



INTERNATIONAL  
OLYMPIC  
COMMITTEE

## 4<sup>th</sup> IOC Advanced Team Physician Course

Oslo, Norway ▪ May 30-June 1, 2012



Organized by the Oslo Sports Trauma Research Center and Olympiatoppen, the Norwegian Olympic Training Center

## Course vision

This will be a team physician course geared towards the practical issues of working with high-level athletes in a team sports setting! We will learn from the best! We will address controversial topics where agreement may not exist and new evidence on diagnosis and treatment. We will challenge existing dogma. Upon arrival in Oslo, participants will receive cases illustrating specific scenarios, which we will address through small-group discussions, plenary lectures and panel discussions.

## Course information

**Faculty:** 20 speakers

**Maximum capacity:** 80 participants (first come, first served!)

**Location:** Soria Moria Hotel, Oslo – situated above the famous Holmenkollen ski jump, Norway's most visited tourist attraction and one of one of the world's most famous sporting arenas. Welcome to Soria Moria, the conference hotel on the roof of Oslo. The hotel's location at the gateway to Nordmarka offers easy access to Oslo's vast national park area, yet is just 20 minutes by tram to the center of Oslo. Soria Moria provides an ideal framework for the meeting, with excellent conference facilities in inspiring surroundings.



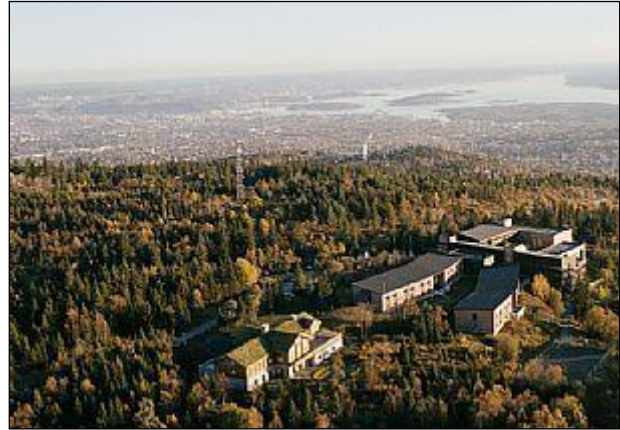


# Program

Tuesday May 29<sup>th</sup>

Individual arrivals throughout the day;  
transfer by shuttle from Oslo airport to  
Soria Moria hotel (apx. 60 min)

**20.00 Welcome dinner at the  
Soria Moria hotel**



Wednesday May 30<sup>th</sup>

**09.00 - 10.30 Session 1**

**Working as a team physician – challenges and strategies**

*Chairs: Lars Engebretsen & Roald Bahr*

*Patrick Schamasch ▪ Switzerland*

*Richard Budgett ▪ UK*

*Gordon Matheson ▪ USA*

*Welcome Roald Bahr ▪ Norway 5 min*

*The role of the IOC Medical Commission Patrick Schamasch ▪ Switzerland 20 min + 10 min*

*Preparing for the Olympic Games – lessons learned from London 2012 Richard Budgett ▪ UK 20 min + 10 min*

*Where are your loyalties: coach, team or athlete? Gordon Matheson ▪ USA 20 min + 10 min*

**10.30 - 11.00 Coffee break**

**11.00 - 12.30 Session 2**

**Working as a team physician – pearls & pitfalls**

Chair: *Roald Bahr*

*Richard Budgett* ▪ UK  
*Éanna Falvey* ▪ Ireland  
*Lars Engebretsen* ▪ Norway  
*Jón Karlsson* ▪ Sweden  
*Patrick Schamasch* ▪ Switzerland  
*Babette Pluim* ▪ Netherlands  
*Luis Serratos* ▪ Spain

The smartest and the dumbest thing I have done as a team physician:

- Working with the British Olympic and Paralympic Teams *Richard Budgett* ▪ UK 10 min
- Working with a professional rugby team *Éanna Falvey* ▪ Ireland 10 min
- Working with the Norwegian Olympic Team *Lars Engebretsen* ▪ Norway 10 min
- Working with a semi-professional soccer team *Jón Karlsson* ▪ Sweden 10 min
- Working within the IOC *Patrick Schamasch* ▪ Switzerland 10 min
- Working with a Davis Cup tennis team *Babette Pluim* ▪ Netherlands 10 min
- Working with a professional soccer team *Luis Serratos* ▪ Spain 10 min

