CHRISTINA LE: BLOGGING SPORT KONGRES 2018

Christina Le, Physiotherapist and PhD student from Glen Sather Sports Medicine Clinic, Edmonton, Canada, created a blog post about Sport Kongres 2018 in Copenhagen, Denmark. For those who were unable to attend, her blog gives a concise look at one of the most well-known sport congresses internationally.

Are you seeking more knowledge? Are you seeking more fun? Look no further than Sports Kongres! Hosted in the lovely city of Copenhagen, this year's edition featured 700 researchers and clinicians from all over the world, making it the largest sports conference ever held in Denmark! This conference should be on the bucket list for all sport physical therapists.

If you were there in person, read on to relive the glory! If you weren't there, what are you waiting for? Check out some of the top messages from Sports Kongres 2018!
Dr. Keith Baar: chatting collagen and cross-links!
Keith’s keynote kicked off the conference by digging deep into connective tissue. It might not be the sexiest topic but it’s crucial to understand the molecules behind our movement. He pointed out that two things make our tissues stronger: collagen and cross-links.

Specifically in tendons, collagen and cross-link function varies by region. This means the part closer to the muscle should be more mobile and the part closer to the bone should be more rigid. In other words, at the myotendinous junction (MTJ), there is a shearing force which causes cross-links to break and the tendon to be more extensible. At the bony insertion, there is minimal shearing and minimal cross-link breakdown which leads to a stiff tendon region. Balancing these two dynamics should lead to a well-functioning tendon unit.

From some animal and in vitro studies, Keith also suggested that short periods of activity (5-10 minutes) followed by long periods of rest (6 hours) might be the key to optimizing connective tissue health. Well go on then, test it out!

Bill Vincenzino presents at the Sports Kongres.
Dr. Chris Bleakley: calling the POLICE!
Ask physios, doctors, or even patients what to do after they sprain their ankle. Everyone rattles off protection, rest, ice, compression, and elevate - PRICE! Chris gave us a great overview of the literature supporting all the components of PRICE. And, I hate to break it to you but the price ain't right.

Did you know we've been applying ice for 2000 years yet there are only 9 RCTs looking at its effectiveness? Needless to say, ice, compression, and elevation have varying levels of evidence. Rest, on the other hand, may need to take a permanent seat on the bench.

Enter optimal loading! This doesn't mean forget about tissue healing timelines. Optimal loading implies loading to whatever extent you are comfortable with and whatever is safe. Finding the right balance between rest and load is key! So, the next time you're dealing with an acute injury, go call the POLICE!

Dr. Jasper Schipperijn: using GPS to inform physical activity intervention!
I will fully admit my bias here. Physical activity, particularly in youth, has been an area that I've become more interested in since starting my PhD. So this presentation wowed me. Jasper has cleverly combined GPS, accelerometer, and GIS data to measure physical activity trends and behaviours in school children. Watch this quick video demonstration on how Jasper's lab tracks school children's activity throughout the day:

He found that these school children from Copenhagen received roughly 20% of their activity from transport. That is, going from home to school or school to the football pitch is a simple way to get the heart pumping and rack up physical activity minutes. I'm looking forward to seeing how Jasper's team will utilize this data to inform future physical activity interventions!

Jack Hickey: rehabbing hamstrings through pain!
In a brief 10-minute presentation, Jack hit us with RCT findings on hamstring rehabilitation with and without a pain tolerance threshold. How cautious should we be with self-reported pain after a hamstring strain? Well Jack's RCT separated 43 participants into two treatment arms: one where no pain was tolerated during exercise progression (i.e. pain-free group) and one where 4/10 pain was tolerated (i.e. pain-threshold group).

There was no significant difference in time to return to sport between the pain-free and pain-threshold group. The morale of the story is that you don't have to completely avoid pain during hamstring strain rehabilitation, a little bit is okay!

Katja Heinemeier: dropping bombs on tendon turnover!
Cleverly using the atmospheric spike in carbon-14 during the Cold War, Katja discovered that tendon tissues aren't quick to turnover like muscles. The collagen in tendons is formed while you are growing and stays with you throughout life. The final conclusion straight from Katja's slides: "healthy tendon has very limited turnover after its initial formation." What you're born with is what you get! So treat your tendons with the respect they deserve. I hope this blew your mind.

