12TH EDITION
BUDAPEST, HUNGARY
28 - 30 SEPTEMBER 2020
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Institute of Musculoskeletal Health and Arthritis (IMHA)

Responsible for Case Studies

Robbart VAN LINSCHOTEN, MD, PhD
Sports Medicine Consultant
Rotterdam, the Netherlands
## Scientific Programme at a Glance

### MONDAY 28 SEPTEMBER

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<td>Chairs: Roald BAHN (Norway/Qatar) &amp; Fredrik S. BENDIKSEN (Norway)</td>
<td>Lecture series</td>
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<td>Hamstring injuries: Optimal treatment – minimal risk of reinjury</td>
<td>Chair: Adam WEIR (The Netherlands/Qatar)</td>
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<td>Mental health symptoms and disorders: a clinical approach for the team physician</td>
<td>Chair: Simon KEMP (United Kingdom)</td>
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<td>16.00-17.30</td>
<td>Session 5</td>
<td>Novel approaches to the treatment of tendinopathy – the case of the patellar tendon</td>
<td>Chair: Margo MOUNTJOY (Canada)</td>
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<td>11.00-12.35</td>
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<td>Chair: Simon KEMP (United Kingdom)</td>
<td>Case-based discussion</td>
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<td>13.30-15.00</td>
<td>Session 8</td>
<td>Managing concussions in the team setting</td>
<td>Chair: Johannes TOL (The Netherlands/Qatar)</td>
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<td>Session 9</td>
<td>Pharmacological treatment of acute sports injuries</td>
<td>Chair: Karim KHAN (Canada)</td>
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### WEDNESDAY 30 SEPTEMBER

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<td>09.00-10.30</td>
<td>Session 10</td>
<td>Relative Energy Deficiency in Sport (RED-S): Clinical approach for the team physician</td>
<td>Chair: Karim KHAN (Canada)</td>
<td>Case-based discussions</td>
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<td>Session 11</td>
<td>The groin/hip enigma in sports</td>
<td>Chair: Lars ENGEBRETSEN (Norway/Switzerland)</td>
<td>Case-based discussion</td>
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<tr>
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<td>Lunch</td>
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### Learning Objectives
- Understand the natural repair process of hamstring injuries
- Discuss the prognostic value of muscle injury classification systems
- Discuss an evidence-based rehabilitation programme
- Discuss possible prevention strategies
- Describe when surgical treatment is indicated for hamstring injuries
- Develop a prevention program specifically targeted at athlete mental symptoms and disorders
- Develop competency in the clinical approach to infections in individual athletes
- Know how antibiotic choices may be modified in athletes
- Identify risk factors for infection in athletes
- Develop a working plan to decrease the risk of infections in individual athletes and a team
- Be aware and screen for possible medical complications in athletes with an infection
- Know how antibiotic choices may be modified in athletes
- Understand the pathogenesis of tendinopathy
- Become familiar with the effects of tendon loading
- Develop a clinical reasoning process that identifies those who should undertake conservative treatment, those who need further intervention and those who require surgical treatment
- Identify patients where further interventions such as Doppler-guided sclerosis, platelet-rich plasma injections, shock-wave therapy may be appropriate
- Describe the differential diagnoses after an ankle sprain – and their typical history and likelihood
- Perform a quick but precise sideline management of an acute ankle injury
- Distinguish a lateral ligament injury from a syndesmotic injury
- Diagnose a peroneal tendon problem
- Recognize a serious midfoot injury mechanism
- Organize an accurate RTP program after an ankle injury
- Understand the complexity of the various interconnections between structures in the groin
- Be aware of the complexity of diagnostic terminology used in groin injuries
- Understand the clinical entities approach to groin pain
- Understand the possibilities for imaging in athletic groin pain
- Show potential and limitations/common misunderstandings of imaging
- Know the evidence for the conservative treatment of athletic groin injuries
- Appreciate the timeframes for the various treatment modalities in groin injuries
- Have a framework to base the decision to refer for surgery on
- Describe the prevalence of Hip injuries in athletes presenting with athletic groin pain
- Describe a system to make a diagnosis for athletes presenting with hip pain
- Know the options and evidence behaving conservative and surgical treatment for athletes with hip pain
- Have a framework to base the decision to refer for surgery on
- Describe the prevalence of Hip injuries in athletes presenting with athletic groin pain
- Describe a system to make a diagnosis for athletes presenting with hip pain
- Know the options and evidence behaving conservative and surgical treatment for athletes with hip pain