Panel discussion 20 min

## **12.30 - 13.30 Lunch break**

## **13.30 - 15.00 Session 3**

### **Managing concussions in a team setting**

Chair: *Markus Waldén* ▪ Sweden

*Paul McCrory* ▪ Australia  
*Éanna Falvey* ▪ Ireland  
*Gordon Matheson* ▪ USA

Introduction of learning objectives and two cases illustrating key issues 5 min  
Small-group discussions 10 min

The Zurich Concussion Consensus Guidelines *Paul McCrory* ▪ Australia 10 min  
Acute sideline assessment and the role of the SCAT2 *Éanna Falvey* ▪ Ireland 15 min  
Management of concussion in the US; how the science, media, legislation and lawyers affect management strategies *Gordon Matheson* ▪ USA 15 min  
Guidelines for safe return to play; controversies and long term risks *Paul McCrory* ▪ Australia 20 min

Panel: Review of cases and learning objectives 15 min

**15.00 - 15.30 Coffee break**

**15.30 - 17.00 Session 4**

**The groin/hip enigma in sports**

*Chair: Karim Khan • Canada*

*Per Hölmich • Denmark*

*Éanna Falvey • Ireland*

*Marc Philippon • USA*

Introduction of learning objectives and two cases illustrating key issues *5 min*

Small-group discussions *10 min*

The biomechanics of groin pain – the evidence base for current practice and the myth of osteitis pubis! *Éanna Falvey • Ireland 20 min*

Soft tissue problems of the groin - well established diagnoses or entities? *Per Hölmich • Denmark 20 min*

The approach to differential diagnosis and treatment of hip pain *Marc Philippon • USA 20 min*

Panel: Review of cases and learning objectives *15 min*

**17.00 - 18.30 Session 5**

**Managing the overhead throwing athlete: Shoulder**

*Chair: Lars Engebretsen • Norway*

*Babette Pluim • Netherlands*

*Ann Cools • Belgium*

*Arne Kristian Aune • Norway*

Introduction of learning objectives and two cases illustrating key issues *5 min*

Small-group discussions *10 min*

Shoulder injuries in elite sport *Babette Pluim • Netherlands 15 min*

Physical examination of the shoulder *Ann Cools • Belgium 15 min*

Surgical management of shoulder injuries *Arne Kristian Aune • Norway 15 min*

Injury prevention, conservative management and rehabilitation *Ann Cools • Belgium 15 min*

Panel: Review of cases and learning objectives *15 min*

**20.00 Dinner at Soria Moria hotell & Holmenkollen Ski Jump  
Tower/Museum**

Thursday May 31<sup>st</sup>

**08.30 - 10.00 Session 6**

**The underperforming athlete: causes and management**

Chair: *Michael Kjær • Denmark*

*Richard Budgett • UK*

*Ola Rønsen • Norway*

*Luis Serratos • Spain*

Introduction of learning objectives and two cases illustrating key issues *5 min*

Small-group discussions *10 min*

What is overtraining? *Richard Budgett • UK 20 min*

How to assess the underperforming athlete *Ola Rønsen • Norway 20 min*

How we manage training and competition load in elite team sports athletes –the case of Real Madrid *Luis Serratos • Spain 20 min*

Panel: Review of cases and learning objectives *15 min*

**10.00 - 10.30 Coffee break**

**10.30 - 12.00 Session 7**

**Managing the overhead throwing athlete: Elbow**

Chair: *Per Hölmich • Denmark*

*Babette Pluim • Netherlands*

*Ann Cools • Belgium*

*Denise Eygendaal • Netherlands*

Introduction of learning objectives and two cases illustrating key issues *5 min*

Small-group discussions # • # *10 min*

Elbow injuries in athletes *Babette Pluim • Netherlands 15 min*

Physical examination of the elbow *Denise Eygendaal • Netherlands 15 min*

Injury prevention and conservative management of common injuries *Ann Cools • Belgium 15 min*

Surgical management and rehabilitation *Denise Eygendaal • Netherlands 15 min*

Panel: Review of cases and learning objectives *15 min*

**12.00 - 13.00 Lunch break**

**13.00 - 14.30 Session 8**

**Protecting health and preventing illness in athletes**

*Chair: Lars Engebretsen • Norway*

*Roald Bahr • Norway*

*Ben Clarsen • Norway*

*Gordon Matheson • USA*

*Luis Serratos • Spain*

*Ola Rønsen • Norway*

Introduction of learning objectives *5 min*

From postseason injury analysis through pre-season screening – risk management in the team setting *Roald Bahr • Norway 15 min*