And that's a wrap! Five of my favourite take home messages from Sports Kongres 2018! Before I sign off, I would like to highlight the oral presentations competition. IFSPT vice president Kristian Thorborg introduced it as the Wimbledon of sport medicine research - a very high standard! It didn't disappoint and, in retrospect, was probably my favourite
segment of the conference. From a massive field of 140 submitted abstracts (including mine, sigh), the top 6 were selected for oral presentations. These were quality presentations but included data that has not been officially published hence I was unable to include them in my top messages. Keep an eye out for:

- Anders Boesen (and family): High-volume injection with and without corticosteroid in chronic midportion Achilles tendinopathy (3rd place)
- Joar Harøy: The preventive effect of an adductor strengthening programme on groin problems among male football players (2nd pace)
- Nynke Swart: Magnetic resonance imaging in general practice for patients with traumatic knee complaints
- Anne-Sofie Agergaard: Achilles tendon elongation after surgical repair regardless of loading
- Bill Vicenzino: Education plus exercise, corticosteroid injection, or control for gluteal tendinopathy (Winner!)
- Evi Wezenbeek: The role of vascular and structural response to activity in the development of Achilles tendinopathy

As a final note, I highly encourage everyone to do two things. The first is sign up for Twitter because it is an amazing way to network and make friends from around the world. It was incredible to meet some of my "Twiends" from all parts of the globe! The second is book your trip to Copenhagen for January 31 to February 2, 2019. Sports Kongres boasts an incredible lineup of brilliant researchers and clinicians and also provides an opportunity to mingle with these bright minds over a Carlsberg (or two... or five). Don't forget to pack your notebook, your external battery, and (of course) your dancing shoes!

- Christina (@yegphysio)

P.S. Shoutout to Jackie Whittaker, Linda Truong, and Declan Norris whose wisdom, support, and laughter has helped me get to where I am today. The Faculty of Rehabilitation at the University of Alberta and the Glen Sather Sports Medicine Clinic were well represented!
Call for courses opens
Closing date: 26th April 2018

The call for proposals for pre- and post-congress courses is open. With a focus on applied knowledge and skills, congress courses are uniquely designed to complement the main scientific programme and offer the delegate the chance to:
- explore issues in depth
- gain practical experience
- listen to the latest research and practice advances
- learn directly from experts via a range of learning formats
- meet fellow delegates in their field of interest

The Congress Programme Committee is open to some courses that could ideally be run in English as well as an additional language. Consideration will also be given to courses run purely in another language; French, German and Spanish are the languages of most interest. Course submissions must be made in English.
Course proposals: list of topics Please note that the call for courses is a restricted call for the following specific topics.
- Ageing population: falls prevention and rehabilitation.
- Health promotion, primary prevention and public health.
- Advocacy and leadership skills for all physical therapists.
- Business skills (e.g., communications, marketing, preparing business plans)
- Research in the clinical setting: generating practice informed evidence.
- Communicating with patients.

Proposals for courses in clinical topics in the following areas are also being sought:
- musculoskeletal: particularly tendon injuries and the prevention and management of osteoarthritis
- cardiorespiratory
- neurology: particularly stroke rehabilitation and Parkinson's Disease
- pediatrics
- mental health: particularly dementia
- pain management
- aquatic physical therapy: of relevance to different populations.

If you believe that you have an important topic not covered by this list, first please send an expression of interest to congress@wcpt.org to seek advice on whether or not you should submit.

Record number of focused symposium proposals submitted

A record 103 focused symposium submissions were received. This
is a hugely exciting start to the WCPT Congress 2019 and builds the foundations for an innovative, topical and relevant programme in Geneva. Thank you #globalPT!

Watch out for announcements in May when the selected focused symposia will be published.

See what session types will be on offer in Geneva: www.wcpt.org/wcpt2019/programme/session-types.

Whether or not you have previously attended a WCPT Congress, take a look to familiarise yourself with the range of formats, each one offering a unique way to interact and learn from your international colleagues.

**Vancouver 2019: Third World Congress of Sports Physical Therapy and IFSPT General Meeting Plans Taking Shape!**

Be sure to mark your calendar now for the 2019 Third World Congress of Sports Physical Therapy in Vancouver, October 4-5 at the Vancouver Convention Center!

Plans are well underway for the congress, according to Ashley Lewis, executive director of Sport Physiotherapy Canada.

IFSPT President Tony Schneiders will serve on the scientific congress committee.

Watch for more information here and at these locations on social media: Twitter: @spc2019
APPLY TO BECOME A REGISTERED INTERNATIONAL SPORTS PHYSICAL THERAPIST

Give your professional status a boost by registering as an International Sports Physical Therapist!

Members of approved countries - those with established national pathways - may apply to be recognized as a Registered International Sports Physical Therapist simply by purchasing a five-year registration certificate for 50 euros. These individuals are pre-approved. Your membership within your country's specialist pathway will be confirmed, and your certificate e-mailed to you for printing and display.