End of the sessions and departures
SCIENTIFIC PROGRAMME

Sunday 27 September 2020
Arrival of the participants throughout the day
19.00 Welcome Dinner at the hotel

Monday 28 September 2020
08.40-10.30 Session 1
WORKING AS A TEAM PHYSICIAN – CHALLENGES AND STRATEGIES

Chairs:
Roald BAHR, Norway/Qatar & Fredrik S. BENDIKSEN, Norway

Format:
Lecture series

Speakers:
Uğur Erdener, Turkey
Krisztián Kulcsár, Hungary
Lars Engebretsen, Norway/Switzerland
Richard Budgett, Switzerland
Alan Vernec, Canada
Phatho Zondi, South Africa
Jane Thornton, Canada
Karim Khan, Canada

Programme:
08.40-08.50 Welcome from the IOC Medical & Scientific Commission Chair
Uğur Erdener, Turkey
08.50-08.55 Welcome
Krisztián Kulcsár, Hungary
08.55-09.10 The scientific activities of the IOC Medical Commission
Lars Engebretsen, Switzerland/Norway
09.10-09.25 The Olympic Movement Medical Code – How does it apply to you as team physician?
Richard Budgett, Switzerland
09.25-09.45 Understanding the Prohibited List and dietary supplements – keeping you and
your athletes out of trouble
Alan Vernec, Canada
09.45-10.00 Working as a team physician – what they don’t teach you in medical school
Phatho Zondi, South Africa
10.00-10.15 Slower, calmer, wiser - achieving excellence as a team doctor
Jane Thornton, Canada
10.15-10.30 The team clinician as a leader, mentor AND and mentee – what’s the evidence?
Karim Khan, Canada
10.30-11.00 Coffee break
HAMSTRING INJURIES: OPTIMAL TREATMENT – MINIMAL RISK OF REINJURY

Chair:
Adam WEIR, The Netherlands/Qatar

Format:
Case-based discussions

Speakers:
Haydar A. Demirel, Turkey
Johannes Tol, The Netherlands/Qatar
Rod Whiteley, Qatar
Gino Kerkhoffs, The Netherlands

Learning objectives:
Participants will be able to:
• Understand the natural repair process of hamstring injuries
• Discuss the prognostic value of muscle injury classification systems
• Describe an evidence-based rehabilitation programme
• Discuss possible prevention strategies
• Describe when surgical treatment is indicated for hamstring injuries

Programme:
11.00-11.05 Introduction of two cases illustrating key issues
11.05-11.15 Small-group discussions
11.15-11.30 Muscle regeneration after injury
   Haydar A. Demirel, Turkey
11.30-11.45 Classifying muscle injuries: useless or useful?
   Johannes Tol, The Netherlands/Qatar
11.45-12.00 What are the keys to rehabilitation success?
   Rod Whiteley, Qatar
12.00-12.15 Predicting prognosis–accurate classification or flawed fortune-telling?
   Johannes Tol, The Netherlands/Qatar
12.15-12.30 When everything fails – what is the role of surgery in hamstring injuries?
   Gino Kerkhoffs, The Netherlands
12.30-12.45 Panel: Review of cases and learning objectives
12.45-14.00 Lunch
Session 3

ACUTE INFECTIVE ILLNESS IN ATHLETES

Chair: Roald Bahr, Norway/Qatar

Format: Interactive (Kahoot/Mentimeter)

