

NSM 8th Annual Sports Medicine, Orthopedic & Trauma Hybrid Live & Virtual Symposium



MEETING INFORMATION

Date: Saturday, Saturday Feb 25th, 2023

Time: 2:00 pm – Midnight

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

Covid-19 safety measures implemented:

All guests are self-screened

All guests must be double vaccinated

Masks are optional

Regular masks and N95 masks available for use

Hand sanitizers at stations

HEPA air filters on site

Symposium Registration Fee:

Live session 150 \$ / person

Virtual – Microsoft Teams Meeting 75\$ / person

Post-symposium recording / presentation handout 150\$

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

Payment can be made via over the phone by credit card (visa, MasterCard, American express) by calling (416) 742-3736, by cheque (made payable to Dr. Duong Nguyen Medicine Professional Corporation or alternatively to JEL'S – the Joy of Everyday Learning through Sports for Kids (a not for profit organization), email via E-transfer/Interac to research@nguyensportsmed.com, or by cash.

Register by emailing: 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).

Symposium Director:

Dr. Duong Nguyen Medicine Professional Corporation
MD,FRCS, MSc(ClinEpi), DipABOS, DipSportsMed(ABOS), FAAOS, CIME, CMLE(ON), DipSportMed(CASEM)
Diplomate of the American Board of Orthopedic Surgery
Subspecialty Board Certification in Sports Medicine (ABOS)
Fellow of the American Academy of Orthopedic Surgeons (FRCS/AAOS) Certified
Independent Medical Legal Examiner (ABIME) & Health Law (Osgoode) Medical
Legal Expert Consultant - CMPA (Canadian Medical Protective Association)
Certified Medical Legal Expert (CMLE) - Canadian Society of Medical Evaluators
Diplomate Sport & Exercise Medicine (CASEM)
Arthroscopic & Reconstructive Shoulder, Elbow & Knee Surgery
Medical Director / Urgent Sports Injury & Fracture Clinic
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Dear colleagues,

I am pleased to welcome you to the 2023 8th 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 sports medicine symposium held on Saturday July 9th, 2022 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 10th, 2024**, for next year's 9th Annual sports medicine symposium.

Regards,

Dr. Duong Nguyen (Program Director)

Saturday, February 25th, 2023

Noon – 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

2:05PM-2:10PM **NSM Symposium 2022 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 **The Neil Dilworth Lectureship – Head Injury / Sports concussion & return to play / The role of Vestibular Therapy**
Michelle DeMarchi – Physiotherapist / Osteopathy (Physioplus.Toronto, Canada)
Learning Objectives: how to diagnose, treatment algorithm, Rowan's law, the cervico-vestibular region, manual techniques, why am I not getting better, when can I play again, return to play vs. return to learn.

2:25PM-2:30PM **Post-ACL Reconstruction / Meniscal Repair Rehabilitation: Controversies in 2023**

Demetria Correia – Physiotherapist (Physioplus. Toronto, Canada)

Danielle Froats – Clinical Assistant / Registered Kinesiologist

Logan Jackson – Clinical Assistant / Registered 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.

- 2:35PM- 2:40PM **Basketball Injuries – the Team Canada experience**
Dr. Mark Leung – Sports Medicine (Cleveland Clinic. Toronto, Canada)
Learning Objectives: Common injuries & how to manage. Competition highlights.
- 2:45-2:50 PM **Bracing for Sports Injuries (Shoulder, Elbow, & Knee) – Clinical Indications**
Michelle DeMarchi – Physiotherapist / Osteopathy (Physioplus.Toronto, Canada)
Learning Objectives: shoulder/elbow/knee bracing, knee neuromuscular optimization, indications, patient matching, pitfalls, what’s the evidence, and controversies.
- 3:05 PM- 3:15 PM **Mock LAT (License Appeal Tribunal) Trial – Pros & Cons of the SPECT scan in Motor Vehicle Accidents: A Defense & Plaintive Perspective**
Jonathan Tatner – Lawyer (Toronto, Canada)
Tanya Walia – Lawyer (Kalsi & Associates. Toronto, Canada)
Learning Objectives: what is the role of the LAT (License Appeal Tribunal), MVA/SABS definitions, recent adjudications in Ontario, should I use the SPECT scan for my cases.

