



6th Clinical Sport and Exercise Medicine Conference

Conference Theme

“Strategies to reduce Adverse medical events and injuries For the ExerciseR – SAFER”

Final Announcement

Wednesday 22 to Friday 24 October 2014

Hosted by:

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)

- **International Olympic Committee (IOC) Medical Research Centres**
 - **FIFA Medical Centres of Excellence in South Africa**
 - **FIMS Collaborating Centre**
- **Biokinetics Association of South Africa (BASA)**

Venue:

Vineyard Hotel, Cape Town, South Africa

Deborah McTeer of Onscreen Conferences

For any enquiries please contact Ms Deborah McTeer at

Email: conference@onscreenav.co.za | Phone: +27 83 457 1975 or Ms Bridget Petersen at Email: conference1@onscreenav.co.za | Phone: +27 21 486 9111

Or visit the conference website: <http://www.clinicalsportsmedicine.co.za/>

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 6th Clinical Sports Medicine Conference from Wednesday 22 October to Friday 24 October 2014 in Cape Town. This will be the sixth biennial Clinical Sport and Exercise Medicine Conference, and follows the highly successful conferences that were held in 2004, 2006, 2008, 2010, and 2012 respectively. This conference will be hosted in conjunction with the following partners and organisations:

- South African Sports Medicine Association (SASMA)
- International Olympic Committee (IOC) Medical Research Centres
 - FIFA Medical Centres of Excellence in South Africa
 - FIMS Collaborating Centre
 - Biokinetics Association of South Africa (BASA)

The theme of this Conference has been carefully chosen and will focus on “Strategies to reduce Adverse medical events and injuries For the ExerciseR” – the SAFER Conference.

It is well established that regular physical activity is one of the most important lifestyle factors to reduce the risk of non-communicable disease. The health professional should assess and promote regular physical activity in every patient under his or her care. However, participation in regular physical activity (including occupational physical activity and participation in recreational and high level sport) can be associated with medical complications and / or development of musculoskeletal injury. Indeed, commencing with a regular exercise program may “unmask” underlying illness or injury. Therefore, health professionals should be equipped to 1) assess the risk of illness or injury that may occur during exercise (screening and risk stratification), 2) utilize scientific and medical guidelines to prescribe, monitor, adjust the “exercise prescription” and 3) treat any adverse events or injuries safely.

In this conference we will focus on strategies to reduce adverse medical events and injuries for the serious athlete and the recreational exerciser. This conference is particularly aimed at Sport and Exercise Medicine physicians and general practitioners with an interest in developing this area in their practice. Biokineticists, physiotherapists and other health professionals with an interest in promoting physical activity will also find this conference valuable.

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 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 the 23rd October.

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

Congress Coordinator: Deborah McTeer of Onscreen Conferences

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Confirmed International Speakers

WINNE MEEUWISSE, MD, PhD

Professor Meeuwisse is a physician at the University of Calgary Sport Medicine Centre in the Faculty of Kinesiology.

He is engaged in research on sport health screening, risk analysis and injury prevention. He is Co-Chair of the Sport Injury Prevention Research Centre in the Faculty of Kinesiology at the University of Calgary, which is one of only 4 Centres in the world recognized by the International Olympic Committee. He is a founding member of the Concussion in Sport Group and Co-Chair the 4th International Consensus Conference on Concussion in Sport.

His clinical responsibilities range from recreational to elite athletes. He is the Co-Chair of the National Hockey League NHL/NHLPA Joint Health and Safety Committee. He serves as an Associate Editor of the BJSM Injury Prevention and Health Protection journal and recently completed a 14-year term as the Editor-in-Chief of the Clinical Journal of Sport Medicine (1998-2012)

