

# NSM 11<sup>th</sup> Orthopedic Surgery / Sports Medicine Group Annual Hybrid Live & Virtual Symposium

This symposium is certified as a group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. You, and every attendee (with equivalence to your respective professional society/institution/organization/college) can earn up to 7 MOC (Maintenance of Certification) Program Section1 CME credits continuing medical education from the Royal College of Surgeons & Physicians of Canada

## MEETING INFORMATION

Date: Saturday January 31<sup>st</sup>, 2026

Time: 2:00 pm – 11 pm

Live Location:

The Boulevard Club

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

<http://www.boulevardclub.com>

Virtual login: Microsoft Teams Meeting

Dress Code: Formal / Black tie optional

Symposium Registration Fee:

Live session 150\$ / person (includes access to all scientific sessions + food + drinks + networking reception)

Virtual – Microsoft Teams Meeting 100\$ / person

Part of the proceeds will go towards JEL'S – the Joy of Everyday Learning through Sports for Kids (a not for profit organization)

Register by emailing [research@nguyensportsmed.com](mailto:research@nguyensportsmed.com) and indicate your full name and profession for the guest list.

Payment can be made by Interac Email E-transfer (preferred method) to [research@nguyensportsmed.com](mailto:research@nguyensportsmed.com) , by cheque (made payable to Dr. Duong Nguyen Medicine Professional Corporation, by cash, or by credit card - over the phone (416) 742-3736

If you are bringing additional guests, they will also need to formally register and pay the 150\$ symposium fee.

Symposium Director:

Dr. Duong Nguyen MPC

MD,FRCSC,MScClinEpi,LLM(c),DipABOS,DipSportsMed(ABOS),FAAOS,CIME,CMLE(ON),C-CAT(PM),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 Hall Law School)

Professional LLM in Health Law (Candidate - Osgoode Hall Law School)

Medical Legal Expert Consultant - CMPA (Canadian Medical Protective Association)



Certified Medical Legal Expert (CMLE) - Canadian Society of Medical Evaluators

Certified in Catastrophic Impairment (CAT) Evaluation (CSME/CAPDA)

Diplomate Sport & Exercise Medicine (CASEM)

Arthroscopic & Reconstructive Sports Knee Surgery

Medical Director / Urgent Sports Injury, Rehab & Fracture Clinic

Master of Science / Clinical Epidemiology

Assistant Clinical Professor - McMaster University / Toronto Metropolitan University

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Website: <https://nguyensportsmed.com/sports-medicine-symposium>

Follow us on Instagram: <https://www.instagram.com/nguyensportsmedicine/?hl=en>

Dear colleagues,

I am pleased to welcome you to the 2026 11<sup>th</sup> Annual Nguyen Sports Medicine, Orthopedic & Trauma Hybrid Live & Virtual 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.

The audience is multidisciplinary and consists of orthopedic surgeons, other specialty surgeons, sports medicine doctors, family doctors, other specialty doctors, radiologists, businesspeople, politicians, lawyers, coaches, athletic trainers, chiropractors, physiotherapists, kinesiologists, nurses, clinic owners, medical, graduate/university students or anyone with a keen interest in sports medicine.

The last sports medicine symposium 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.

Highlights of the upcoming symposium include presentations on:

- Approach to the acute knee injury: from on-field management, common pitfalls, physical exam testing to diagnostics, surgery, rehab, and return to play criteria.
- Artificial Intelligence (AI) in Health Care, Sports Medicine & Law
- Resurgence of ACL Repair & New Meniscus/Cartilage Repair Techniques in 2026
- Ultrasound-guided PRP/HA injections by Dr. Neil Dilworth (Sports/Emergency Medicine; Toronto, Canada)
- Musculoskeletal Ultrasound by Dr. Josh Mamelak (Interventional Radiology; Toronto, Canada)
- Cognitive tasks & Blood flow restriction in ACL rehab
- Pharmaceutical compendium creams for musculoskeletal pain
- Surgical atlas of the knee with detailed surgical / arthroscopic pictures correlated with physical exam tests
- The life cycle of a meniscus tear from injury to repair to transplantation
- Concussions & TMJ Dysfunction – The unknown link by Dr. Rick Soordhar (Doctor of Dental Surgery / Diplomate American Board of Craniofacial Pain, Toronto, Canada), Toronto, Canada)
- Neck strengthening machines for concussion prevention
- Artificial Intelligence (AI) Scribing
- Sports Injuries in the Female Athlete
- Soccer injuries – the Team Canada experience by Dr. Scott Howitt (Chiropractic Therapy; Toronto, Canada)
- Current concepts in Orthobiologic Therapy / PRP (Platelet-Rich-Plasma) Infused Hyaluronic Acid Gel injections in 2025
- Legal Debates on Adipose/Bone Marrow Derived Stem Cell Injections for Knee Arthritis
- Injuries in dance/performance arts (Dr. Sari Kraft – Sports Medicine; Toronto, Canada)
- Bracing for Sports Knee Injuries – Clinical Indications by Michelle DeMarchi/Alicia Hanman (Physiotherapy; Toronto, Canada),
- Health Law in Sports Medicine, the Remote Virtual Medical Expert Second Opinion on your ACL tear with Dr. Nguyen

An 'Excellence in Sports Medicine Education' award will be presented to the best presenter of the symposium. Please also save the date **Saturday February 6<sup>th</sup>, 2027**, for next year's 12<sup>th</sup> Annual sports medicine symposium.

Regards,

Dr. Duong Nguyen (Program Director)

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**Saturday, January 31<sup>st</sup>, 2026**

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

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

Coat check available in foyer (1:30 pm – 11 PM)

**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**

2:05PM-2:10PM **NSM Symposium 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-2:25PM	<b>Ultrasound-guided Musculoskeletal Injections (Joints/Tendons/Bursae – Hyaluronic Acid Gels / PRP (Platelet-Rich Plasma)</b> Neil Dilworth – Sports Medicine / Emergency Medicine (University of Toronto, Canada) Learning Objectives: review of joint / tendon anatomy, techniques, outcomes.
2:30-2:35PM	<b>Post - ACL Reconstruction / Meniscal Repair Rehabilitation: Current controversies</b> Mary Chen – Clinical Assistant / Registered Kinesiologist (Nguyen Sports Medicine. Toronto, Canada) Diana Didiano - Clinical Assistant / Kinesiologist (Nguyen Sports Medicine. Toronto, Canada) 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. Role of blood flow restriction (BFR) in rehab.
2:40-2:45PM	<b>Bracing for Sports Knee Injuries – Clinical Indications</b> Michelle DeMarchi – Physiotherapist / Osteopathy (Physioplus.Toronto, Canada) Alicia Hanman - Physiotherapist (Physioplus.Toronto, Canada) Learning Objectives: knee bracing, neuromuscular optimization, indications, patient matching, pitfalls, what's the evidence, and controversies.
2:50PM- 3:00 PM	<b>The Ed Cadet Lectureship – Knee Injuries in Soccer</b> Demetria Correia - Physiotherapist / Sports Medicine (Physioplus.Toronto, Canada) Chantelle Blanchette - Physiotherapist / Sports Medicine (Physioplus.Toronto, Canada) Learning Objectives: mechanisms, pathophysiology, prevention strategies
3:05PM- 3:10 PM	<b>Return to Play In Sports</b> <b>Hop, Skip and a Thought: Enhancing Hop Tests with Cognitive Tasks</b> Maddie Hill - Physiotherapist / Sports Medicine (King's Cross. Mississauga, Canada) Learning Objectives: key factors to measure, criteria for return to play, spectrum of tests.
3:15PM- 3:20 PM	<b>Soccer Injuries – My Team Canada Experience</b> Scott Howitt – Chiropractic Therapy / Sports Medicine (Pure Fitness. Toronto, Canada) Learning Objectives: Injuries, how to manage on/off the field, criteria for return to play