Injury and illness patterns in elite athletes – What can I expect when working with an Olympic team? *Ben Clarsen • Norway 15 min*

Screening in athletes: What are the take home messages of the IOC consensus on Periodic Health Evaluation? *Gordon Matheson • USA 15 min*

Periodic Health Evaluations in practice – the Real Madrid experience *Luis Serratos • Spain 15 min*

Stay healthy! How it is done in the Norwegian Olympic team *Ola Rønsen • Norway 15 min*

Panel Discussion: Review learning objectives *10 min*

**14.30 - 15.00 Coffee break**

**15.00 – 16.45 Session 9**

**Novel approaches to the treatment of tendinopathy – the case of the patellar tendon**

*Chair: Paul McCrory • Australia*

*Roald Bahr • Norway*

*Michael Kjær • Denmark*

*Karim Khan • Canada*

*Aasne Hoksrud • Norway*

*Lars Engebretsen • Norway*

*Jón Karlsson • Sweden*

Introduction and two cases illustrating key issues *5 min*

Small-group discussions *10 min*

What is tendinopathy and why does it happen? *Michael Kjær • Denmark 10 min*

What is mechanotransduction? *Karim Khan • Canada 10 min*

Does eccentric training work? *Roald Bahr • Norway 10 min*

Does ultrasound-& Doppler-guided sclerosis work? *Aasne Hoksrud • Norway 10 min*

Do platelet-rich plasma injections work? *Lars Engebretsen • Norway 10 min*

Does shock-wave therapy work? *Michael Kjær • Denmark 10 min*

Does surgery work? *Jón Karlsson • Sweden 10 min*

Panel: Case discussions: which is the first option, and which the last line of defense?

Review of learning objectives *20 min*

**17.00 Departure for Oslo Harbor – boat trip on the Oslo Fjord**

Friday June 1<sup>st</sup>

**08.00 - 09.45 Session 10**

**Pharmacological treatment of common sports injuries**

*Chair: Michael Kjær • Denmark*

*Gordon Matheson • USA*

*Jens Ivar Brox • Norway*

*Karim Khan • Canada*

*Lars Nordsletten • Norway*

*Lars Engebretsen • Norway*

Introduction of learning objectives and two cases illustrating key issues *5 min*  
Small-group discussions *10 min*

Is there a place for local anesthetics in the treatment of acute sports injuries? *Gordon Matheson • USA 10 min*

Is there a place for cortisone injections in the treatment of musculoskeletal injuries? *Jens Ivar Brox • Norway 10 min*

Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of acute muscle tears? *Karim Khan • Canada 10 min*

Is there a place for NSAIDs or Cox-2 inhibitors in the treatment of fractures? *Lars Nordsletten • Norway 10 min*

Platelet-rich plasma injections for acute sports injuries: do they work? *Lars Engebretsen • Norway 10 min*

Panel: Review of cases and learning objectives *25 min*

**09.45 - 10.15 Coffee break**

**10.15 - 11.45 Session 11**

**The hamstring problem in sports**

*Chair: Jón Karlsson • Sweden*

*Markus Waldén • Sweden*

*Carl Askling • Sweden*

*Éanna Falvey • Ireland*

*Roald Bahr • Norway*

Introduction of learning objectives and two cases illustrating key issues *5 min*

Small-group discussions *10 min*

Hamstring injury - still a growing problem in elite sports? *Markus Waldén • Sweden 15 min*

The role of 'intervention' in hamstring injury, an examination of the evidence base and rationale behind some common interventions *Éanna Falvey • Ireland 15 min*

Different types of hamstring strains require different rehabilitation protocols – Specific exercises and a specific test before return to sport *Carl Askling • Sweden 15 min*

This is how you can prevent hamstring strains in your team *Roald Bahr • Norway 15 min*

Panel: Review of cases and learning objectives *15 min*

### **11.45 - 12.00 Coffee break**

### **12.00 - 13.30 Session 12**

#### **Return to sport: How do we make the best medical decisions?**

Chair: *Karim Khan • Canada*

*Paul McCrory • Australia*

*Lars Engebretsen • Norway*

*Ola Rønsen • Norway*

*Babette Pluim • Netherlands*

*Jón Karlsson • Sweden*

*Gordon Matheson • USA*

Introduction of learning objectives and five cases:

- Concussion in a soccer player *Paul McCrory • Australia 5 min*

- Hamstring strain in an elite hurdler *Lars Engebretsen • Norway 5 min*

- Upper respiratory infection in an elite cross-country skier *Ola Rønsen • Norway 5 min*

- Female athlete with disordered eating *Babette Pluim • Netherlands 5 min*

- Achilles tendon pain in professional soccer player *Jón Karlsson • USA 5 min*

Which are the medical factors that go into return to play decisions? *Lars Engebretsen • Norway 20 min*

Which are the non-medical factors that go into return to play decisions? *Gordon Matheson • USA 20 min*

Panel: Review of cases and learning objectives *25 min*

**13.30 Lunch & Departure from hotel - Transfer to Oslo airport**

## **Organizing Committee**

Roald Bahr (Chair, Program Committee)

Fredrik S. Bendiksen, MD (Chair, Organizing Committee)

Lars Engebretsen, MD PhD

Cherine Fahmy

Anne Guri Sklet

## **Speakers**

Carl Askling, PT PhD Assistant professor  
The Swedish School of Sport and Health Sciences, Stockholm, Sweden

Arne Kristian Aune, MD PhD Orthopaedic Surgeon  
Dept. of Orthopedics and Sports Medicine, Drammen Private Hospital, Drammen,  
Norway

Roald Bahr, MD PhD Professor (Chair, Scientific Committee)  
Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo,  
Norway

Jens Ivar Brox, MD PhD Professor  
Oslo University Hospital-Rikshospitalet, Oslo, Norway

Richard Budgett, MD Chief Medical Officer  
2012 Summer Olympic Games, London, United Kingdom

Ben Clarsen, PT MSc PhD-student  
Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo,  
Norway

Ann Cools, PT PhD Associate Professor  
Department of Rehabilitation Sciences and Physiotherapy, Faculty of Medicine and  
Health Sciences. Ghent University, Ghent, Belgium

Denise Eygendaal, MD PhD Orthopaedic Surgeon  
Department of Orthopedic Surgery, Amphia Hospital, Breda, the Netherlands

Lars Engebretsen, MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic  
Training Center, Oslo, Norway

Éanna Falvey, MB BCh, MRCPI, FFSEM, MMedSci (Sports & Exercise Med) Director  
of Sports Medicine  
Sports Surgery Clinic, Dublin, Ireland

Aasne Hoksrud, MD PhD-student  
Oslo Sports Trauma Research Center, Oslo, Norway

Per Hölmich, MD Associate Research Professor  
Amager Hospital, Copenhagen, Denmark

Jón Karlsson, MD PhD Professor  
Department of Orthopaedics, Sahlgrenska University Hospital, Mölndal, Sweden

Karim Khan, MD PhD Professor  
University of British Columbia, Vancouver, BC, Canada

Michael Kjaer, Dr.Med. MD Professor  
Institute of Sports Medicine Copenhagen, Copenhagen, Denmark

Gordon O. Matheson, MD PhD Professor  
Stanford University, Stanford, California, USA

Paul McCrory, MBBS PhD Associate Professor  
The University of Melbourne, Melbourne, Victoria, Australia

Lars Nordsletten, MD PhD Professor  
Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic  
Training Center, Oslo, Norway

Marc Philippon, MD Orthopaedic Surgeon  
The Steadman Clinic, Vail, Colorado, USA

Babette Pluim MD PhD Chief Medical Adviser  
Royal Netherlands Lawn Tennis Association, Amersfoort, the Netherlands

Ola Rønsen MD PhD  
Norwegian Olympic Training Center, Oslo, Norway

Patrick Schamasch MD Medical Director  
International Olympic Committee, Lausanne, Switzerland

Luis Serratos, MD PhD Real Madrid FC 1st Team Doctor  
Sanitas Real Madrid FC Sports Medicine Department, Madrid, Spain

Markus Waldén MD PhD Orthopaedic Surgeon & Senior Researcher

Department of Orthopaedics, Hässleholm-Kristianstad-Ystad Hospitals, Hässleholm &  
Division of Community Medicine, Department of Medical and Health Sciences,  
Linköping University, Linköping, Sweden