Speakers:
Olaf Schumacher, Qatar
Nick Webborn, United Kingdom
Martin Schwellnus, South Africa
Wayne Derman, South Africa

Learning objectives:
Participants will be able to:
• Identify risk factors for infection in athletes
• Develop a working plan to decrease the risk of infections in individual athletes and a team
• Be aware and screen for possible medical complications in athletes with an infection
• Know how antibiotic choices may be modified in athletes

Programme:

14.00-14.05 Introduction of the session (poll)
Roald Bahr, Norway/Qatar

14.05-14.20 Acute infections in athletes - Who is at risk? (intrinsic and extrinsic risk factors)
Olaf Schumacher, Qatar

14.20-14.40 Strategies for preventing of acute infective illness in your team
Nick Webborn, United Kingdom

14.40-14.55 Possible medical complications in athletes who exercise during an acute infective illness
Martin Schwellnus, South Africa

14.55-15.15 Antibiotic and other prescription medication for acute infections in athletes – which ones to use or not to use?
Wayne Derman, South Africa

15.15-15.30 Questions & Post-test (Quiz)

15.30-16.00 Coffee break
16.00-17.30  Session 4

MENTAL HEALTH SYMPTOMS AND DISORDERS: A CLINICAL APPROACH FOR THE TEAM PHYSICIAN

Chair: Simon KEMP, United Kingdom

Format: Case-based discussion

Speakers:
Margo Mountjoy, Canada
Vincent Gouttebarge, The Netherlands
Claudia Reardon, USA
Margot Putukian, USA

Learning objectives:
Participants will be able to:
• Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge
• Be familiar with the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT)
• Develop competency in the clinical approach to athlete mental symptoms and disorders:
  - Treatment principles for the sport medicine physician
  - The return to play following time away for mental health symptoms and disorders
• Develop a prevention program specifically targeted at high-risk sport situations for mental health symptoms and disorders

Programme:
16.00-16.05  Introduction of two cases illustrating key issues
16.05-16.15  Small-group discussions
16.15-16.30  Mental health symptoms and disorders in elite sport: Science base
Margo Mountjoy, Canada
16.30-16.45  Screening for mental health symptoms and disorders in elite sport
Vincent Gouttebarge, The Netherlands
16.45-17.00  Treatment principles for mental health symptoms and disorders in elite athletes
Claudia Reardon, USA
17.00-17.15  Prevention of mental health symptoms and disorders in elite athletes
Margot Putukian, USA
17.15-17.30  Panel: Panel discussion & Review of cases

19.00  Dinner
Tuesday 29 September 2020

09.00-10.30  Session 5

MEDICAL ISSUES RELATED TO TRAVELLING WITH ATHLETES

Chair:
Jiří DVOŘÁK, Switzerland

Format:
Interactive (Kahoot/Mentimeter)

Speakers:
Christa Janse van Rensburg, South Africa
Martin Schwellnus, South Africa
Olaf Schumacher, Qatar
Wayne Derman, South Africa
Emin Ergen, Turkey/Qatar

Learning objectives:
Participants will be able to:
• Recognise and plan for possible medical issues related to travelling with athletes
• Recognise and plan for environmental issues related to travel
• Design a plan to reduce the negative effects of travel to foreign destinations
• Formulate a clinical approach to common illnesses related to travel
• Evaluate evidence that team illness prevention strategies are effective

Programme:

09.00-09.05  Introduction of session (poll)
Jiří Dvořák, Switzerland

09.05-09.20  Medical challenges – effects of travel fatigue and “jet lag”
Christa Janse van Rensburg, South Africa

09.20-09.30  Medical challenges – risk of illness/infections and injuries
Martin Schwellnus, South Africa

09.30-09.45  Medical challenges – environmental issues (seasons, altitude, temperature and humidity, pollution)
Olaf Schumacher, Qatar

09.45-10.00  Pre-travel preparation and approach to medical issues during travel: What the team physician should do?
Wayne Derman, South Africa