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

3:25 PM - 3.30PM	<b>PRP (Platelet Rick Plasma), Stem Cell Injections &amp; Hyaluronic Acid Gel Injections: Current Concepts in 2026</b> Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine Learning Objectives: what is PRP, indications, evidence, controversies, injection technique, research. <b>Injections for Cartilage Defects of the Knee –Prospective Cohort Study Results HA vs. HA + cortisone, HA+cortisone vs. PRP.</b> Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine Learning Objectives: what is cortisone, PRP, Stem Cell & HA, indications, evidence, controversies, injection technique, injection options in the market, results of Dr. Nguyen's prospective cohort study.
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3:35 PM

NSM Flashmob Squad / Performance Arts Demo – ‘Dance as if no one is watching’

3:35PM-4:10 PM

**Break / Viewing of Exhibits**

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

**SESSION III SPORTS MEDICINE**

**Moderator: Dr. Duong Nguyen**

4:10 PM- 4:15 PM

**Artificial Intelligence (AI) Scribe for your Practice – A Live Demo**

Neil Dilworth – Emergency / Sports Medicine (Toronto, Canada)

Learning objectives: types of AI softwares, integration into your EMR

4:20 PM- 4:25 PM

**The Ingrid Radovanovic Lectureship - The role of the hip/pelvis in ACL rehabilitation**

Learning objectives: review of the anatomy of the hip/pelvis, pathologies that affect knee mechanics, manual therapy techniques.

4:30 PM- 4:35 PM

**The Sarah Elliott Lectureship – Accelerated ACL rehab: the role of Blood Flow Restriction (BFR) in restoring muscle strength.**

Luca Condotta – Physiotherapy (King's Cross. Toronto, Canada)

Learning objectives: review the evidence on BFR, risks/complications, outcomes.

4:40 PM- 4:45PM

**The Nicola Banger Lectureship – Dance / Performance Arts: Highlights & Management of Common Injuries.**

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

Learning Objectives: how to manage injuries on the stage/in your clinic, when to refer.

4:50 PM- 4:55 PM

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

Neil Dilworth – Sports Medicine / Emergency Medicine (Toronto, Canada)

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine (Toronto, Canada)

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

5:00PM-5:05PM

**The Sara Edwards Lectureship - Sports Injuries in the Female Athlete**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine (Toronto, Canada)

Learning Objectives: how are female athletes different, neuromuscular pathophysiology, the anatomy & function of the core & pelvis in ACL/meniscus rehab.

5:10 PM- 5:15 PM

**Discussion**

**SESSION IV TRAUMA / ANESTHESIA / SPORTS PSYCHOLOGY /**

**MEDICO – LEGAL**

**Moderator: Dr. Duong Nguyen**

5:20 PM- 5:25 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, 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, ultrasound vs.bio-electricity vs. combined magnetic field technologies.

**5:30 PM-5:35 PM      The 'Save the Meniscus' Campaign Around the Globe – State of the Art Meniscal Repair Techniques**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine (Toronto, ON)

Learning Objectives: review of anatomy of the meniscal root/physical exam, Thessaly vs. McMurray vs Apley's or Dr. Nguyen's preferred test, Orthobiologic Augmentation, Can you repair a horizontal cleavage tear, Transplant vs. wedge augmentation, All-inside meniscus root repair, The life cycle of a meniscus tear from injury to repair to failure to transplantation.

**5:40 PM- 5:45PM      MSK Ultrasound: Clinical Applications in Sports Medicine**

Dr. Josh Mamelak – Radiology (William Osler Health System. Toronto, ON)

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

**5:50PM- 5:55PM      Health Law in Sports Medicine – The Remote Virtual Medical Expert Second Opinion (RVMESO) with Dr. Duong Nguyen for your Knee ACL Injury**

Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine (Toronto, Canada)

Learning Objectives: types of cases, common pitfalls, what is personal injury / tort claims / negligence / jurisprudence

**6:00PM- 6:05PM      E-bikes / E-scooters & colliding with the Law – What you need to know in 2026**

Michelle Kudlats (Neinstein Law. Toronto, Canada)

Learning Objectives: What's legal in your municipality, types of vehicles, speed and power restrictions, are you covered by your home/car insurance? Tort claims / negligence / jurisprudence

