



CASEM ANNUAL SYMPOSIUM MAY 7-10, 2025



Delta Prince Edward by Marriott and PEI Convention Centre
Charlottetown, Prince Edward Island

#CASEM25

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About the symposium

Wednesday, May 7

- **Welcome Reception:**
- 5:00pm - 8:00pm in the Exhibit Hall

Friday, May 9

- **Conference:** 7:45am - 4:45pm
- Gala Dinner and Dance: 7:00pm

Thursday, May 8

- **Conference:** 7:45am - 4:30pm
- Thursday Night Social - 7:00pm

Saturday, May 10

- **Conference:** 7:45am - 1:00pm
- Charity Fun Run: 7:00am

Local Organizing Committee

- Co-Chair: Kristy Newson
- Co-Chair: Allison McGlashan
- Andrew Marshall
- CASEM CPD chair: Erika Persson
- Stephanie Melanson
- Randy Goodman
- Nathan Urquhart

Learning Objectives

At the end of this conference, participants will be able to:

- Identify new developments in the field of sport and exercise medicine that will enhance the assessment, diagnostic skills and management of sport & exercise related health conditions and promote healthy active living.
- Recall advancements in cutting edge sport medicine research that will enhance patient management.
- Identify important healthcare, practice and legislative issues affecting sports medicine providers and patients.
- Identify opportunities for collaboration amongst sports medicine physicians and healthcare providers with a variety of interests and backgrounds.

Pre and Post Optional Conference Sessions

Game Ready Mental Health Tips: Tools for the Sidelines

Wednesday, May 7, 2025
3:00pm - 5:00pm

\$75 - Register now

NEW! Equip yourself with essential mental health tools for the sidelines to support your athletes when it matters most. Bring your own cases for group discussion and explore practical strategies and applications for sport medicine physicians!

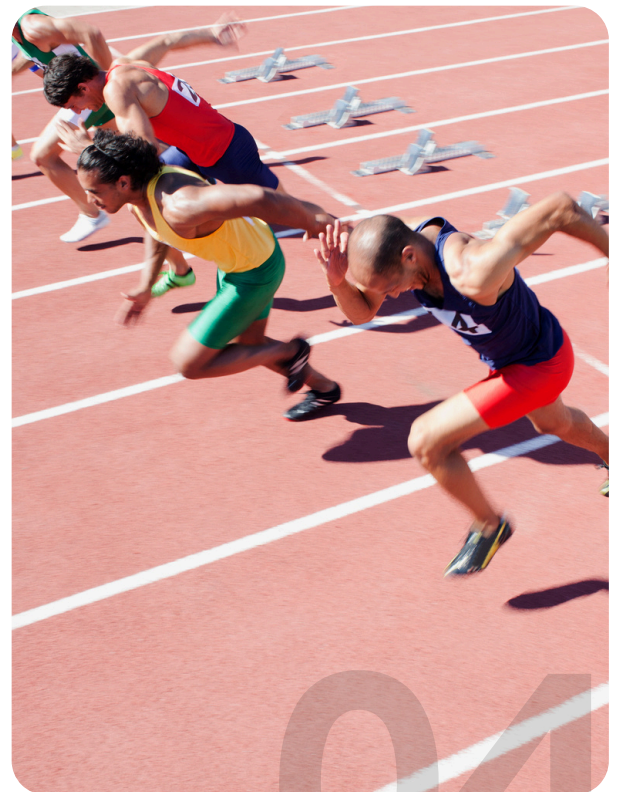


CASEM-CCES Anti-Doping Update

Wednesday, May 7, 2025
6:30pm - 8:30pm

Free for conference delegates
Register now

Don't miss this exclusive pre-conference session for a review and **deep dive into the anti-doping essentials** and updates ahead of the 2025 Canada Games and 2026 Winter Olympic and Paralympics - expert insights, case studies, and key resources for sport medicine professionals!



04

Pre and Post Optional Conference Sessions

Comprehensive Osteoarthritis Management: Education and Treatment (COMET)

Saturday, May 10, 2025

2:00pm - 5:00pm

Free - Register Now

This session equips physicians with **practical, non-surgical strategies** to help patients manage pain and improve function. Learn about **exercise options, bracing, injection therapies, and more** to enhance OA care. Join the COMET presentation and follow-up discussion to develop a **comprehensive OA treatment strategy and establish a virtual care model for your practice and community**. Don't miss this opportunity to advance your OA management approach!