10.00-10.15  What to bring when you travel: The team physician’s medical bag
Emin Ergen, Turkey/Qatar

10.15-10.20  Are Team Illness Prevention Strategies (TIPS) effective?
Martin Schwellnus, South Africa

10.20-10.30  Questions & post-test (Quiz)

10.30-11.00  Coffee break
11.00-12.35  **Session 6**

**NOVEL APPROACHES TO THE TREATMENT OF TENDINOPATHY – THE CASE OF THE PATELLAR TENDON**

*Chair:*  
Margo MOUNTJOY, Canada

*Format:*  
Case-based discussions

*Speakers:*  
Michael Kjær, Denmark  
Rod Whiteley, Qatar  
Ben Clarsen, Norway  
Johannes Tol, The Netherlands/Qatar  
Jón Karlsson, Sweden

*Learning objectives:*  
Participants will be able to:
- Understand the pathogenesis of tendinopathy
- Become familiar with the effects of tendon loading
- Develop a clinical reasoning process that identifies those who should undertake conservative treatment, those who need further intervention and those who require surgical treatment
- Identify patients where further interventions such as Doppler-guided sclerosis, platelet-rich plasma injections, shock-wave therapy may be appropriate

*Programme:*  
11.00-11.05  Introduction of two cases illustrating key issues
11.05-11.15  Small-group discussions
11.15-11.30  What is tendinopathy and why does it happen?  
**Michael Kjær,** Denmark
11.30-11.45  The clinical assessment: history, physical examination, load assessment, demand  
**Rod Whiteley,** Qatar
11.45-12.00  Physiotherapy management: First line  
**Ben Clarsen,** Norway
12.00-12.10  Shock wave therapy, platelet-rich plasma or pharmaceutical treatments?  
**Johannes Tol,** The Netherlands/Qatar
12.10-12.20  Does surgery work?  
**Jón Karlsson,** Sweden
12.20-12.35  Panel: Case discussions: which is the first treatment option, and which the last line of defense?
12.35-13.30  **Lunch**
13.30-15.00  Session 7

ANKLE INJURIES – WHEN YOU HEAR HOOF BEATS, THINK HORSE, BUT DON‘T FORGET THE ZEBRA

Chair:
Simon KEMP, United Kingdom

Format:
Interactive (Kahoot/Mentimeter)

Speakers:
Roald Bahr, Norway/Qatar
Gino Kerkhoffs, The Netherlands
Rod Whiteley, Qatar

Learning objectives:
Participants will be able to:
• Describe the differential diagnoses after an ankle sprain – and their typical history and likelihood
• Perform a quick but precise sideline management of an acute ankle injury
• Distinguish a lateral ligament injury from a syndesmotic injury
• Diagnose a peroneal tendon problem
• Recognize a serious midfoot injury mechanism
• Organize an accurate RTP program after an ankle injury

Programme:
13.30-13.35  Introduction of the session (poll)
Simon Kemp, United Kingdom

13.35-13.55  Sideline management of ankle sprains – assessment and initial treatment
Roald Bahr, Norway/Qatar

13.55-14.15  High ankle sprains – assessment and treatment
Gino Kerkhoffs, The Netherlands

14.15-14.30  How to return the elite athlete to play after an ankle sprain
Rod Whiteley, Qatar

14.30-14.50  Midfoot sprains – assessment and treatment
Gino Kerkhoffs, The Netherlands

14.50-15.00  Questions & post-test (Quiz)

15.00-15.30  Coffee break
15.30-17.00 Session 8

MANAGING CONCUSSIONS IN THE TEAM SETTING

Chair:
Johannes TOL, The Netherlands/Qatar

Format:
Case-based discussions

Speakers:
Jiří Dvořák, Switzerland
Simon Kemp, United Kingdom
Margo Mountjoy, Canada

