5th Clinical Sport and Exercise Medicine Conference

“International Team Physician & Physiotherapist Course and a Lifestyle Intervention for Chronic Disease Course”

Second Announcement

Wednesday 24 to Friday 26 October 2012

Hosted by:
Clinical Sport and Exercise Medicine Research group, UCT/MRC Research Unit for Exercise Science and Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, South Africa

In conjunction with the:
South African Sports Medicine Association (SASMA)
American College of Sports Medicine (ACSM)
International Olympic Committee (IOC) Medical Research Centres
FIFA Medical Centres of Excellence in South Africa
and Others

Venue:
Vineyard Hotel, Cape Town, South Africa

Congress Coordinator: Deborah McTeer of Onscreen Conferences
Registration forms and further programme details will be available in May/June 2012. For any enquiries please contact Ms Deborah McTeer at
Email: conference@onscreenav.co.za or Phone: +27 83 457 1975

Conference Organizing Committee
Chairs: Prof Martin Schwellnus, Dr Jon Patricios – Johannesburg
The Clinical Sport and Exercise Medicine Research Group of the UCT/MRC Exercise Science and Sports Medicine Research Unit (ESSM) is once again proud to announce the hosting of the 5th Clinical Sports Medicine Conference from Wednesday 24 October to Friday 26 October 2012 in Cape Town. This will be the fifth biennial Clinical Sport and Exercise Medicine Conference, and follows the highly successful conferences that were held in 2004, 2006, 2008 and 2010 respectively. This conference will be hosted in conjunction with the following partners and organisations:

- South African Sports Medicine Association (SASMA)
- American College of Sports Medicine (ACSM)
- International Olympic Committee (IOC) Medical Research Centres
- FIFA Medical Centres of Excellence in South Africa

The focus of the Conference will be on two important areas of Clinical Sport and Exercise Medicine. The first area of focus is athlete care, in particular the team setting. An impressive list of international speakers, together with local South African experts, will be assembled to present an “International Advanced Team Physician & Physiotherapist Course”. The emphasis of this course will be to provide medical staff caring for athletes (including sport and exercise medicine doctors, general practitioners, physiotherapists and biokineticists) with cutting edge aspects of illness and injury prevention and management. One of the specific themes of the course will be a practical clinical guidelines on “return to play” for illness and injury.

The second area of focus of the conference will be a practical clinical course on “Lifestyle Intervention for Chronic Disease”. Chronic diseases of lifestyle present the single most important threat to global health care. The discipline of Clinical Sport and Exercise Medicine has an important leadership role and practical implementation role in addressing the current burden of chronic disease by providing lifestyle interventions for patients with risk factors and existing chronic disease. This course will cover practical clinical lifestyle intervention for chronic disease and is particularly aimed at sport and exercise medicine doctors and general practitioners with an interest in developing this area in their practice.

The conference will also include an exhibition area where members of the industry will be able to familiarise delegates with equipment and products that can improve the medical care and scientific support to their patients and athletes.

The venue for the conference is the Vineyard Hotel, which is located in Claremont and is in close proximity to Cavendish shopping centre, Newlands forest on Table Mountain, Kirstenbosch Gardens and many other attractions. As in the past, we promise a top quality academic programme. An optional conference dinner will be organised on Thursday evening 25th October.

Finally, this conference will be CPD accredited, and we will be applying for a minimum of 24 CPD points (including ethics points).

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Confirmed International Speakers

Dr Karl “Bert” Fields

Dr Fields is the Director of the Moses Cone Sports Medicine Fellowship in Greensboro, North Carolina and is a Professor for the Department of Family Medicine at the University of North Carolina at Chapel Hill. Dr. Fields has practiced sports medicine since 1980 and has been a member of ACSM since then. He is a charter member and past-President of the American Medical Society for Sports Medicine. He has taught in multiple national meetings in the United States and has been a visiting Professor of Sports Medicine in Australia, Chile, China and Norway. His research focuses on using musculoskeletal Ultrasound in sports medicine, Utilization of Automated External Defibrillators, running injuries, orthotics and issues of endurance athletes. He has published numerous book chapters and articles and is the Sports Medicine editor for UpToDate. He enjoys providing coverage for many national, regional and collegiate sporting events.

