  
Learning Objectives: how are female athletes different, neuromuscular pathophysiology, the anatomy & function of the core & pelvis in ACL/meniscus rehab.
- 2:55PM-3:00PM **The role of EMG in neuromuscular control & timing in ACL Reconstruction patients.**  
Maddie Hill – Physiotherapist, PhD Candidate (Toronto, Canada)  
Steve Hill – Physiotherapist (Toronto, Canada)  
Paul Garvey- Physiotherapist (Toronto, Canada)  
Learning Objectives: muscle activation patterns, understanding the player & position, basic sports skill set, neuromuscular training techniques.
- 3:05PM-3:10PM **Bracing for Sports Injuries (Shoulder, Elbow, & Knee) – Clinical Indications**  
Michelle DeMarchi – Physiotherapist / Osteopath (Toronto, Canada)  
Learning Objectives: shoulder/elbow/knee bracing, knee neuromuscular optimization, indications, patient matching, pitfalls and controversies.
- 3:15 PM- 3:20 PM **The female athlete: special considerations**  
Dr. Laura Cruz– Sports Medicine (Toronto, Canada)  
Learning Objectives: aren't men & women the same?, how to deal with eating disorders, menstrual disorders and the terrible triad, REDS.
- 3:25PM-3:30PM **Discussion**

**SESSION II INJECTIONS**  
**Moderator: Dr. Duong Nguyen**

3:35PM-3:45PM

**PRP (Platelet Rich Plasma) & Stem Cell Injections: Current Concepts**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine

Learning Objectives: what is PRP, stem cell, indications, evidence, controversies, injection technique, research.

**Injections for Cartilage Defects of the Knee –Prospective Cohort Study Results HA vs. HA + cortisone, HA+cortisone vs. PRP. Indications for Stem Cell Injections.**

Danielle Froats / Chelsea Connor – Kinesiology

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine

Learning Objectives: what is cortisone, PRP, Stem Cell & HA, indications, evidence, controversies, injection technique, results of cohort study.

3:50PM-3:55PM

**Discussion**

4:00PM-4:15 PM

**Break / Viewing of Exhibits**

**Food & Drinks /** Hors-d'oeuvres passed

**SESSION III SPORTS MEDICINE**  
**Moderators: Dr. Neil Dilworth**

4:20 PM- 4:25 PM

**The Mark Leung Lectureship - Patella Dislocations in Athletes: Anatomy, Imaging, Surgical Indications & the 'MPFL reconstruction' surgery.**

Dr. Jeffrey Bacher – Sports Medicine (Toronto, Canada)

Learning Objectives: what is the MPFL, initial management of the dislocated patella, not all patella dislocations are created equal, when to operate, MPFL reconstruction rehab protocol.

4:30 PM- 4:35PM

**Management of common injuries in dancers/performance athletes**

Dr. Sari Kraft– Sports Medicine (Toronto, Canada)

Learning Objectives: pathoanatomy of the spine/hip/foot in performance artists with special considerations.

4:40PM-4:45PM

**Dance Medicine – Common injuries and manual therapy techniques**

Nicola Banger - Physiotherapist (Toronto, Canada)

Learning Objectives: causes, looking beyond the knee, hip pathologies, treatment tricks/pearls, and manual therapy techniques.

4:50 PM- 4:55 PM

**The Laura Purcell / Leah Hillier Lectureship - Pediatric fractures & sports injuries: special considerations.**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine

Learning Objectives: are children 'little adults'?, what to do with the growth plate, why does your patient keep changing, casting materials, what is the 3 for 1 combo?

5:00 PM- 5:05 PM

**Soccer injuries: on field and off-field management strategies**

Dr. Neil Dilworth– Sports Medicine (Toronto, Canada)

Learning Objectives: management of common soccer injuries, special considerations in the junior athlete, my experience with Toronto FC academy.

5:10 PM- 5:15 PM **The Gary Abraham Lectureship - Mixed Martial Arts / Boxing/ Jiu Jitsu Injuries: is too much training harmful?**

Dr. Mukh Aheer – Sports Medicine (Toronto, Canada)  
Dr. Michael Campeanu – Chiropractic Therapy (Brampton, Canada)

Learning Objectives: types of martial arts, training strategies, how to deal with head injury, eye injuries, lacerations, cervical spine management / log roll, role of mouth guards/gloves, what to expect if you are covering.

5:20 PM- 5:25 PM **Ankle Injuries – on court management and return to play criteria**

Dr. Mark Leung– Sports Medicine / Basketball Canada Team Physician (Toronto, ON)  
Dr. Neil Dilworth– Sports Medicine (Toronto, Canada)

Learning Objectives: on court management, Ottawa ankle rules, management of the high ankle sprain, indications for a CT scan, Aircast vs. cast, vs. brace vs. tape, when to weight bear, return to play criteria.

