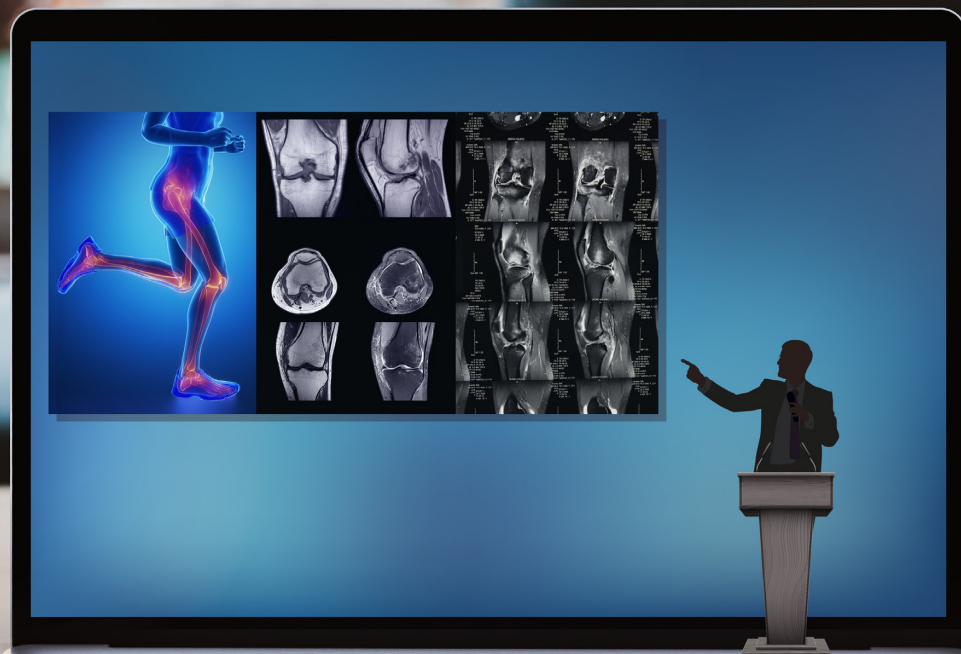


# Aspetar Wednesday Webinar Series

*'Cutting edge sports medicine  
and science to your doorstep'*





## **Agenda**

### **Aspetar Wednesday Webinar Series**

**15 February 2023 - 20 January 2024 (3<sup>rd</sup> year)**

**Target Audience:** Physicians, Allied Health Practitioners, Nurses, Dentists, Pharmacists, Others (researchers and sport scientists)

**Venue:** Online (Microsoft Teams)

**Activity code:** HGI-03-P82

**Overall learning objectives:**

On completion of this activity, participants will be able to:

1. Demonstrate knowledge of the impact of COVID-19 on athlete health and training
2. Apply best evidence in the diagnosis, treatment and prevention of common injuries and musculoskeletal conditions in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Appraise the effect of growth-related injuries in elite youth athletes
5. Understand the importance of shared decision making and ethics in sports medicine
6. Apply strategies to cope with effects of travel on athlete health
7. Develop approaches to deal with diversity in sport

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 1.50 credit hours**

Date and time	Topic	Session Learning Objectives By the end of this session the participants will be able to:	Speaker/s
15 February 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Bone Stress Injuries</b>	<ul style="list-style-type: none"> <li>• Apply bone stress injuries risk factors search strategies</li> <li>• Design a treatment and management plan</li> <li>• Formulate a Rehab and return-to-play programme</li> </ul>	<b>Juan-Manuel Alonso</b> <b>Toni Snoxell</b> <b>Kathryn Ackerman</b> <b>Adam Tenforde</b>
17 May 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Muscle injuries in Sports: what is better - MR or US diagnosis?</b>	<ul style="list-style-type: none"> <li>• Outline the benefits and limitations of ultrasound and MRI for muscle injuries</li> <li>• Choose the best imaging modality for specific muscle injuries and clinical circumstances</li> <li>• Summarize the clinical value of imaging in predicting reinjury before return-to-play</li> </ul>	<b>Marcelo Bordalo</b> <b>Markus Laupheimer</b> <b>Jaime Isern-Kebschull</b> <b>Ara Kassarian</b> <b>Michel Crema</b>
21 June 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Orthobiologics in Sports Medicine</b>	<ul style="list-style-type: none"> <li>• Discuss current evidence on Platelet-Rich Plasma in the treatment of osteoarthritis</li> <li>• Outline different orthobiologics and their use in the treatment of muscle and tendon injuries</li> <li>• Explain developments in the use of individualised doses of Platelet-Rich Plasma</li> </ul>	<b>Markus Laupheimer</b> <b>Dmitriy Sheyn</b> <b>Lorenzo Masci</b> <b>Gil Rodas</b> <b>Xavier Yanguas</b>
July and August	<b>Summer break</b>		

6 September 2023 5.00 PM - 6.30 PM (GMT+3)	<b>ACL Injury Mechanism and its Psychological Impact on Athletes</b>	<ul style="list-style-type: none"> <li>• Explain the mechanism of ACL injury</li> <li>• Outline the psychological impact on athletes</li> <li>• Design interventions to influence these impacts</li> </ul>	<b>Enda King Ross Wadey</b>
20 September 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Emergencies on the field</b>	<ul style="list-style-type: none"> <li>• Describe the FIFA Emergency Action Plan for Medical Emergencies</li> <li>• Plan the management of sudden cardiac arrest on the pitch.</li> <li>• Recommend the proper medical care for a player with a medical emergency on the field</li> </ul>	<b>Raouf Rekik Celeste Geertsema Peter Dzendrowskyj George Chiampas</b>
4 October 2023 5.00 PM - 6.30 PM (GMT+3)	<b>The cost and physical consequences of ACL Injury</b>	<ul style="list-style-type: none"> <li>• List the costs to elite teams of ACL injury to their players</li> <li>• Outline the structural injury commonly associated with ACL injury</li> <li>• Explain the process of individualizing ACL injury management</li> </ul>	<b>Enda King Andrew Massey Bashir Zikria</b>
1 November 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Testing throughout the ACL rehabilitation process and gender related differences in outcomes</b>	<ul style="list-style-type: none"> <li>• List the tests that should be carried out periodically after ACLR</li> <li>• Outline the expected values to achieve during these tests</li> <li>• Explain the differences in outcomes after ACLR for male and female athletes</li> </ul>	<b>Paul Dijkstra Enda King Holly Silvers-Granelli Roula Kotsifaki</b>

15 November 2023 5.00 PM - 6.30 PM (GMT+3)	<b>Shared decision-making with athletes; from theory to implementation</b>	<ul style="list-style-type: none"> <li>• Outline the concept of person-centred care and the position of shared decision-making within it</li> <li>• Explain the different components of shared decision-making</li> <li>• Describe how the realist review methodology can be used to research complex interventions</li> </ul>	<b>Sofie Nelis</b> <b>Diane Slater</b> <b>Kristian Lyng</b> <b>Caroline Bolling</b>
---	--	--	--

### **Scientific Planning Committee:**

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Pieter D'Hooghe, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden, Marco Cardinale, Daniel Martinez-Silvan and Barboura Mondher

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

Overall time: 90 min  
Lecture: 60 min  
Interactive session: 30 min