2:00pm - *Comprehensive Osteoarthritis Management for the public and primary care providers*

3:00pm - *Question period*

3:30pm - *Break*

3:45pm - *OA treatment strategy for physicians and primary care providers*

5:00pm - *End of session*

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THURSDAY, MAY 8

Please note that 25% of the presentations will be dedicated to a Q&A session, which will immediately follow the presentation

TIME	TITLE	SPEAKER
7:45am	Registration // Coffee & Breakfast Available in the Exhibit Hall (unaccredited)	
8:15am - 8:30am	Welcome Remarks from CASEM President and Scientific Committee Chair	Kim Coros (CASEM President) Allison McGlashan (Committee Chair)
8:30am - 9:15am	Opening Keynote: Athletes Defying the Odds	
9:15am - 10:00am	Beyond the Medals: Reflections and our Vision for Future Olympic and Paralympic Games	Andrew Marshall, MD, Dip. Sport Med. Mike Wilkinson, MD, Dip. Sport Med. Moderator: Randy Goodman
10:00am - 10:30am	Coffee Break with Exhibitors and Poster Viewing (unaccredited)	
10:30am - 11:30am	Sandy Kirkley Research Session I	Moderator: Kien Trinh, MD, PhD
11:30am - 12:00pm	Medico-Legal Risks of AI & Social Media	Eileen Bridges, MD, CMPA
12:00pm - 1:30pm	Lunch - Time to Check out the Exhibit Hall (unaccredited)	
1:30pm - 2:30pm	AMSSM Exchange Lecture The Use of Technology and AI in Sports Medicine	Kim Harmon, MD
2:30pm - 3:15pm	Concurrent Workshops	
	W1: Mental Health Removal From Play W2: Concussions in the Wilderness W3: Return to Sport After an ED - Round Table Discussion W4: Safe Sport - How Do We Make a Report W5: Hand and Wrist Examination	Alexis Gagnon-Dolbec Anne-Marie LeBlanc
3:15pm - 3:45pm	Nutrition Break with Exhibitors and Poster Viewing (unaccredited)	
3:45pm - 4:30pm	Repeat Workshops	
5:00pm - 6:00pm	CASEM AGM	
7:00pm - 10:00pm	CASEM Social Night	



FRIDAY, MAY 9

Please note that 25% of the presentations will be dedicated to a Q&A session, which will immediately follow the presentation

TIME	TITLE	SPEAKER
7:45am	Coffee & Breakfast Available in the Exhibit Hall (unaccredited)	
7:30am - 8:15am	Student/ Resident Breakfast Learning Session (unaccredited)	Shaelene Standing, Adele Arsenault
8:30am - 9:15am	Breaking the Glass Ceiling - Women in Sport	Kim Harmon, MD Moderator: Kristy Newson, MD
9:15am - 10:00am	Summary Stability 1+ 2 ACL	Nathan Urquhart, MD, Dip. Sport Med.
10:00am - 10:30am	Coffee Break with Exhibitors and Poster Viewing (unaccredited)	
10:30am - 11:30am	Sandy Kirkley Research Session II	Moderator: Kien Trinh, MD, PhD
11:30am - 12:00pm	The Role of the North American Indigenous Games in Indigenous Youth Sport	Darrell Menard, MD, Dip. Sport Med.
12:00pm - 1:15pm	Lunch - Time to Check out the Exhibit Hall (unaccredited)	
1:15pm - 2:00pm	Building a Healthier Future: Sport and Exercise Medicine and Effective Government Advocacy	Robert Strang, Chief Medical Officer of Health (CMOH) in Nova Scotia
2:00pm - 2:30pm	Popliteal Artery Entrapment / Chronic Compartment	
2:45pm - 3:30pm	Concurrent Workshops	
	W1: Canadian 24-Hour Movement Guidelines	Zach Weston
	W2: Practical Tips for Foot and Ankle Injuries in Recreational Runners	Randy Goodman, Dip. Sports P.T.
	W3: Optimizing Athletic Performance with Blood Work	Natasha McLaughlin
	W4: Involvement of Public health & Major Sporting events	Robert Strang, CMOH in Nova Scotia
	W5: Golf Injuries	Chad Anderson
3:30pm - 4:00pm	Nutrition Break with Exhibitors and Poster Viewing (unaccredited)	
4:00pm-4:45pm	Repeat Workshops	
7:00pm	CASEM Gala - Entertainment by Vintage Band	

