asics

SPORTS MEDICINE AUSTRALIA
1963-2023

2023 ASICS SMA CONFERENCE

11-14 OCTOBER 2023
NOVOTEL SUNSHINE COAST RESORT

CONFERENCE PROGRAM

#ASICSSMA2023

2023 ASICS SMA CONFERENCE PROGRAM

Welcome to the 2023 ASICS SMA Conference program.

It's a program that's founded on academic excellence, knowledge sharing across all sports medicine and sports science disciplines, and creating connections. It's also SMA's 60th Anniversary, and the perfect opportunity to celebrate this important milestone with you.

To headline, we bring you seven exceptional keynotes, whose presentations are imbued with their academic and clinical accomplishments, and extensive and varied professional experiences. We kick these off with the prestigious Refshauge Lecture, delivered by Dr Rod Whiteley. Rod will talk about where we have come from, what the future may look like and how this generation of sports medicine professionals will need to be engaged custodians if the profession is to maintain its relevance and grow in the next in the next 60+ years.

The keynote and invited speaker sessions are complemented by symposia, workshops and a comprehensive schedule of free paper presentations. You'll learn about fuelling performance, understanding athletic excellence, injury epidemiology, ACL biomechanics, soft tissue, gender in sport, hip and groin…and that's just for starters.

There's our annual Awards with a total prize value of $23,000. The judging will take place across the four days, culminating in the allocation of Poster Session Awards, Best of the Best Research Awards, and the distinguished ASICS Medal.

You're also welcome to join the University of Queensland's Sports Physiotherapy Masterclass being held at the Novotel Sunshine Coast Resort on Wednesday morning, before our conference kicks off. Registration here.

And let's not forget the Welcome Cocktails, Gala Dinner and all the other networking opportunities that are carved into the program to give you time to connect with your fellow delegates.

It's one of our best Conference programs to date. We look forward to seeing you there.

Warm regards,

SMA Conference Management
conference@sma.org.au
1300 711 211

@SMA_News @SportsMedicineAustralia @sports_medicine_australia

REGISTRATION

There are registration packages available to suit your learning needs, availability and budget. Join us for the full four day event, or choose a single day package.

SMA Members and Associates receive exclusive pricing options for the Conference. Non members can join the SMA Member community and save on Conference pricing. Additional tickets to our Welcome Cocktail Reception and Gala Dinner are also available for purchase, for partners or colleagues not attending the Conference.

Conference delegates can take advantage of reduced-rate rooms at the Novotel Sunshine Coast Resort. There's only a limited number available, so we recommend you book your accommodation early.

REGISTER NOW

ACCOMMODATION

PROGRAM

WEDNESDAY 11 OCTOBER
PROGRAM

Time	Mudjimba 1 & 2	Mudjimba 3	Minyama 1
0800 - 1230	UQ Sports Physiotherapy Masterclass	UQ Sports Physiotherapy Masterclass	
1300 - 1430	**Judges Showcase -** Clinical Sports Medicine	**Judges Showcase -** Sport and Exercise Science	
1430 - 1500	*Afternoon Tea*		
1500 - 1630	**Judges Showcase -** Sports Injury Prevention	**Judges Showcase -** Physical Activity and Health Promotion	
1630 - 1700	*Transition*		
1700 - 1715			Conference Opening
1715 - 1830			**Refshauge Lecture: *Dr Rodney Whiteley*** - Sports and Exercise Medicine: Past its prime, or hitting its stride? The choice is ours
1830 - 2030	Welcome Cocktails - Lorikeet Beach		

**Program subject to change*

THURSDAY 12 OCTOBER
PROGRAM

Time	Minyama 1	Minyama 2	Mudjimba 1 & 2	Mudjimba 3
0800 - 0900	**Workshop: *A/Prof Michelle Smith*** - Ankle OA: Improving clinical skills in managing this commonly forgotten condition *(Sponsored by Bared Footwear)*		**Workshop: *Jenny McConnell*** - Managing the sporting back including taping and self-management strategies	
0900 - 0930	*Transition*			
0930 - 1030	**Keynote Session: *Prof Margo Mountjoy*** - How to avoid the 'REDs' Card: The new IOC Relative Energy Deficiency in Sport (REDs) Consensus Statement			
1030 - 1100	*Morning Tea*			
1100 - 1230	**Symposium: *Alexandra Diggles*** - "Pelvic Health: The centre of performance" - Pelvic health screening in female athletes	**Invited Session: *Prof Anne Tiedemann*** **Free Papers:** Physical activity promotion in priority populations	**SEPA Invited Session** **Free Papers:** Foot and ankle	**Symposium: *A/Prof Nicholas Hart*** - Building bone strength in athlete and clinical populations through targeted exercise
1230 - 1330	**ASICS Presentation: *Dr Chris Bishop*** - The influence of boot design on ankle function and performance during men's soccer.	*Lunch*		
1330 - 1430	**Keynote Session: *Dr Andrea Mosler*** - Integrating research to enhance clinical practice for hip/groin pain; where are we now?			
1430 - 1500	*Afternoon Tea*			
1500 - 1630	**Symposium: *Dr Sharon Stay*** - Athletes as mothers - A unique exploration of the barriers and enablers experienced by female athletes during preconception, pregnancy and postpartum return to competitive sport	**Invited Session: *Prof Julien Périard*** **Free Papers:** Unveiling Athletic Insights: From Podium Success to Heat Adaptation	**Free Papers:** Injury Prevention	
1630 - 1650	*Transition*			
1650 - 1750	**Keynote Session: *Prof Paulo Ferreira***	**Free Papers:** Soft tissue	**Free Papers:** Running the Race: Supporting women athletes through pregnancy and beyond	
1800 - 1900	SMA AGM - Minyama 1			
1830 - 1930	SEPA AGM - Mudjimba 1 & 2			
1930 - 2200	ASMF Fellows Dinner *(by invite only)* - Lily's on the Lagoon			