SESSION II INJECTIONS Moderator: Dr. Duong Nguyen
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- 3:20PM - 3.30PM **PRP (Platelet Rick Plasma) Injections: Current Concepts in 2023**
Dr. Duong Nguyen – Orthopedic Surgery / Sports Medicine
Learning Objectives: what is PRP, 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.**
- Danielle Froats – Kinesiology
Logan Jackson – 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.
- 3:35PM-4:10 PM **Break / Viewing of Exhibits**
Food & Drinks / Hors-d’oeuvres passed

SESSION III SPORTS MEDICINE Moderator: Dr. Duong Nguyen
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- 4:20 PM- 4:25 PM **The Ingrid Radovanovic Lectureship – ‘Fix your foot to prevent ACL revisions’**
Jamie Camp – Physiotherapy (Shift Bodywork. Toronto, Canada)

Learning objectives: review of the anatomy of the foot, 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.**

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

5:25 PM- 5:35 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.

5:40 PM-5:45 PM **In-office diagnostic knee arthroscopy – is it better than an MRI?**

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

Learning Objectives: indications, advantages over an MRI, how to make the patient comfortable, intra-articular anatomy, portal creation, surgical technique, post-procedure care, outcomes.

5:50 PM- 5:55PM **The Josh Mamelak Lectureship - MSK Ultrasound: Clinical Applications in Sports Medicine**

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

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

6:00 PM-6:05 PM **ACL Injury Prevention in Soccer & Other Sports – Bridging the Therapeutic Gap**

Angelika Uremovich – Director / Joy of Everyday Learning Through Sport For Kids (JELS)

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

Learning Objectives: Common injury mechanisms, prevention programs, movement screens, implementation barriers, JELS (the Joy of Everyday Learning Through Sport for Kids), special considerations.

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)

<p style="text-align: center;">SESSION V ACL / RESEARCH Moderator: Dr. Duong Nguyen</p>

7:00 PM- 7:05 PM **Nguyen Sports Medicine Research Institute - Research Updates in 2023 & 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 2022 – what not to miss in the office.
9. Meniscal repair & meniscal preservation strategies: a Multivariate Logistic Regression of a Cohort
10. Remplissage for shoulder instability

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 physical exam tests for ACL/meniscus injuries, best imaging modality for elbow OCD lesions, the importance of meniscal preservation.

7:10PM- 7:15 PM **Dental/TMJ Injuries in Sports: the role of Sports Mouth Guards & On/Off- field management.**

Dr. Rick Soordhar – Dental Surgery (Oasis Dental. Milton, Canada)

Learning Objectives: how to manage dental injuries on the field, types of mouthguards, how do they make it, proper fit, outcomes.

7:20PM- 7:25 PM **The Ed Cadet Lectureship – Team Canada Soccer Injuries: On/Off- field management.**

Dr. Scott Howitt - Chiropractic Therapy (Sports Medicine)

Learning Objectives: how to manage injuries on the field, the role of taping, training regimens, return to play algorithms.

7:30 PM – 7:35 PM **The Guillem Lomas Lectureship – The Resurgence of ACL repair, what is the optimal ACL graft for reconstruction, new meniscal repair techniques in 2023.**

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

Learning objectives: role & indications for ACL repair, why not reconstruction, femoral vs. tibial sided, timing, proper tensioning, surgical techniques, outcomes?

7:40PM- 7:45 PM **Formal in-clinic physiotherapy for the management of acute back pain: is it necessary?**

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

Learning Objectives: pathophysiology, physical exam, management strategies.

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, MPFL reconstruction rehab protocol.

8:10 PM-8:15 PM **The Stephanie Hsu Lectureship – ‘Remplissage’ procedure for shoulder instability.**

Dr. Stephanie Hsu – Orthopedic Surgery / Sports Medicine (Northside Hospital Orthopedic Institute. Atlanta, USA)

Learning objectives: anatomy, indications, portals, arthroscopic techniques.

8:20 PM- 8:25 PM **‘The Human 2.0 Workout’ routine – only 5 mins per day to prevent any sports injuries**

Dr. Chris Raynor – Orthopedic Surgery / Sports Medicine (Human 2.0. Ottawa, Canada).

Learning objectives: common myths/mistakes, techniques, how to incorporate in your busy daily life

8:30 PM-Midnight **GALA/ COCKTAIL RECEPTION / NETWORKING/ FOOD & DRINKS**

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

Dessert / Coffee station