ROALD BAHR, MD, PhD

Professor Roald Bahr is the Chair of the Oslo Sports Trauma Research Center and the Department of Sports Medicine at the Norwegian School of Sport Sciences. He also holds a clinical appointment in the Medical Department at the National Olympic Training Center, where he has been the Chief Medical Officer and Chair of the Health Department since 2011. Prof Bahr also joined Aspetar as the Head of the Aspetar Sports Injury & Illness Prevention Programme in October 2012. He is authorized as a Sports Medicine Physician by the Norwegian Society of Sports Medicine and is a fellow of the American College of Sports Medicine. He serves as Team Physician for the beach volleyball national teams. He is past chair of the National Council on Physical Activity, past president of the Norwegian Society of Sports Medicine, a current member of the Sports Medicine Council of the Norwegian Olympic Committee and Confederation of Sports. He is the President of the FIVB Medical Commission and a member of the IOC Medical Commission—Medical and Scientific Group. His main research area is sports injury prevention, and he has published more than 200 original research articles, review papers and book chapters, in addition to 10 books. He is the main editor of the widely acclaimed textbook "IOC Manual of Sports Injuries" and the new "Handbook of Sports Injury Prevention", both published in several languages.

As the Chief Medical Officer for Olympiatoppen he has worked with Olympic athletes across Norwegian sports. He has been the team physician for the Norwegian beach volleyball team for 20 years. Professor Bahr is a former national team volleyball player and coach.

MATS BÖRJESSON, MD, PhD

Professor Börjesson is a specialist in Internal Medicine, Pain and Cardiology at The School of Sport and Health Sciences & Department of Cardiology, Karolinska University Hospital, Stockholm, Sweden.

Some of the other positions held by Professor Börjesson include:

- Chairman, section of Sports Cardiology, European Society Cardiology, 2008-10
- Vice-chairman for the Swedish Society of Sports Medicine, 2011-13; Chairman 2013 - to date
- Chairman of Task Force on Physical activity in WHO/Health Promoting Hospitals network, 2012 - to date
- Vice-chairman of the Swedish Society of Cardiology, 2014 - to date
- Vice-chairman the Medical Committee of the Swedish Football Association, 2010 - to date
- Member of the scientific committee of the European Federation for Sports Med Associations (EFSMA), 2014 - to date

- Member of the IOC working group for Non-communicable diseases, 2013 - to date
- Team doctor: Swedish National women's team (EC 2009, 2013, WC 2011, Olympics 2012) and GAIS, men's premier division (1995 - to date); Head of the medical team for the Ivory Coast football team (WC 2010); Tyresö, women's premier division (2012-13).

Editorial boards

- Member of Scientific Committee of J of Sports Cardiology, 2004 - to date
- Member of the international editorial board of the European J Card Prev Rehab, 2005-11
- Member of editorial board of Scand J Med Sci Sports, 2006 - to date
- Member of editorial board Br J Sports Med, 2011 - to date

Professor Börjesson lectured at more than 70 international congresses worldwide and has over 100 publications and peer review journals.

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NICK WEBBORN, MD, PhD

Nick is a sports medicine physician, Medical Director of The Sussex Centre for Sport and Exercise Medicine and a Research Fellow at the University of Brighton. He works with a variety of sports at elite level including tennis and football but mostly with British Paralympic athletes since 1992 and has attended eight Paralympic Games either as GB Team Physician or as a member of the International Paralympic Committee (IPC) Medical Commission and the IPC Anti-Doping & Sport Subcommittees. In 2003 he became involved with the bid phase of the London 2012 Games. He then worked for LOCOG on the medical advisory group and at the Olympic Games as a sports physician. Nick was CMO for the British Paralympic team at London 2012. Dr Webborn's contribution to sports medicine has not just been practical, but he has also been recognized for his published research. His masters' dissertation won the 1997 IOC World Congress on Sport Sciences award for best presentation in the biological sciences section. His recognition of the thermoregulation issues in Paralympic athletes led on to further research into cooling and pre-cooling methods and he led the heat and acclimatization strategies for the BPA at both the Athens and Beijing Games. He initiated the IPC injury surveillance programme in Salt Lake City in 2002 and has continued this research at subsequent Paralympic Games. He has been nominated on two occasions for the Paralympic Scientific Award. He has published seventeen book chapters and twenty articles in the topic of Paralympic sports in a desire to spread the information he learned and to bring sports medicine to athletes with a disability. He is now the most widely published author worldwide on the topic. He is an invited lecturer nationally and worldwide.