Dr Mary Lloyd Ireland, M.D.

Dr Ireland is an orthopaedic surgeon and Associate Professor at the University of Kentucky, in Lexington, Kentucky. Dr. Ireland received her Medical Degree from the University of Tennessee. Her residency was at the University of California, Irvine and her fellowships in Sports Medicine were at Boston Children’s Hospital, Harvard University, Boston, Massachusetts and Hughston Orthopaedic Clinic, Columbus, Georgia. She is a fellow of the American Academy of Orthopaedic Surgeons and American College of Sports Medicine. She is a member of the American Orthopaedic Society for Sports Medicine, Ruth Jackson Orthopaedic Society, American Orthopaedic Association, and an honorary member of the National Athletic Trainers Association. She served as Head Physician at the Olympic Sports Festival in Minneapolis, Minnesota in 1990 and as a Medical Staff Member at the Olympics in Barcelona, Spain in 1992. She has published numerous articles and chapters. She is co-editor of The Female Athlete (Saunders 2002) and editor of the AAOS Instructional Course Lectures – Sports Medicine, published (2005). She continues to pursue research on gender differences, treatment and prevention of the knee and shoulder injuries.

Dr Francis G. O’Connor, M.D., MPH

Dr O’Connor is an Associate Professor at the Uniformed Services, University and Medical Director for the Consortium on Health and Military Performance. He has been a leader in sports medicine education and research for the military for over 15 years. Dr O’Connor has authored over 30 articles in scientific journals and numerous book chapters/technical reports/health promotion resources for the military. In addition, Dr. O’Connor is the editor of four texts on sports medicine including the Textbook of Running Medicine and Sports Medicine for the Primary care Physician 3rd Edition. He is on the board of several leading organizations in sports medicine including the American College of Sports Medicine, the American Medical Society of Sports Medicine, and the American Medical Athletic Association. A Colonel in the United States Army, Dr. O’Connor is a graduate of the United States Military Academy at West Point, and prior to his recent posting at Uniformed Services University in the Department of Military Medicine, served one year as a Command Surgeon with Special Operations in the Middle East.

Dr Craig C. Young, M.D., FACSM

Dr Young is a Professor of Orthopaedic Surgery and Community and Family Medicine at the Medical College of Wisconsin in Milwaukee, Wisconsin. He was the President of the American Society for Sports Medicine (AMSSM) 2007-2008. In 2012 he was awarded AMSSM’s Founder’s Award, which is given
to “the individual, group or organization who exemplifies the best we can be or do in Sports Medicine.” He is a team physician for the Milwaukee Brewers Major League Baseball Team and Milwaukee Mustangs Professional ARENA Football Team; a pool physician for the US National Snowboard Team and the US Olympic Committee (USOC); and the company physician for the Milwaukee Ballet and the Skylight Opera. He was one of the USOC’s physicians for the 23rd Winter World University Games in Torino, Italy. He is on the editorial boards of the Clinical Journal of Sport Medicine, Current Sports Medicine Reports and eMedicine’s Electronic Sports Medicine Textbook. He is a co-editor of Netter’s Sports Medicine Textbook.

Dr Sharon L. Busey, M.D.

Dr Busey is an Associate Professor of Paediatrics at the Medical College of Wisconsin in Milwaukee, Wisconsin. She is a fellow of the American Academy of Paediatrics. Her interests include medical education and providing medical care to the underserved. She is the recipient of multiple teaching awards. She is co-editor of the textbook entitled “Paediatric Decision Making Strategies”.