Learning objectives:
Participants will be able to:
• Understand the 2016 Berlin Concussion Consensus statement and the key changes that have taken place in the clinical management of sports concussion
• Be able to use the CRT and SCAT5 tools appropriately in the sideline/pitch side assessment of concussion
• Understand the need to individualise and be able to prescribe safe RTP programs following concussion
• Understand the critical issues (e.g. long-term problems) and modifying factors that influence the clinical management of concussed athletes

Programme:
15.30-15.35 Introduction of two cases illustrating key issues
15.35-15.45 Small-group discussions
15.45-15.55 The 2016 Berlin Concussion Consensus Guidelines – what is new?
Jiří Dvořák, Switzerland
15.55-16.10 Acute sideline assessment and the role of the SCAT5
Simon Kemp, United Kingdom
16.10-16.25 The role of active rehabilitation - taking a targeted approach to therapy
Margo Mountjoy, Canada
16.25-16.55 Hands on with the SCAT5 - workshop participation
Simon Kemp, United Kingdom - Jiří Dvořák, Switzerland
16.55-17.00 Panel: review of cases
Simon Kemp, United Kingdom

19.00 Dinner
Wednesday 30 September 2020

09.00-10.30   Session 9

RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S): CLINICAL APPROACH FOR THE TEAM PHYSICIAN

Chair:
Karim KHAN, Canada

Format:
Case-based discussions

Speakers:
Margo Mountjoy, Canada
Naama Constantini, Israel
Kathryn Ackerman, USA
Jane Moran, Canada

Learning objectives:
Participants will be able to:
• Describe the pathophysiology of RED-S
• Understand the health and performance presentations of Low Energy Availability
• Identify and work up patients with RED-S appropriately
• Manage patients with RED-S clinically
• Develop a prevention program specifically for an at-risk population

Programme:
09.00-09.05   Introduction of two cases illustrating key issues
09.05-09.15   Small-group discussions
09.15-09.30   What is RED-S?
Margo Mountjoy, Canada
09.30-09.45   Making the diagnosis of RED-S
Naama Constantini, Israel
09.45-10.00   Treatment protocols for RED-S
Kathryn Ackerman, USA
10.00-10.15   Prevention of RED-S
Jane Moran, Canada
10.15-10.30   Review of cases and learning objectives

10.30-11.00   Coffee break
Session 10

RETURN TO SPORT: HOW DO WE MAKE THE BEST RETURN TO PLAY DECISIONS FOLLOWING INJURY AND ILLNESS?

Chair:
Robbart VAN LINSCHOTEN, The Netherlands

Format:
Case-based discussions

Speakers:
Roald Bahr, Norway/Qatar
Martin Schwellnus, South Africa
Adam Weir, The Netherlands/Qatar
Rod Whiteley, Qatar

Learning objectives:
Participants will be able to:
• Design and implement a 3-step model for return-to-play that optimizes the medical decision making process
• Cite the non-medical factors that are part of decision making for return to play

Programme:
11.00-11.05 Introduction of two cases illustrating key issues
11.05-11.15 Small-group discussions
11.15-11.30 A decision-based model for return to play in sport
Roald Bahr, Norway/Qatar
11.30-11.50 What is the best practice for medical decision making in return to play following acute illness?
Martin Schwellnus, South Africa
11.50-12.00 Can imaging help make return to play decisions?
Adam Weir, The Netherlands/Qatar
12.00-12.15 How can functional testing help make return to play decisions?
Rod Whiteley, Qatar
12.15-12.30 Panel: Panel discussion - Clearance for sports: Ethical dilemmas illustrated by cases
12.30-13.30 Lunch
13.30-15.00  Session 11

PHARMACOLOGICAL TREATMENT OF ACUTE SPORTS INJURIES

Chair:
Karim KHAN, Canada

Format:
Case-based discussions

Speakers:
Robbart van Linschoten, The Netherlands
Lars Engebretsen, Norway/Switzerland
Michael Kjær, Denmark
Johannes Tol, The Netherlands/Qatar
Wayne Derman, South Africa

