



4th 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. Jim Niu – Sports and Exercise 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

Dr. Tim Rindlisbacher – Sports and Exercise Medicine

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 neildilworth@gmail.com

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