Dr Paul Dijkstra, MBBCh, MPhil Sports Medicine, FFSEM

Dr Paul Dijkstra completed his medical studies in Pretoria, South Africa. He followed this by completing his Sports Medicine studies (MPhil) at the University of Cape Town and practised for seven years as a Sport and Exercise Medicine Physician in Potchefstroom, while also lecturing Sports and Exercise Medicine as a part time professor at the School for Biokinetics, Recreation and Sport Science at the North West University. He worked with the National Olympic Committee of South Africa preparing athletes in the North West Province from many Olympic sports for the 2000 and 2004 Olympic Games. He also worked extensively with track and field athletes from all over the world, including Great Britain’s Dame Kelly Holmes before her double gold success at the 2004 Athens Olympic Games.

Paul joined UK Athletics in February 2006 as the London Medical Officer and was appointed as Chief Medical Officer of UK Athletics in February 2008. He will act as the Chief Medical Officer for the UK track and field team for the 2012 London Olympic games.

Paul has travelled extensively with the Great Britain Track and Field Team to many local and international events including the 2008 Olympic Games in Beijing, two IAAF World Championships (Osaka and Berlin), two World Indoor Championships (Moscow and Doha) as well as seven European and European Team Championships.

He is a foundation fellow of the Faculty of Sports and Exercise Medicine in the UK and is interested in health management, exercise pharmacology, medical conditions affecting sports performance, tendon injuries as well as paediatric sports medicine. He has lectured at many local and international conferences and is involved in the training programme of registrars in Sport and Exercise Medicine in London. Paul is married to Andrea and they have two children aged 10 and 112.

The organizers would like to thank “TransAct” who are supporting International Speakers for this Conference
## Draft Scientific Programme

### Day 1 - Wednesday 24 October 2012

**International Advanced Team Physician & Physiotherapist Course**

The focus of the first day of the International Advanced Team Physician & Physiotherapist Course will be on the prevention, diagnosis and management (including rehabilitation) of injuries in the athlete. There will be an emphasis on new information as it is applied to clinical cases. Upper and lower limb injuries will be covered, as well as injuries “not to be missed”. There will be a specific emphasis on clinical return to play guidelines.

### Day 2 - Thursday 25 October 2012

**International Advanced Team Physician & Physiotherapist Course**

The focus of the second day of the International Advanced Team Physician & Physiotherapy Course will be on the prevention, diagnosis and management of illness in athletes. There will be an introduction on the patterns of illness in athletes and the effects of international travel on illness in athletes. This will be followed by sessions on the diagnosis and management of common illness in athletes, again with an emphasis on new information as it is applied to clinical cases. Clinical return to play guidelines for common illnesses will be covered. A special session of this day will be a discussion on the medical challenges that were experienced during the 2012 Olympic and Paralympic Games.

### Day 3 - Friday 26 October 2012

**Lifestyle intervention for Chronic Disease Course & Practical Team Clinician Workshops**

The chronic diseases of lifestyle are responsible for over 65% of all deaths globally. This pattern of illness is also evident in developing countries – including those in Sub-Saharan Africa. Of greater importance is the fact that lifestyle risk factors, including physical inactivity, poor nutrition, cigarette smoking and other substance abuse, are responsible for these diseases. This day will focus on the role of Sport and Exercise Medicine in the prevention (primary, secondary and tertiary) of the chronic diseases of lifestyle. The aim is to provide the clinician with a practical clinical approach to the prevention and management of these diseases. This day will be of particular interest to Sport and Exercise Medicine doctors, general practitioners, medical specialists (including cardiology, pulmonology, endocrinology and rheumatology), physiotherapists, biokineticist, dieticians, and psychologists interested in this field.

In addition, there will be other breakaway sessions with practical workshops, and meetings of other interest groups during this day.

### Only 200 Places – Book early!!

**CPD points**

This conference will be accredited with CPD points for the three days of the meeting.

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**Conference Organizing Committee**

**Chairs:** Prof Martin Schwellnus, Dr Jon Patricios – Johannesburg