5:30 PM- 5:35 PM **Discussion**

<p><b>SESSION IV TRAUMA / ANESTHESIA / SPORTS PSYCHOLOGY / MEDICO – LEGAL</b> <b>Moderator: Dr. Duong Nguyen</b></p>
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5:40 PM- 5:45 PM **NSM Urgent Sports Injury & Fracture Clinic – what you don't want to miss in the office / on the field / on x-rays. ATLS review, principles of trauma care, the role of shockwave in tendinopathies, and the role of bone growth stimulation in healing /return to play.**

Dr. Duong Nguyen – Orthopedic Surgery/Sports Medicine

Learning Objectives: ATLS & musculoskeletal injuries – principles of trauma care, indications for surgery for common fractures & dislocations, clinical indications for shockwave, ultrasound vs. bio-electricity vs. combined magnetic field technologies.

5:50 PM-5:55 PM **When your patients get into an MVA: what to expect**

Diana Verkhovets – Student at Law (Kalsi & Associates)

Learning Objectives: types of claims, what are the SABS accident benefits (non-earner benefits, medrehab, attendant care), what is a tort claim, special considerations for athletes.

6:00 PM- 6:05 PM **Important factors to consider in a personal injury case**

Ryan Naimark – Lawyer (Naimark Law LLP)

Zeitoun Vaezzadeh – Lawyer (Naimark Law LLP)

Learning Objectives: what are the patients' rights, type of injuries/claims, what the health provider needs to know.

6:10 PM- 6:15 PM **Post-injury blues: mental game coaching & performance enhancement**

Brenley Shapiro – Registered Sports Psychology / Consultant Arizona Coyotes (Toronto, ON)

Learning Objectives: how to talk to your patient post-injury and help them on the road to recovery

6:20 PM-6:25PM **MSK Ultrasound: a primer for non-radiologists**

Dr. Josh Mamelak – Radiology (Toronto, ON)

Dr. Meg Chiavaras – Radiology (McMaster University)

**Learning Objectives:** review of ultrasound principles, primer for non-radiologists, muscle/tendon/joint anatomy, injection techniques, how to avoid complications.

6:30PM-6:35 PM **The Siobhan Karam Lectureship - sports concussion & return to play: updated guidelines in 2019**

Dr. Neil Dilworth – Sports Medicine (Toronto, Canada)

Dr. James Carson – Sports Medicine (Toronto, Canada)

Learning Objectives: how to diagnose, updates in 2019, Rowan's law, new assessment tools, return to play vs. return to learn, new research updates, the cervico-vestibular region, manual therapy techniques for concussion.

6:40 PM-6:45 PM **Gymnastic Injuries - special considerations for assessment and treatment**

Sarah Elliott – Physiotherapist (Toronto, Canada)

Learning Objectives: types of events, levels of competition, training regimen, common injuries, injury prevention, competition coverage, special considerations.

6:50 PM- 6:55PM **DISCUSSION**

7:00PM-7:35 PM **Break / Viewing of Exhibits**

**Food & Drinks /** Hors-d'oeuvres passed

Reception served: Food stations (Seafood, Beef, Chicken, Vegetarian)

<p><b>SESSION V ACL / RESEARCH</b> <b>Moderator: Dr. Duong Nguyen</b></p>
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7:40 PM- 7:45 PM **Nguyen Sports Medicine Research Institute - Research Updates in 2019 & Summary of Conference Presentations**

Dr. Duong Nguyen – Orthopedic Surgery/Sports Medicine

1. Pediatric ACL reconstruction – All Inside Physis Sparing Surgical Technique
2. Sex, Age, and Graft Size as Predictors of ACL Re-Tear: a Multivariate Logistic Regression of a Cohort of 503 Athletes
3. Medial Patella Femoral Ligament (MPFL) Reconstruction Surgery for Patella Instability
4. Arthroscopic Versus Open Labral Repair for Instability–A Meta-Analysis. Arthroscopic HAGL repair
5. Allograft ACL Reconstruction in Athletes over 35 – A Cost-Utility Analysis
6. Complex Shoulder Reconstruction - Revision AC Joint (Published Book Chapter)
7. Neuromuscular Training for the Prevention of ACL Tears in Young Female Soccer Athletes – A Health Technology Assessment of the Clinical Evidence & Cost-Effectiveness

8. Elbow arthroscopy: arthroscopic OCD repair in 2019 – what not to miss in the office.
9. Meniscal repair & meniscal preservation strategies: a Multivariate Logistic Regression of a Cohort
10. Opioid alternatives – the role of Pentrox/Methoxyfluorane 'the green whistle' for short procedures analgesia and CBD oil for knee pain/OA management.

