



"HONORING THE LEGEND-  
DR. PETER J. FOWLER"

**THE 40TH ANNUAL**  
Western Homecoming Sport  
Medicine Symposium;  
*now named*

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# PETER J. FOWLER WESTERN HOMECOMING SPORT MEDICINE SYMPOSIUM

SEPTEMBER 22, 2023

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# Peter J. Fowler Western Homecoming Sport Medicine Symposium

## *“HONOURING THE LEGEND—DR. PETER J. FOWLER”*

**September 22<sup>nd</sup>, 2023**

In-person: RBC Place  
or Virtual: via zoom

### GUEST FACULTY

Paul Dorian  
Nick Mohtadi  
David Parker  
Jackie Whittaker

### LOCAL FACULTY

Trevor Birmingham  
Ryan Degen  
Steve Di Ciacca  
Jenna Dickson  
Lisa Fischer  
Bob Giffin  
Tatiana Jevremovic  
Bob Litchfield  
Kaitlyn Maddigan  
Kevin Willits

### REGISTRATION AVAILABLE ONLINE:

<https://www.fowlerkennedy.com/events/sport-medicine-day-symposium/>

### FEES

#### Physicians, Physiotherapists, Allied Health,

- \$200 + HST on or before September 1<sup>st</sup>
- \$225 + HST after September 1<sup>st</sup>

#### Western Students, Fowler Kennedy & LHSC Staff:

- \$100 + HST on or before September 1<sup>st</sup>
- \$125 + HST after September 1<sup>st</sup>

#### Virtual attendance

- \$100 + HST on or before September 1<sup>st</sup>
- \$125 + HST after September 1<sup>st</sup>

### RECEIPTS AND CERTIFICATES

Receipts and accreditation certificates will be issued by email within a week following the symposium.

### LEARNING OBJECTIVES

By the end of this program, participants will be able to:

1. Identify the role of lower extremity alignment in knee injury and post traumatic osteoarthritis.
2. Describe the complexities of acute knee injury and the relationship to risk of re-injury and prognostic outcomes.

A minimum of 25% of this program is dedicated to participant interaction.

### ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University.

You may claim a maximum of 5.75 hours (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University for up to 5.75 Mainpro+ credits.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

This program has received an educational grant from:

- DJO Global
- KineMedics
- Miravo Healthcare
- Ossur Canada
- Pendopharm
- Sanofi
- Smith & Nephew
- Stryker

**7:30AM REGISTRATION; BREAKFAST**

**8:00AM INTRO TALK**

*Speaker: Dr. Kevin Willits*

**8:05AM "Fowler Principles" How they have Shaped Modern Orthopaedic Sport Medicine**

*Speaker: Dr. David Parker*

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**SESSION ONE: TOPIC: ACL**

*Moderator: Dr. Robert Litchfield*

*By the end of this session, participants will be able to: Recognize clinical presentations of ACL injury and the multi-disciplinary clinical reasoning required to navigate patient centred care pathways.*

**8:30AM DIAGNOSIS AND INITIAL MANAGEMENT OF ACL INJURY**

*Speaker: Dr. Lisa Fischer*

**8:45AM EVOLUTION OF ACL RECONSTRUCTION: WHERE ARE WE NOW?**

*Speaker: Dr. Nick Mohtadi*

**9:15AM PLAYING THE LONG GAME: PREVENTING OSTEOARTHRITIS AFTER AN ACL INJURY**

*Speaker: Dr. Jackie Whittaker*

**9:45AM PANEL DISCUSSION**

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**10:00AM NUTRITION BREAK**

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**SESSION TWO: TOPIC: KNEE DEFORMITY**

*Moderator: Dr. Bob Giffin*

*By the end of this session, participants will be able to: Recognize clinical presentations of knee deformity and the multi-disciplinary clinical reasoning required to navigate patient centred care pathways.*

**10:20AM DIAGNOSIS, ASSESSMENT AND NON-OPERATIVE TREATMENT OF KNEE DEFORMITY**

*Speaker: Dr. Jenna Dickson*

**10:35AM HOW SCIENCE INFORMS CLINICAL PRACTICE: CLINICAL INDICATION FOR KNEE OSTEOTOMY**

*Speaker: Dr. Trevor Birmingham*

**10:50AM PJF PRINCIPLES OF ALIGNMENT CORRECTION TECHNIQUE & OUTCOME**

*Speaker: Dr. Bob Giffin*

**11:05AM PANEL DISCUSSION**

**11:20AM UNIVERSITY OF CALGARY- ACUTE KNEE INJURY CLINIC. IMPACT ON HEALTHCARE DELIVERY**

*Speaker: Dr. Nick Mohtadi*

**11:50AM RESEARCH HIGHLIGHT**

*By the end of this session, participants will be able to: discuss the latest research projects and initiatives ongoing with the Fowler Kennedy Sport Medicine Clinic and Western University partners.*

**12:00PM LUNCH & RESEARCH POSTER JUDGING**

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**SESSION Topic 3**

**THREE:** *Moderator: Dr. Tatiana Jevremovic*

*By the end of this session, participants will be able to: Describe the practical application of what the latest literature supports related to cardiovascular screening for athletes in 2023.*

**12:50PM CARDIOVASCULAR SCREENING FOR ATHLETES IN 2023 & BEYOND**

*Speaker: Dr. Paul Dorian*

**1:20PM FOWLER KENNEDY ACUTE INJURY ASSESSMENT: ADVANCED PHYSIOTHERAPY PRACTICE MODEL**

*Speaker: Kaitlyn Maddigan*

**1:35PM IMPACT OF COVID ON HEALTHCARE LOGISTICS IN SPORT MEDICINE: FACTS AND FICTION**

*Speaker: Dr. Ryan Degen*

**1:50PM HERKNEE: SEX AND GENDER-BASED CONSIDERATIONS FOR KNEE INJURY RISK, RETURN TO ACTIVITY & LONG-TERM HEALTH**

*Speaker: Dr. Jackie Whittacker*

**2:20PM Panel Discussion**

**2:35PM Fowler Kennedy Sport Coverage**

*By the end of this session, participants will be able to: Discover practical take home tips, tricks and things to consider when travelling internationally in a Post- Covid world - a current real world perspective.*

1. Canada Summer Games: Dr. Darryl Putzer
2. Spengler Davos: Doug Stacey
3. U18 WC: Kaitlyn Maddigan
4. U23 Rowing WC: Steve Di Ciacca

**3:00PM Evaluations:** *Dr. Kevin Willits*

**3:15PM Closing Remarks:** *Dr. Kevin Willits*