AXEL SCHULZ, MD

Doctor Schulz is currently Medical Director EMEA, Össur BV. He graduated as MD from the University of Giessen, Germany. He is currently practicing as an orthopedic and trauma surgeon with a special interest in sport and exercise medicine.

His Doctoral thesis was "Stress-specific release of β -Endorphin under various stressors" conducted at the Institute of Pharmacology, at the University of Giessen in Germany.

He has published and presented widely and his current research involves tailoring of individual plans in the management of osteoarthritis. He is also involved in phase III and IV clinical trials on pharmaceuticals, medical devices and orthoses in patients with osteoarthritis. He is currently on the board of the German Association of Pain Therapy and The German association for Osteoarthritis management.

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Confirmed Local Speakers

Jodie Aderem (Physiotherapist, University of Stellenbosch), Chris Allan (Physiotherapist), Dr Yumna Albertus-Kajee (Biokineticist), Robin Arkell (Biokineticist, University of Cape Town), James Brown (Exercise Scientist, University of Cape Town), Kim Buchholtz (Physiotherapist), Dr Phatho Cele-Zondi (Senior lecturer, University of Pretoria), Ms Sarah Chantler (Registered Dietician), Dr Amanda Claassen (Registered Dietician), Prof Wayne Derman (Professor of Sport and Exercise Medicine, University of Cape Town), Dr Ina Diener (Physiotherapist, Lecturer at University of Stellenbosch), Megan Dutton (Physiotherapist), Mrs Karlien Duvenage (Registered Dietician), Dr Suzanne Ferreira (Sport Scientist and Lecturer, University of Stellenbosch), Dr Lindy-Lee Folscher (Sports Medicine, University of Pretoria; Head of Department, Emergency Medicine Natalspruit Hospital; Senior Lecturer, Division of Emergency Medicine, University of Witwatersrand), Dr Janine Gray (Physiotherapist, Cricket South Africa, University of Cape Town), Dr Lize Havemann Nel (Registered Dietician, Senior Lecturer, North-West University), Dr Louis Holtzhausen (Head: Division of Sports Medicine, University of the Free State), Ms Fallon Hope (Biokineticist), Ms Grace Hughes (Physiotherapist), Prof Christa Janse Van Rensburg (Head: Division of Sports Medicine, University of Pretoria), Dr Gerda Joubert (President - Biokinetics Association of South Africa), Mr Leon Keulder (Biokineticist), Prof Efraim Kramer (Head of Division of Emergency Medicine, The University of Witwatersrand), *Mr Johan La Grange*, Assoc. Prof Robert Lamberts (Associate Professor and Head of Orthopaedic Research), Dr Mamosilo Lichaba (Sport and Exercise Medicine Physician), Ms Shelly Meltzer (Registered Dietician), Dr Ephraim Nematswerani (Sport and Exercise Medicine Physician), Dr Benita Olivier (Physiotherapist, WITS), Mrs Sunita Potgieter (Registered Dietician, Lecturer in Therapeutic Nutrition, University of Stellenbosch), Mr Clint Readhead (Senior Manager: Medical, SARU), Dr Craig Roberts (Sport and Exercise Medicine Physician, SARU), Dr Mark Roussot, Dr Karen Schwabe (Sport and Exercise Medicine Physician, Sports Science Institute of South Africa), Prof Martin Schwellnus (Professor of Sport and Exercise Medicine, University of Cape Town), Dr Etti Shmukler (Preggi Bellies South Africa), Helene Simpson (Physiotherapist), Ms Philippa Skowno (Counseling Psychologist), Mr Sean Surmon (Biokineticist, Centre for Human Performance Sciences, University of Stellenbosch), Dr Jeroen Swart (Sport and Exercise Medicine Physician, Sports Science Institute of South Africa), Mike van Rheede (Physiotherapist), Dr Richard Von Bormann (Orthopaedic Surgeon), Mr Ron Veenis (Physiotherapist), Dr Wayne Viljoen (Biokineticist, SARU), Dr Pierre Viviers (Senior Director & Research Assistant, Centre for Human Performance Science, University of Stellenbosch), Dr Jarrad Van Zuydam (Sports Physician, Team Physician for Team MTN Qhubeka Pro Cycling), Mr Arnold Vlok (Biokineticist), Andrew Wheeldon (Managing Director of the Bicycling Empowerment Network - BEN)