Learning Objectives: what is physis sparing ACL surgery, risk factors for ACL re-tears, what is MPFL surgery, is arthroscopic better than open shoulder stabilization, can I use an allograft for ACL reconstruction in the athlete over 35, complex AC joint shoulder reconstruction, what to do to prevent ACL injury, best imaging modality for elbow OCD lesions, the importance of meniscal preservation, safety profile of Pentrox, and evidence for CBD oil in the management of knee pain/OA.

7:50PM- 7:55 PM

**Achilles tendinopathy: Current Concepts**

Dr. David Lawrence – Sports Medicine / Blue Jays Team Physician (Toronto, Canada)

Learning Objectives: review of anatomy, what is a Haglund, the right stretch, role of shockwave, role of injections, return to play criteria.

8:00 PM-8:05 PM

**The Antero-Lateral Ligament (ALL) in ACL tears: Current Concepts (Anatomy, Imaging, Surgical Indications, Outcomes, Surgical Techniques, New Research Directions)**

Dr. Guillem Lomas – Orthopedic Surgery / Sports Medicine (New York, USA)

Learning objectives: anatomy, role of the ALL, role of ACL repair, the Lachman & Pivot shift under the microscope, MRI anatomy, is ALL reconstruction necessary?

8:10PM- 8:15 PM

**Management of Acute Back Pain in Sports**

Dr. Alex Lee – Sports Chiropractic Therapy (Toronto, Canada)

Learning Objectives: red flags, indication for imaging, role of acupuncture/traction/manipulation, injections, management of the acute foot drop, indication for surgery for a disc herniation.

8:20 PM-8:25PM

**DISCUSSION**

<p><b>SESSION VI ORTHOPEDIC SURGERY</b>  <b>Moderator: Dr. Duong Nguyen</b></p>
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8:30 PM- 8:35 PM

**Hip arthroscopy: spectrum of pathologies & surgical indications**

Dr. Paul Shim – Orthopedic Surgery / Sports Medicine (Brockville, Canada)

Learning objectives: review of the anatomy of the hip, indications for an MRI, MRI vs MRA, when to refer to a surgeon, surgical anatomy, pathologies that can be treated with arthroscopy, how to make scope portals, outcomes and complications to look for in the office.

8:40 PM-8:45 PM

**Meniscal / Cartilage Repair in 2019: Current Concepts (Anatomy, Imaging, Surgical Indications, Outcomes, Surgical Techniques, New Research Directions)**

Dr. Guillem Lomas – Orthopedic Surgery / Sports Medicine (New York, USA)

Learning objectives: anatomy, all-inside repair, outside-in repair, root repair, meniscal transplantation, microfracture, autograft / allograft OATS cartilage transfer.

- 8:50 PM- 8:55 PM **How to diagnose ACL & Meniscal tears on MRI: radiology pearls**  
 Dr. Josh Mamelak – Radiology (Toronto, Canada)  
 Learning objectives: indication for an MRI vs. ultrasound, anatomy of the meniscus/ACL, how to interpret the radiologist's report, MRI signs of ACL/meniscal repair healing.
- 9:00 PM-9:05 PM **The spectrum of shoulder instability in the athlete: anatomy, imaging, surgical techniques with a special focus on pediatrics & the Latarjet coracoid bone transfer**  
 Dr. Stephanie Hsu – Orthopedic Surgery / Sports Medicine (Georgia, USA)  
 Learning Objectives: classification, MDI, Beighton criteria, what is a Bankart / SLAP/ ALPSA/ Perthes/ GLAD/ HAGL lesion, labral repair techniques, special considerations in the pediatric athlete, the Latarjet procedure for bone defects.
- 9:10 PM- 9:15PM **ACL reconstruction graft choices in 2019: bone-patella-bone vs. hamstring vs. quadriceps tendon vs. allograft: how to choose?**  
 Dr. Chris Raynor – Orthopedic Surgery / Sports Medicine (Ottawa, Canada).  
 Learning objectives: indications, surgical anatomy, pros/cons of each type of graft, common complications seen post-surgery.
- 9:20 PM- 9:25 PM **The Sharon Kim Lectureship - Hand & Wrist injuries in the athlete**  
 Lauren Riley – Occupational Therapy (Toronto, Canada)  
 Learning objectives: review of anatomy, management of nail bed injury, mallet finger, jersey finger, PIP/MCP joint dislocation, TFCC.
- 9:30 PM- 9:35 PM **Relaxation & Meditation as Healing Adjuncts**  
 Emilie Etcubanez– RN / MSc. Nurse Educator (Toronto, Canada)  
 Learning objectives: conquering stress, strategies & meditation techniques
- 9:35 PM-1 AM **GALA/ COCKTAIL RECEPTION / DRINKS/ NETWORKING/ FOOD & DRINKS**  
**Reception passed:** hors d'oeuvres/canapes  
  
**Dessert / Coffee station**  
  
 Electric Violin – Sarah Davidson Gurney  
  
 DJ JELKA  
  
 LIVE BAND - *Blush*