

ANNUAL SPORT MEDICINE FOOTBALL SYMPOSIUM

Winnipeg Convention Centre
Winnipeg, Manitoba

*Presented by the Winnipeg Blue Bombers
Medical Team in partnership with the
Canadian Academy of Sport and Exercise
Medicine*



15 NOV 2025

About

This 4 hour live conference with hybrid webinar will use the backdrop of the Grey Cup to review common musculoskeletal problems seen in primary care, the benefits of exercise and strength training and mental health issues seen in individuals who are physically active.

Organizing Committee

Neil Craton B.Sc., M.D., M.H.K., M.R.C.P. (SEM),
Dip. Sport and Exercise Medicine. Primary
Care Sport Medicine.

Peter MacDonald.M.D., F.R.C.P. Orthopedic
Surgeon





Target Audience

The target audience is a physician or other allied health care practitioner, who wishes to develop and enhance their knowledge of and skill in the care of the football athlete. These presentations services.

Course Objectives

At the end of this symposium, the learner will be able to:

- Describe the benefits of strength and exercise training for the general population, as well as those with medical diseases.
- Explain the pros and cons of advanced imaging and evaluation of the musculoskeletal system, with particular emphasis on asymptomatic findings in the general population.
- Recall the prevalence of mental health issues in the athletic population and the unique challenges faced by these individuals.
- Describe the evaluation and treatment of shoulder instability.

Program • Saturday, Nov 15, 2025

Times in Central Standard Time (CST)

9:00am	We Should Treat our Elderly like Football Players. – Dr. Neil Craton
9:30am	What is Current at the CFL Medical Commission: Focus on Injury Prevention – Dr. Bob McCormack, Dr. Dhiren Naidu
10:00am	MRI and me: The Prevalence of Abnormal Findings on MRI in Asymptomatic People. – Dr. Stephane Lenoski
10:30am	Shoulder Instability in Athletes –Dr. Peter Macdonald
11:00am	Break
11:30am	The Exercise Pill. The Amazing Benefits of Exercise in the Treatment of Medical Problems. – Dr. Chris Morrow
12:30pm	The Human Behind the Injury: Mental Health Considerations in the Injured Athlete. – Dr. Adrienne Lesli-Toogood
12:30am	The Good and the Bad of MRI in the Evaluation of Athletic Injuries. – Dr. Mike Davidson
1:00pm	Wrap-Up and Q&A
1:30pm	Adjournment

The last 5-10 minutes of each presentation will be dedicated for Q&A

Learning Objectives

At the conclusion of this activity, participants will be able to

Treat the Elderly like their Football Players:

- Recognize the risk of sarcopenia in the elderly.
- Explain the contribution of sarcopenia to difficulties with balance, and independent living.
- Describe the evidence surrounding strength training as a mitigating factor for sarcopenia, balance issues, as well as all cause mortality.

What is Current at the CFL Medical Commission: Focus on Injury Prevention

- Identify the latest protocols and guidelines from the CFL Medical Commission regarding player safety.
- Describe new advancements in player health monitoring and injury prevention used by the CFL.
- Recognize the CFL's approach to managing concussions and other contact-related injuries

MRI and Me: The Prevalence of Abnormal Findings on MRI in Asymptomatic People.

- List the common musculoskeletal anomalies seen in asymptomatic people seen on MRI.
- Recognize the appropriate indications for advanced imaging of the musculoskeletal system

Shoulder Instability in Athletes:

- Differentiate between the causes of shoulder instability in athletes.
- Describe the physical findings of shoulder instability
- Describe appropriate non-surgical rehabilitation modalities for shoulder instability
- List the indications for surgery for shoulder instability

Learning Objectives

At the conclusion of this activity, participants will be able to

The Exercise Pill.

- Recognize the importance of cardiovascular training in the prevention and care of metabolic syndrome.
- Recognize the importance of cardiovascular exercise in the treatment of various mental health disorders
- Prescribe appropriate cardiovascular exercise for the general population, as well as those with medical diseases

The Human Behind the Injury: Mental Health Considerations in the Injured athlete.

- Explain the importance of a biopsychosocial approach to athletes with injury.
- List the most common mental health issues and their prevalence in the athletic community
- Discuss the unique psychosocial challenges experienced by athletes
- Identify the treatment resource is for athletes with mental health challenges

The Good and the Bad of MRI in the Evaluation of Athletic Injuries.

- List medical conditions which require advanced imaging in their evaluation and treatment
- List medical conditions which often do not require advanced imaging in their evaluation and treatment
- Explain how advanced imaging can best be used in the assessment of the musculoskeletal and athletic population