These countries include:

- Australia: Titled Sports Physiotherapist
- Canada: SPC Credential Program
- Denmark
- Ireland: Irish Society of Chartered Physiotherapists, Level 3 Accreditation in Sports Physiotherapy
- Italy: Italian Sport Physical Therapist accredited - 3th level of certification through GISPT SPT pathway
- New Zealand: Complete the Specialisation Pathway through the Physiotherapy Board of New Zealand. Must complete specialisation in the Musculoskeletal Category. Applications for NZ Board MSK Specialty must have a sports focus with evidence provided.
Information on registration and how to apply may be found at this link.

**UPCOMING CONGRESSES**

**Move | Science | Rehab 2018**  
25-27 May 2018, South Africa  
The inaugural Move | Science | Rehab Congress is hosted by the Sport Physiotherapy Group of South Africa. It is supported by the South African Society of Physiotherapy (SASP), International Federation of Sport Physical Therapists (IFSP), Exercise is Medicine South Africa, South African Sport Medical Association (SASMA) as well as the Biokinetics Associated of South Africa (BASA).

- Non SASP members can register via the congress website. Payment is via EFT and proof of payment must be sent to congress@sport-physio.co.za in order to complete registration.
- SASP members must register via the eCommerce website. Members must first log onto their SASP portals first and then click on one of the links below with the respective price options to access their suitable option. Discount will be deducted when you check out for being a SPG member. Follow the links below to the correct option.

- **Full congress**
- **Day registration (Friday or Saturday)**
- **Day registration (Sunday course)**
- **SPT students (2017 and 2018) and Community Service Physios**
- **3rd and 4th year students R500 per day**

For more information or assistance contact Ria at this link.

**Football Medicine Strategies**  
June 2-4, 2018 | Barcelona, Spain  
For more information and registration, follow this link

Location: PRESS ROOM  
Sunday, June 3
IFSPT WORKSHOP 15:00 - 16:30
Knee injuries in young female football players
Chairs: Mario Bizzini (SUI), Kristian Thorborg (DEN)

Sponsored by the Danish Society of Sports Physical Therapy and the International Federation of Sports Physical Therapy

15:00 How big is the problem in elite vs. amateur young female football players? Zebis M (DEN) - Silvers-Granelli H (USA)
15:15 How can we prevent acute knee injuries? Arundale A (USA)
15:30 Where can we improve existing prevention programmes? Zebis M (DEN)
15:45 Return to football after acute knee injuries. Arden C (SWE)
16:00 How do we manage knee pain and long-term consequences of acute knee injuries? Silvers-Granelli H (USA)
16:15 Discussion and conclusion
16:30 End of the Workshop

A special thank you to the Danish Society of Sports Physical Therapy for funding this workshop.

Athletes Shoulder
Celebrating 2 days of practical sports physiotherapy with the best international speakers, highlighting Athletes Shoulder Rehabilitation
June 8-9, 2018 | Helsinki, Finland
www.fspta-congress.com

the Science PT

Shoulder & Knee: Complex Understanding for Simple Solutions
9-10 June 2018
Crown Moran Hotel
142-152 Cricklewood Broadway
London, NW2 3ED

Discounted hotel rooms are available. Call the hotel at +44 (0) 20 8452 4175 and reference "The Science PT" and program dates of 8/6/18 - 10/6/18 to make your room reservations and get the group rate.

Presenters:
Erik Meira (Knee-USA) and Adam Meakins (Shoulder-UK)

Shoulder Objectives:
- Expose the myths and misconceptions around shoulder anatomy, biomechanics and pathology
- Simplify your assessment and management of the commonly
encountered shoulder issues
- Explore the evidence on how best to assess and diagnose the common shoulder issues
- Examine how best to assess shoulder movement, muscle function, proprioception, and the kinetic chain
- Evaluate shoulder rehab exercises and progressions with chances to practice and rehearse ideas

**Knee Objectives:**
Upon completion of this course, participants will be able to:
- Explore the current understanding of the mechanisms of injury in knee injuries
- Perform a simple screen for athletes that may be at higher risk for knee injury or second injury
- Describe the most effective programs for reducing the risk for lower extremity injuries
- Focus on primary goals of postoperative rehabilitation to maximize return to sport function
- Develop a targeted and streamlined exercise progression for maximal benefit
- Consider the complexity of human movement and how it applies to rehabilitation

**For more information and registration**

*The above is a paid advertisement.*

November 15-16, 2018
Registration is now open
For more information and registration:
**www.sportsuisse2018.ch**
TEAM CONCEPT CONFERENCE 2018
November 29-December 1, 2018
Westgate Las Vegas Resort
Save the Date!
Registration begins May 1!
Save the Date!

International Federation of Sports Physical Therapy,
Dr. W. Nijestraat 93, SPAARNDAM, 2064 XB Netherlands

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