



## 4<sup>th</sup> Annual UofT Sports and Exercise Medicine

### “Sportoberfest”

**Date:** Friday, October 6, 2023

**Location:** Pink Cube – Women’s College Hospital

77 Grenville Street, Toronto, ON

#### 08:30 Introduction and Updates

#### 08:45 Concussion Update – SCAT 6

Dr. Alessandro Francella – Sports and Exercise Medicine, Emergency Medicine

#### 09:30 Injections Part 1 – Joint Landmarking

Where: Landmarking Shoulder, Elbow, Wrist, Elbow Knee, Ankle Troubleshooting - Pitfalls – Shoulder/Knee

Dr. Neil Dilworth – Sports and Exercise Medicine, Emergency Medicine

#### 10:00 Morning Break (15 min)

#### 10:15 Injections Part 2 – Injection Selection

What: Injectables (Cortisone selection, anaesthetics, dextrose, botox, platelet rich plasma, hyaluronic acid, sportvis)

Dr. Wes Clayden – Sports and Exercise Medicine, Family Medicine

#### 11:00 Injections Part 3 – Ultrasound Guidance

Ultrasound guidance for injections – Dr. Ryan Eardley – Sports and Exercise Medicine

#### 11:30 Injections Part 4 – Injections Q&A Panel

Dr. Michael Catapano – Physiatrist in Sports Medicine And Trauma, Sunnybrook Health Science Centre.

Dr. Bob Bleakney – Musculoskeletal Radiologist, Mt. Sinai Hospital, Toronto

Dr. Andi Jones – US guided injection Rural Clinical Instructor UofT, Sports and Exercise Medicine, Emergency Physician

Dr. Duong Nguyen – Orthopedic Surgeon – William Osler Health System

Organizing Committee – Dr. Neil Dilworth, Dr. Mark Leung UofT

*All proceeds go to upgrading simulation for Sports and Exercise PGY 3 program at University of Toronto!*



12:00-12:45 Lunch

12:45 Event Coverage

Dr. Mark Leung – Sports and Exercise Medicine

Dr. Sari Kraft – Sports and Exercise Medicine

13:30 Sports Medicine Cases through the Ages

Case Studies presented by a variety of University of Toronto Faculty

14:15 Afternoon Break (15min)

14:30 Workshops (3 sessions, 45 minutes each)

Workshop A – Shoulder Injections

Workshop B - On-field Cspine and Shoulder Dislocation Mgt

Workshop C – On-Field Concussion Assessment

16:45 Conference Adjourns

**APPROVED for 7.0 CPD credits with CFPC**

*Post Conference Social 17:00 onwards at Prenup Pub*

*191 College St, Toronto, ON M5T 1P9*

Registration fee: \$200.00

Limited Spots Available

RSVP and register by email [neil.dilworth@gmail.com](mailto:neil.dilworth@gmail.com)

Organizing Committee – Dr. Neil Dilworth, Dr. Mark Leung UofT

*All proceeds go to upgrading simulation for Sports and Exercise PGY 3 program at University of Toronto!*