**Program subject to change*

FRIDAY 13 OCTOBER
PROGRAM

Time	Minyama 1	Minyama 2	Mudjimba 1 & 2	Mudjimba 3
0800 - 0900	**Workshop: *Dr Andrea Mosler*** - Groin	**Workshop: *Dr Natalie Sharp*** and ***Dr Peter Garbutt*** - ACL Rehabilitation: A complete toolkit		**JSAMS Forum:** How SMA's scientific journal works to suffice member interests
0900 - 0930	*Transition*			
0930 - 1030	**Invited Session: *Prof Margo Mountjoy and Dr Andrea Mosler*** - Holistic perspectives on female athlete injury prevention			
1030 - 1100	*Morning Tea*			
1100 - 1230	**Symposium: *Prof Ben Jones*** - Reducing concussions in rugby league through law, coaching, and player interventions	**Free Papers:** Understanding athletic excellence: Insights from diverse sporting realms	**SEPA Symposium**	**Symposium: *Dr Tyler Collings*** - Progressing clinical practice in ACL injury prevention: the future of in-field assessments of internal biomechanics
1230 - 1330	*Lunch*			**JSAMS Editorial Board Meeting**
1330 - 1430	**Keynote Session: *Prof Paulo Ferreira*** - MOVE TO IMPROVE: Unravelling harms and benefits of physical activity for low back pain	**Free Papers:** Injury prevention - Rugby	**Free Papers:** Cultural experiences, gender and concussion	
1430 - 1500	*Afternoon Tea*			
1500 - 1630	**Symposium: *Evan Jeanguyot* -** Prevention, performance, prehab and rehab: Perfecting hamstring muscle injury management in 2023	**Free Papers:** ACL biomechanics	**Keynote Session: *Prof Cristina Caperchione*** - Diverse beginnings, shared future: Acknowledging, engaging and uniting priority populations through culturally appropriate physical activity **Free Papers:** High performance in sports settings	**Free Papers:** Fuelling performance: from diet to sleep - Maximizing athlete potential
1630 - 1650	*Transition*			
1650 - 1750	**Invited Symposium: *Paula Peralta* -** Athlete Series			
1800 - 1930	Scientific Poster Session			

**Program subject to change*

SATURDAY 14 OCTOBER
PROGRAM

Time	Minyama 1	Minyama 2	Mudjimba 1 & 2	Mudjimba 3
0830 - 0930	**Workshop: *Dr Rodney Whiteley*** - Shoulder	**Workshop: *Dr Ebonie Rio* -** Foot and ankle rehab (Sponsored by Bared Footwear)	**Workshop: *Bradley Beseler*** - How can we use video-analysis more effectively in improving skill performance in sport?	
0930 - 1030	**Keynote Session: *Prof Julien Périard*** - Hot and bothered - The impact of heat on health and performance	**Free Papers:** Hip and groin		
1030 - 1100	*Morning Tea*			
1100 - 1230	**Symposium: *Kylie Bradford*** - Anterior Cruciate Ligament injuries in children and adolescents	**Free Papers:** The Science of Sport: from tackling to flicking	**Keynote Session: *Prof Cristina Caperchione*** - Beyond the Podium: Equipping coaches with practical strategies to support athlete mental health **Free Papers:** High performance and clinical populations	
1230 - 1330	*Lunch*			
1330 - 1430	**Keynote Session: *Prof Anne Tiedemann* -** Physical activity for healthy ageing and fall prevention: translating evidence into action	**Free Papers:** Injury epidemiology	**Free Papers:** Strengthening the foundation: Hip and hamstring health in athletes	**Free Papers:** Knees
1430 - 1440	*Transition*			
1440 - 1610	Best of the Best			
1900 - late	Gala Dinner			

**Program subject to change*

KEYNOTE SPEAKERS

Dr Rodney Whiteley
2023 Refshauge Lecture
Physiotherapist and Assistant Director, Aspetar Sports Medicine Hospital

Professor Margo Mountjoy MD, PhD, CCFP, FCFP, FACSM, Dip Sport Med.
Clinical Professor, McMaster University

Professor Julien Périard PhD, FACSM, FECSS
Research Professor and Deputy Director, University of Canberra Research Institute for Sport and Exercise (UCRISE)

Dr Andrea Mosler
Specialist Sports and Exercise Physiotherapist and Senior Research Fellow, La Trobe University

Professor Anne Tiedemann PhD
Professor of Physical Activity and Health, Faculty of Medicine and Health, University of Sydney

Professor Paulo Ferreira
Professor at the Faculty of Medicine and Health and Director of the Musculoskeletal Research Hub, Charles Perkins Centre, University of Sydney

Professor Cristina M. Caperchione BHK Hons., MHK, PhD
Professor of Physical Activity and Health Promotion, Exercise and Rehabilitation and the Human Performance Research Centre (HPRC), University of Technology Sydney

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