SATURDAY, MAY 10

TIME	TITLE	SPEAKER
7:45am	Continental Breakfast—in Exhibit Hall (unaccredited)	
8:30am - 9:15am	Lance Richard Memorial Lecture	Connie Lebrun, MD, Dip. Sport Med.
9:15am - 10:00am	Resident Session: Severe Injuries During Games and Management Strategies	
10:00am - 10:30am	Coffee Break (unaccredited)	
10:30am - 11:00am	2 Minutes / 2 Slides*	Moderator: Rich Trenholm, MD, Dip. Sport Med.
11:00am - 12:00pm	Debate: Injury by Sport	Mickey Moroz, Dip. Sport Med. Nathan Urquhart, Dip. Sport Med.
12:00pm - 1:00pm	Sandy Kirkley Research Session III	Moderator: Kien Trinh, MD, PhD
1:00pm	Closing Remarks	

***Do you have an interesting sport medicine case that can be summed up in under 2 minutes using only 2 slides? Then we have an opportunity for you!** The 2025 committee will select the best of the bunch to ensure a rich and varied session filled with sport medicine clinical pearls to take back to your practices. Format is two (2) Slides in PowerPoint format in English or in French. Submissions or questions can be sent to cpd@casem-acmse.org.

SESSION LEARNING OBJECTIVES

Game Ready Mental Health Tips: Tools for the Sidelines

1. Identify common mental health challenges athletes may experience during competition and their potential impact on performance.
2. Implement practical, evidence-based strategies to support athlete mental well-being in high-pressure game situations.
3. Develop an effective approach for recognizing and addressing mental health concerns on the sidelines while ensuring appropriate follow-up care.

Anti-Doping at Games: Application at the Upcoming Winter Olympics and Paralympics

1. Explain the current anti-doping regulations and protocols for the Winter Olympics and Paralympics, including recent updates and enforcement measures.
2. Evaluate the role of medical professionals in supporting athletes through the anti-doping process, including therapeutic use exemptions (TUEs) and supplement safety.
3. Apply best practices to educate and guide athletes on compliance with anti-doping rules to prevent inadvertent violations and promote clean sport.

Opening Keynote: Athletes Defying the Odds

1. Analyze the factors that contribute to an athlete's ability to overcome significant obstacles in sport and competition.
2. Recognize the role of medical, psychological, and social support in fostering resilience and recovery among athletes.
3. Apply insights from case studies of athletes who have defied expectations to improve patient care and rehabilitation strategies.

Beyond the Medals: Reflections and Our Vision for the Future Olympic and Paralympic Games

1. Describe the evolving priorities and challenges faced by Olympic and Paralympic athletes and their medical teams.
2. Evaluate advancements in sport science and medicine that are shaping athlete preparation and performance.
3. Identify opportunities for improving athlete health, safety, and inclusivity in future Olympic and Paralympic Games.

Medico-Legal Risks of AI and Social Media

1. Identify the primary medico-legal risks associated with AI-driven healthcare tools and social media use in sport and exercise medicine.
2. Discuss ethical and legal considerations when utilizing AI for diagnostics, treatment recommendations, or patient engagement.
3. Implement best practices for maintaining patient confidentiality, professionalism, and compliance with legal guidelines in the digital era.

The Use of Technology and AI in Sports Medicine

1. Describe emerging technologies and AI applications that are transforming sports medicine, including diagnostics, injury prevention, and rehabilitation.
2. Evaluate the benefits and limitations of AI-driven tools in clinical decision-making, athlete monitoring, and performance optimization.
3. Develop strategies for integrating technology and AI into sports medicine practice while maintaining ethical, legal, and patient-centered considerations.

Mental Health and Removal From Play

1. Recognize the psychological impact of removal from play on athletes and strategies to support mental well-being during recovery.
2. Assess current guidelines for return-to-play decisions that integrate mental health considerations.
3. Develop an approach for multidisciplinary collaboration to support athletes facing mental health challenges.

SESSION LEARNING OBJECTIVES

Wilderness Medicine

1. Identify the nature of different types of trauma and pathologies encountered in wilderness.
2. Discuss the management of common and serious traumas and pathological conditions.
3. Enumerate strategies to protect against the most common problems in austere environments.

Return to Sport After an Eating Disorder (Round Table Discussion)

1. Describe the medical, psychological, and performance-related challenges athletes face when returning to sport after an eating disorder.
2. Assess multidisciplinary approaches to safely reintegrate athletes while minimizing the risk of relapse.
3. Formulate individualized return-to-play plans that align with best practices for athlete health and well-being.

Safe Sport: How Do We Make a Report

1. Identify the key steps involved in reporting cases of abuse, harassment, or misconduct in sport.
2. Discuss legal and ethical obligations for sports medicine professionals in safeguarding athletes.
3. Apply appropriate reporting protocols to ensure athlete safety and compliance with governing body regulations.