Draft Scientific Programme
(All titles and dates/times of presentations are still subject to change)

Time	Wednesday 22 October 2014	
07h45-08h00	<p align="center">Opening and Welcome Address (Venue: Camphor Rooms 1, 2 and 3)</p>	
08h00-09h00	<p align="center">Opening keynote lecture - Prof Roald Bahr (Norway and Aspetar) The demise of the fittest – are we destroying our most talented athletes? (Venue: Camphor Rooms 1, 2 and 3)</p>	
09h00-10h30	<p align="center">SAFER Rugby – Strategies to reduce injuries and illness in rugby players (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinators: Dr Craig Roberts, Mr Clint Readhead</p> <p>09:10-09:30: How big is the injury problem at school and club rugby in South Africa? - <i>Clint Readhead</i> 09:10-09:30: What is SA Rugby doing to address the injury problem? - <i>Dr Wayne Viljoen</i> 09:30-09:40: Has SA Rugby been effective to date in reducing catastrophic head, neck and spine injuries? - <i>James Brown</i> 09:40-09:50: Illness, injury and medical events associated with professional rugby - <i>Clint Readhead</i> 09:50-10:10: Strategies to screen, monitor and prevent illness, injury and medical events in professional rugby players - <i>Dr Craig Roberts</i> 10:10-10:30: Panel Discussion - <i>Clint Readhead, Dr Wayne Viljoen, James Brown, Dr Craig Roberts</i></p>	<p align="center">Sports Nutrition seminar (Venue: Boardroom) Seminar co-ordinator: Ms Shelly Meltzer</p> <p>09:00-09:30: Safe nutrition strategies for achieving weight goals for sport – <i>Dr Lize Havemann Nel</i> 09:30-10:00: Nutrition strategies for the diabetic athlete – <i>Sunita Potgieter</i> 10:00-10:30: Gastrointestinal factors to consider in sports nutrition – <i>Karlien Duvenage</i></p>
10h30-11h00	<p align="center">Tea</p>	
11h00-12h30	<p align="center">SAFER Football – Strategies to reduce injuries and illness in football players (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinator: Dr Mamosilo Lichaba</p> <p>11:00-11:10: The first step to safe football participation: The pre-competition medical assessment (PCMA) – <i>Prof Wayne Derman</i> 11:10-11:20: Epidemiology of injuries and illness in football players in the PSL, observations – where is the problem and how big is it? – <i>Mr Ron Veenis</i> 11:20-11:30: Rehabilitation and return to play in the injured football player – <i>Mr Ron Veenis</i> 11:30-11:50: Acute management of the collapsed football player - <i>Prof Efraim Kramer</i> 11:50-12:00: Safer football stadia: Lessons learnt from Brazil - <i>Prof Efraim Kramer</i> 12:00-12:20: Respiratory illness in the football player – <i>Dr Mamosilo Lichaba</i> 12:20-12:30: Panel discussion - <i>Prof Wayne Derman, Mr Ron Veenis, Prof Efraim Kramer, Dr Mamosilo Lichaba</i></p>	<p align="center">Sports Nutrition seminar (Venue: Boardroom) Seminar co-ordinator: Ms Shelly Meltzer</p> <p>11:00-11:30: Nutrition strategies for managing injuries & pain – <i>Dr Amanda Claassen</i> 11:30-12:00: Optimal sports nutrition strategies for different environmental conditions – <i>Sarah Chantler</i> 12:00-12:30: Safe and effective supplement use in sport – <i>Shelly Meltzer</i></p>
12h30–13h30	<p align="center">Lunch</p>	
13h30-15h00	<p align="center">SAFER Running – Strategies to reduce illness and injuries in runners (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinators: Dr Karen Schwabe, Prof Martin Schwellnus</p> <p>13:30-13:45: Epidemiology of injuries in runners– <i>Prof Wayne Derman</i> 13:45-14:00: Epidemiology of medical complications in runners – <i>Dr Karen Schwabe</i> 14:00-14:15: Post race respiratory illness in the endurance athlete – <i>Dr Carollette Cloete</i> 14:15-14:30: Prevention of medical complications in runners – <i>Prof Martin Schwellnus</i> 14:30-14:45: Acute illness before a race: Clinical guidelines – <i>Dr Leigh Gordon</i> 14:45-15:00: Panel discussion - <i>Prof Wayne Derman, Dr Karen Schwabe, Dr Carollette Cloete, Prof Martin Schwellnus, Dr Leigh Gordon</i></p>	
15h00-15h30	<p align="center">Tea</p>	
15h30-16h30	<p align="center">Keynote lecture – Dr Nick Webborn Role as Chief Medical Officer in preventing illness in the British Paralympic Team at London 2012 Paralympic Games (Venue: Camphor Rooms 1, 2 and 3)</p>	
17h00-17h45	<p align="center">Exercise session: Gym workout or Fun run</p>	