**6:10 PM- 6:15PM      DISCUSSION**

**6:20PM-6:55 PM      Break / Viewing of Exhibits**

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

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

**SESSION V    ACL / RESEARCH**

**Moderator: Dr. Duong Nguyen**

**7:00 PM- 7:05 PM      Nguyen Sports Medicine Research - Research Updates / Summary of Conference Presentations**

Dr. Duong Nguyen – Orthopedic Surgery/Sports Medicine

Pediatric ACL reconstruction – All Inside Physis Sparing Surgical Technique

Sex, Age, and Graft Size as Predictors of ACL Re-Tear: a Multivariate Logistic Regression of a Cohort in Athletes

Medial Patella Femoral Ligament (MPFL) Reconstruction Surgery for Patella Instability

**Neuromuscular Training for the Prevention of ACL Tears in Young Female Soccer Athletes – A Health Technology Assessment of the Clinical Evidence & Cost-Effectiveness**

Meniscal repair & meniscal preservation strategies: a Multivariate Logistic Regression of a Cohort

Elbow arthroscopy for OCD lesions in athletes - from pinning to microfracture / mosaiplasty (OATS)

Learning Objectives: what is physis sparing ACL surgery, risk factors for ACL re-tears, what is MPFL surgery, what to do to prevent ACL injury, best physical exam tests for ACL/meniscus injuries, best imaging modality for elbow OCD lesions, the importance of meniscal preservation.

**7:10PM- 7:15 PM      Concussions & TMJ Dysfunction – The unknown link**

Dr. Rick Soordhar – Doctor of Dental Surgery / Diplomate American Board of Craniofacial Pain, Toronto, Canada (Oasis Dental. Milton, Canada)

Learning Objectives: how to manage TMJ disorders in the setting of a concussion

**7:30 PM – 7:35 PM      The Guillem Lomas Lectureship – the Return of the Jedi: ACL repair**

Dr. Duong Nguyen – Orthopedic Surgery/Sports Medicine (Toronto, Canada)

Learning objectives: anatomy/blood supply, role & indications for ACL repair, the Bridge-enhanced anterior cruciate ligament repair (BEAR) procedure & alternatives, why not ACL reconstruction, femoral vs. tibial sided avulsions, timing, proper tensioning, surgical techniques, outcomes?

**7:40PM- 7:45 PM      Research Presentation: Athlete-Centered Care – How can we bring the athlete's voice to sports healthcare?**

Dr. Alex Lee – Sports Chiropractic Therapy(Velocity Sports Medicine. TO, Canada)

Learning Objectives: identify current obstacles to health care access & provide potential solutions.

**7:50 PM-7:55PM      DISCUSSION**

**SESSION VI      ORTHOPEDIC SURGERY**  
**Moderator: Dr. Duong Nguyen**

**8:00 PM- 8:05 PM      The Mark Leung Lectureship - Patella Dislocations in Athletes: Anatomy, Imaging, Surgical Indications & the 'MPFL reconstruction' surgery**

Dr. Duong Nguyen – Orthopedic Surgery / 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, TTO & trocheoplasty, MPFL reconstruction rehab protocol.

**8:10 PM-8:15 PM      The Ingrid Radovanovic Lectureship –A global travel through the surgical anatomy of the knee with detailed surgical/arthroscopic pictures & correlations with physical exam tests**

Dr. Duong Nguyen – Orthopedic Surgery (Toronto, Canada)

Learning objectives: anatomy & clinical correlations, how are Segond, Humphrey & Wrisberg related?

**8:30 PM-11:00PM COCKTAIL RECEPTION / NETWORKING/ FOOD & DRINKS**

**Reception passed:** hors d'oeuvres/canapes/food stations (vegetarian/vegan options available)

**Dessert / Coffee station**

Please hand in your evaluation to Dr. Nguyen so that we can make next year's symposium better.

Also, hand in your AI Tutor Research Study questionnaire to Dr. Nguyen prior to leaving.

Please drive home safely with a designated driver or with Uber/Lyft/Taxi. Let Dr. Nguyen if you need any assistance getting home.