Hand & Wrist Exam Workshop

1. Demonstrate a systematic approach to assessing hand and wrist injuries, including inspection, palpation, range of motion, and special tests.
2. Differentiate between common acute and chronic hand and wrist conditions based on clinical examination findings.
3. Apply appropriate diagnostic and management strategies for hand and wrist injuries in athletes to optimize function and return to play.

Breaking the Glass Ceiling – Women in Sport

1. Analyze the barriers and challenges faced by women in sport, including athletes, coaches, and sports medicine professionals.
2. Discuss strategies for promoting gender equity and creating opportunities for women in sport leadership, participation, and healthcare roles.
3. Develop actionable approaches to support and advocate for women in sport through policy, mentorship, and institutional change.

Summary Stability 1+2 ACL

1. Compare the clinical outcomes, graft survival rates, and complication risks between one-stage and two-stage revision ACL reconstruction based on current evidence.
2. Evaluate the factors influencing the decision-making process for selecting a one-stage versus two-stage revision approach.
3. Apply evidence-based principles to optimize surgical planning, rehabilitation strategies, and patient outcomes following revision ACL reconstruction.

The Role of the North American Indigenous Games in Indigenous Youth Sport

1. Explain the cultural significance and impact of the North American Indigenous Games on Indigenous youth and community health.
2. Identify barriers to sport participation among Indigenous youth and strategies for increasing accessibility.
3. Discuss how sports medicine professionals can support Indigenous athletes through culturally informed care.

Building a Healthier Future: Sport and Exercise Medicine and Effective Government Advocacy

1. Describe the key public health challenges associated with planning and hosting major sporting events, including infectious disease control, injury prevention, and environmental health.
2. Evaluate strategies used to mitigate health risks for athletes, spectators, and event staff through public health initiatives.
3. Develop an integrated approach for collaboration between sports medicine professionals, public health officials, and event organizers to enhance safety and well-being at major sporting events.

SESSION LEARNING OBJECTIVES

Popliteal Artery Entrapment Syndrome & Chronic Exertional Compartment Syndrome

1. Differentiate between popliteal artery entrapment syndrome (PAES) and chronic exertional compartment syndrome (CECS) based on clinical presentation, diagnostic findings, and pathophysiology.
2. Apply appropriate diagnostic modalities, including imaging and functional testing, to accurately identify PAES and CECS in athletes.
3. Develop evidence-based management strategies, including conservative and surgical treatment options, to optimize patient outcomes and return to sport.

Canadian 24-Hour Movement Guidelines

1. Explain the key components of the Canadian 24-Hour Movement Guidelines and their relevance to health and athletic performance.
2. Assess the impact of sleep, sedentary behavior, and physical activity on overall well-being and injury prevention.
3. Apply the guidelines to patient counseling and program development for individuals of all activity levels.

Practical Tips for Foot and Ankle Injuries in Recreational Runners

1. Identify common foot and ankle injuries in recreational runners and their mechanisms of injury.
2. Differentiate between injuries that require immediate medical intervention and those that can be managed conservatively.
3. Discuss the role of allied health professionals, including physiotherapists, podiatrists, and athletic trainers, in the assessment, treatment, and rehabilitation of foot and ankle injuries in runners.

Optimizing Athletic Performance with Blood Work

1. Interpret key biomarkers in blood work that influence athletic performance, recovery, and injury risk.
2. Develop a structured approach to integrating blood analysis into individualized athlete care plans.
3. Apply evidence-based strategies to address nutritional deficiencies, hormonal imbalances, and overtraining risks.

The Role of Public Health in Major Sporting Events

1. Describe the key public health challenges associated with organizing and hosting major sporting events.
2. Evaluate strategies used to prevent and mitigate health risks for athletes, spectators, and staff.
3. Develop a framework for integrating public health initiatives into future sporting events to enhance safety and well-being.

Golf Injuries

1. Recognize the most common musculoskeletal injuries in golfers and their underlying biomechanical causes.
2. Assess risk factors contributing to golf-related injuries and apply prevention strategies.
3. Implement evidence-based treatment and rehabilitation protocols to optimize recovery and performance in golfers.

Lance Richard Memorial Lecture

- Recognize the significant advancements in sports medicine technology and research that have influenced athletes' performance, health, and safety over time.
- Recognize the ethical considerations and challenges faced by sports medicine practitioners in balancing athlete health and performance enhancement.
- Analyze the role of sports medicine in addressing emerging issues and trends in sports, such as concussion management, mental health support, and gender equity in healthcare.