Time	Thursday 23 October 2014	
08h00-09h00	<p align="center">Keynote lecture – Prof Winne Meeuwisse (Canada) Safer directions for head injury in sport – an update on concussion (Venue: Camphor Rooms 1, 2 and 3)</p>	
09h00-10h30	<p align="center">SAFER Cycling – Strategies to reduce injuries and illness in cycling (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinator: Dr Jeroen Swart</p> <p>09:00-09:20: Screening and Injury prevention in cycling - Bike setup – <i>Dr Jeroen Swart</i> 09:20-09:40: Prevention of medical illness and injury in high performance cycling: Lessons from the Pro Peloton – <i>Dr Jarrad Van Zuydam</i> 09:40-10:00: Planning and strategies to prevent injury in commuting and sport cycling – <i>Andrew Wheeldon</i> 10:00-10:20: Screening and treatment of iliac blood flow restrictions in elite cyclists; an undiagnosed and unnecessary career ending pathology – <i>Assoc. Prof Robert Lamberts</i> 10:20-10:30: Panel discussion - <i>Dr Jeroen Swart, Dr Jarrad Van Zuydam, Andrew Wheeldon, Assoc. Prof Robert Lamberts</i></p>	<p align="center">Biokinetics seminar (Venue: Boardroom) Seminar co-ordinator: Dr Gerda Joubert</p> <p align="center"><i>To be confirmed</i></p>
10h30-11h00	Tea	
11h00-12h30	<p align="center">SAFER exercise in female athletes – Strategies to reduce injuries and illness (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinator: Prof Christa Janse Van Rensburg</p> <p>11:00-11:25: Epidemiology of injuries and illness in female athletes – where is the problem and how big is it? - <i>Prof Christa Janse van Rensburg</i> 11:25-11:50: Exercise in pregnancy: Training for two – is it ever too much? - <i>Dr Etti Shmukler</i> 11:50-12:15: Novel concepts in the female athlete triad – Is more, harder and faster risky? - <i>Dr Lindy-Lee Folscher</i> 12:15-12:30: Panel discussion - <i>Prof Christa Janse van Rensburg, Dr Etti Shmukler, Dr Lindy-Lee Folscher</i></p>	<p align="center">Biokinetics seminar (Venue: Boardroom) Seminar co-ordinator: Dr Gerda Joubert</p> <p>11:00-11:30: Technology and Innovation in Biokinetics – <i>Leon Keulder</i> 11:30-12:00: Rehabilitation of the injured athlete with the focus on injury risk management - <i>Arnold Vlok</i> 12:00-12:30:</p>
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13h30-15h00	<p align="center">SAFER sports participation for athletes with disability (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinators: Prof Wayne Derman</p> <p>13:30-13:45: The epidemiology of injury in Paralympic athletes - How big is the problem? – <i>Prof Martin Schwellnus</i> 13:45-14:00: What have we learnt from London and Sochi? – <i>Prof Wayne Derman</i> 14:00-14:15: The role of the coach in preventing injury in Paralympic athletes - evidence from monitoring – <i>Dr Suzanne Ferreira</i> 14:15-14:30: Shoulder injuries in Paralympic sport – <i>Dr Mark Roussot</i> 14:30-14:45: Rehabilitation and return to play in athletes with disability – <i>Dr Nick Webborn</i> 14:45-15:00: Panel discussion - <i>Prof Martin Schwellnus, Prof Wayne Derman, Dr Suzanne Ferreira, Dr Mark Roussot, Dr Nick Webborn</i></p>	<p align="center">Clinical EMG seminar (Venue: Boardroom) Seminar co-ordinator: Dr Yumna Albertus-Kajee</p> <p>13:30-13:45: Introduction to surface EMG and clinical relevance – <i>Dr Yumna Albertus-Kajee</i> 13:45-14:00: Practical session 14:00-14:15: Neuromuscular characteristics in Disability using surface EMG – <i>Phoebe Runciman</i> 14:15-14:30: Biomechanics of running injuries using surface EMG and 3D motion capture system (Vicon) - <i>Nicholas Tam and Devon Coetzee</i> 14:30-14:40: ACL injuries - <i>Giovanni Milandri</i> 14:40-15:00: Shoulder injuries using surface EMG (bipolar and high definition) including practical session - <i>Julia Fisher</i></p>
15h00-15h30	Tea	
15h30-16h30	<p align="center">Keynote lecture - Prof Mats Borjesson (Sweden) Should the resting ECG be part of the cardiac screening of an athlete? (Venue: Camphor Rooms 1, 2 and 3)</p>	