Learning objectives:
Participants will be able to:
• In relation to acute musculoskeletal injuries (muscle injuries or fractures), recite the pharmacology, contraindications, side effects and risks associated with the injection of local anesthetics/glucocorticoids/PRP, and prescription of NSAIDs

Programme:
13.30-13.35  Introduction of two cases illustrating key issues
13.35-13.45  Small-group discussions
13.45-13.55  Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle or ligament tears?
Robbart van Linschoten, The Netherlands
13.55-14.05  Is there a risk with NSAIDs or Cox-2 inhibitors in the treatment of fractures?
Lars Engebretsen, Norway/Switzerland
14.05-14.15  Is there a place for cortisone injections in the treatment of acute musculoskeletal injuries?
Michael Kjær, Denmark
14.15-14.25  Platelet-rich plasma injections for acute musculoskeletal injuries: do they work?
Johannes Tol, The Netherlands/Qatar
14.25-14.45  Treatment of pain in the athlete – The 2017 IOC consensus statement
Wayne Derman, South Africa
14.45-15.00  Panel: Review of cases and learning objectives
15.00-15.30  Coffee break
15.30-17.00  Session 12

THE GROIN/SHIP ENIGMA IN SPORTS

Chair:
Lars ENGBRETSEN, Norway/Switzerland

Speakers:
Adam Weir, The Netherlands/Qatar
Üstün Aydingöz, Turkey
Per Hölmich, Denmark
Jón Karlsson, Sweden

Learning objectives:
Participants will be able to:
• Understand the complexity of the various interconnections between structures in the groin
• Be aware of the complexity of diagnostic terminology used in groin injuries
• Understand the clinical entities approach to groin pain
• Understand the possibilities for imaging in athletic groin pain
• Show potential and limitations/common misunderstandings of imaging
• Know the evidence for the conservative treatment of athletic groin injuries
• Appreciate the timeframes for the various treatment modalities in groin injuries
• Have a framework to base the decision to refer for surgery on
• Describe the prevalence of hip injuries in athletes presenting with athletic groin pain
• Describe a system to make a diagnosis for athletes presenting with hip pain
• Know the options and evidence behaving conservative and surgical treatment for athletes with hip pain

Programme:
15.30-15.35  Introduction of two cases illustrating key issues
15.35-15.45  Small-group discussions
15.45-16.00  Groin pain: anatomy and diagnosis—what do I need to know as a team physician?
Adam Weir, The Netherlands/Qatar
16.00-16.15  Imaging in groin pain - what do I need to know as a team physician?
Üstün Aydingöz, Turkey
16.15-16.30  Treatment of groin injuries
Per Hölmich, Denmark
16.30-16.45  The hip in athletic groin pain
Jón Karlsson, Sweden
16.45-17.00  Panel: Review of cases and learning objectives

End of the sessions and departures
| SPEAKERS |
|-----------------|-----------------------------|
| **Kathryn E. ACKERMAN, MD, MPH, FACSM** | Claudia REARDON, MD |
| Medical Director - Female Athlete Program, Division of Sports Medicine Boston Children’s Hospital | Associate Professor - ChHS Track |
| Associate Director - Sports Endocrine Research Lab, Neuroendocrine Unit Massachusetts General Hospital | UW Department of Psychiatry |
| Assistant Professor - Harvard Medical School | University of Wisconsin School of Medicine and Public Health |
| Team Physician - USA Rowing | President of the Wisconsin Medical Society Foundation |
| | Chair of its Scholarship Committee, On the Board of Directors of the Wisconsin Medical Society, and as United States Track and Field Certified Official |
| **Üstün AYDINGÖZ, MD** | **Lars ENGBRETSEN, MD, PhD** |
| Professor of Radiology Hacettepe University Faculty of Medicine Ankara, Turkey | Professor & Head of Medicine & Science International Olympic Committee, Lausanne, Switzerland; Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic Training Center, Oslo, Norway |
| **Roald BAHR, MD, PhD, Professor** | **Uğur ERDENER, Professor, Dr** |
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