Resident Session: Severe Injuries During Games and Management Strategies

1. Identify common severe injuries that occur during games and their immediate on-field management.
2. Apply evidence-based protocols for stabilization, transport, and emergency intervention.
3. Develop an effective multidisciplinary response plan to optimize athlete outcomes in high-stakes situations.

SESSION LEARNING OBJECTIVES

Debate: Injury by Sport

1. Compare the most common injuries across running, basketball, hockey, and gymnastics, including their mechanisms and risk factors.
2. Debate sport-specific injury prevention strategies and treatment approaches based on the latest evidence and expert perspectives.
3. Develop tailored rehabilitation and return-to-play strategies that consider the unique demands of each sport.

Comprehensive Osteoarthritis Management: Education and Treatment


1. Describe the pathophysiology and progression of osteoarthritis to enhance clinical assessment and patient education.
2. Evaluate evidence-based non-surgical and surgical treatment options for managing osteoarthritis in active individuals.
3. Develop individualized management plans that incorporate exercise, lifestyle modifications, and multidisciplinary care to optimize patient outcomes.

Social

All social events are unaccredited. Don't miss the chance to connect with your CASEM colleagues in Charlottetown! Check out the social events below & register now to join the fun and connect with your peers!

Welcome Reception


 Wednesday, May 7


 5:00pm - 8:00pm

Help us kick off the conference with canapés and a glass of wine or beer in the exhibit hall.

Drink ticket included with registration package!


Social Night Kitchen Party


 Thursday, May 8

 7:00pm

East coast Kitchen Party at Peake's Quay! Includes: dinner, a drink ticket, entertainment


Gala Dinner & Dance


 Friday, May 9

 7:15pm - 1:00am

Come out and celebrate with your colleagues dressed up to the nines. Includes a 3 course dinner and wine followed by local Charlottetown entertainment from Vintage Band.

Charity Fun Run

 Saturday, May 10

 7:00am

Experience Charlottetown's waterfront on foot! Funds collected from this run will be donated to [KidSport PEI](#).



Delta Prince Edward by Marriott



The Delta Hotels by Marriott Prince Edward & PEI Convention Centre is located on the Historic Charlottetown Waterfront. The Convention Centre adjoins the Hotel with meeting facilities, meeting rooms and an outdoor patio overlooking the scenic Charlottetown waterfront.

As the only hotel situated on Charlottetown's scenic harbourfront, the Delta offers easy access to the waterfront boardwalk, unique independent shops, art galleries, live theatre, and the incredible dining scene steps away from the hotel.

Conference rate available until April 5, 2025. The rate is available for dates between May 1, 2025 and May 15, 2025. Room rates are between \$259 CAD to \$399 CAD depending on room type.

Once the room block is full, room prices vary according to the hotel's availability only. We are anticipating rooms will go quickly so we suggest booking your rooms as soon as possible.



To reserve your accommodation please click the link:

<https://www.marriott.com/events/start.mi?id=1721996271729&key=GRP>

Parking

On-site parking is available

- Hourly: \$3.00
- Daily: \$21.00

Electric Car Charging Station Available

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Travel Discounts



Air Canada

Air Canada is proud to offer a discount for travel to and from Charlottetown (YYG). The travel period begins April 30, 2025 and ends May 17, 2025.

For North America, a 5% discount applies on standard fares, 10% on flex fares & higher. For International Travel, a 10% discount applies on standard fares & higher.

Please book online at www.aircanada.com using the promo code TUJJYR41.

porter

Porter Airlines

Porter Airlines is proud to offer a up to 10% discount on available base fares (with the exception of the lowest class fare during a public seat sale) for travel to and from the CASEM Annual Symposium 2025. The discounted fares are available for booking from November 06, 2024 to May 06, 2025. This discount applies to flights to and from Charlottetown (YYG) from May 5 to May 12, 2025.

Please book online at <https://www.flyporter.com/en-ca/?promocode=CCAS25> or through your travel agent using promo code “CCAS25” Porter Airlines is committed to effortless travel, onboard.

The promo code is intended for use by conference attendees and organizers and is not meant for distribution outside of authorized channels. Porter’s fare rules and conditions apply. For any questions regarding Porter’s services or any pre-travel concerns, contact us at 1-888-619-8622.

Hertz Hertz Car Rental

Hertz Car Rental – Charlottetown Airport. The discount code is CPD 2188961, simply enter the CDP when making the reservation and the system will automatically pull the best available rate!

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