Friday 24 October 2014			
08h00-09h00	Keynote lecture - Prof Roald Bahr (Norway and Aspetar) Novel strategies to reduce hamstring injuries (Venue: Camphor Rooms 1, 2 and 3)		
09h00-10h30	<table border="1"> <tr> <td> SAFER exercise in apparently healthy individuals and those with possible “risk factors” for chronic disease or injury (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinator: Dr Louis Holtzhausen 09:00-09:10: Introduction to exercise in the apparently healthy population - <i>Dr Pierre Viviers</i> 09:10-09:20: What should I ask to ensure safety? - <i>Dr Pierre Viviers</i> 09:20-09:40: Medical assessment of the individual with potential risk factors for exercise - <i>Dr Louis Holtzhausen</i> 09:40-10:00: Musculoskeletal assessment to prevent injury – <i>Dr Ina Diener</i> 10:00-10:20: Safe exercise prescription guidelines – <i>Mr Sean Surmon</i> 10:20-10:30: Panel discussion - <i>Dr Louis Holtzhausen, Dr Pierre Viviers, Dr Ina Diener, Mr Sean Surmon</i> </td> <td> Sports Physiotherapy seminar (Venue: Boardroom) Seminar co-ordinator: Dr Janine Gray 09:00-09:20: Prevention strategies for recurrent ankle sprains – current evidence - <i>Helene Simpson</i> 09:20-09:40: The implications of tight calf muscles in runners – how does this affect our management - <i>Kim Buchholtz</i> 09:40-10:00: Patellofemoral pain: incorporating kinematic evaluation into the clinical setting - <i>Chris Allan</i> 10:00-10:20: The biomechanical parameters associated with preventing and managing ITBS in long distance runners - <i>Jodie Aderem</i> 10:20-10:30: Panel discussion </td> </tr> </table>	SAFER exercise in apparently healthy individuals and those with possible “risk factors” for chronic disease or injury (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinator: Dr Louis Holtzhausen 09:00-09:10: Introduction to exercise in the apparently healthy population - <i>Dr Pierre Viviers</i> 09:10-09:20: What should I ask to ensure safety? - <i>Dr Pierre Viviers</i> 09:20-09:40: Medical assessment of the individual with potential risk factors for exercise - <i>Dr Louis Holtzhausen</i> 09:40-10:00: Musculoskeletal assessment to prevent injury – <i>Dr Ina Diener</i> 10:00-10:20: Safe exercise prescription guidelines – <i>Mr Sean Surmon</i> 10:20-10:30: Panel discussion - <i>Dr Louis Holtzhausen, Dr Pierre Viviers, Dr Ina Diener, Mr Sean Surmon</i>	Sports Physiotherapy seminar (Venue: Boardroom) Seminar co-ordinator: Dr Janine Gray 09:00-09:20: Prevention strategies for recurrent ankle sprains – current evidence - <i>Helene Simpson</i> 09:20-09:40: The implications of tight calf muscles in runners – how does this affect our management - <i>Kim Buchholtz</i> 09:40-10:00: Patellofemoral pain: incorporating kinematic evaluation into the clinical setting - <i>Chris Allan</i> 10:00-10:20: The biomechanical parameters associated with preventing and managing ITBS in long distance runners - <i>Jodie Aderem</i> 10:20-10:30: Panel discussion
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11h00-12h30	<table border="1"> <tr> <td> SAFER exercise in patients with existing chronic disease (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinators: Prof Wayne Derman, Prof Martin Schwellnus 11:00-11:15: Psychological predictors of a successful lifestyle intervention program for patients with chronic disease - <i>Phillippa Skowno</i> 11:15-11:35: Functional assessment and exercise program planning for patients with chronic disease – <i>Fallon Hope</i> 11:35-11:55: Does the exercise prescription for patients with chronic disease require modification? – <i>Prof Martin Schwellnus</i> 11:55-12:15: Common clinical problems at a medically supervised training session and how to deal with them – <i>Prof Wayne Derman</i> 12:15-12:30: Panel discussion - <i>Prof Martin Schwellnus, Prof Wayne Derman, Phillippa Skowno, Fallon Hope</i> </td> <td> Sports Physiotherapy seminar (Venue: Boardroom) Seminar co-ordinator: Dr Janine Gray 11:00-11:20: The association of extrinsic and intrinsic factors with injury in adult, male pace bowlers: a systematic review - <i>Benita Olivier</i> 11:20-11:40: How do we manage the load in cricketers to prevent overuse lower back injury - <i>Janine Gray</i> 11:40-12:00: The effect of scapulothoracic rehabilitation on chronic shoulder pain in competitive swimmers - <i>Megan Dutton</i> 12:00-12:30: Novel strategies for preventing injuries in Varsity Cup rugby - <i>Mike van Rheede/Robin Arkell</i> </td> </tr> </table>	SAFER exercise in patients with existing chronic disease (Venue: Camphor Rooms 1, 2 and 3) Seminar co-ordinators: Prof Wayne Derman, Prof Martin Schwellnus 11:00-11:15: Psychological predictors of a successful lifestyle intervention program for patients with chronic disease - <i>Phillippa Skowno</i> 11:15-11:35: Functional assessment and exercise program planning for patients with chronic disease – <i>Fallon Hope</i> 11:35-11:55: Does the exercise prescription for patients with chronic disease require modification? – <i>Prof Martin Schwellnus</i> 11:55-12:15: Common clinical problems at a medically supervised training session and how to deal with them – <i>Prof Wayne Derman</i> 12:15-12:30: Panel discussion - <i>Prof Martin Schwellnus, Prof Wayne Derman, Phillippa Skowno, Fallon Hope</i>	Sports Physiotherapy seminar (Venue: Boardroom) Seminar co-ordinator: Dr Janine Gray 11:00-11:20: The association of extrinsic and intrinsic factors with injury in adult, male pace bowlers: a systematic review - <i>Benita Olivier</i> 11:20-11:40: How do we manage the load in cricketers to prevent overuse lower back injury - <i>Janine Gray</i> 11:40-12:00: The effect of scapulothoracic rehabilitation on chronic shoulder pain in competitive swimmers - <i>Megan Dutton</i> 12:00-12:30: Novel strategies for preventing injuries in Varsity Cup rugby - <i>Mike van Rheede/Robin Arkell</i>
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15h00-15h30	Tea		
15h30-16h30	Concluding keynote lecture - Prof Mats Borjesson (Sweden) Exercise prescription for patients with chronic disease – A double-edged sword? (Venue: Camphor Rooms 1, 2 and 3)		
16h30-16h45	Concluding remarks and closure		