



**January 26-27, 2018 - WestIn Prince Hotel: 900 York Mills Rd. Toronto, ON**

Sport Med '18 is a unique conference organized by the Sport and Exercise Medicine Through a mix of large group plenary sessions and breakout smaller workshops, we will be covering topics such as:

- Injury Prevention
- The Aging Athlete
- Common Missed MSK diagnosis
- Tendinopathy
- High Intensity Interval Training
- Single Sport Specialization in pediatric athletes.

**Key topics and speakers include:**



**Tom Pashby Sport Safety Lectureship: Single Sport Specialization**

*Speaker: Dr. Cynthia Labella*

Early single sport specialization is becoming more common amongst athletes in childhood. The risks of this trend is becoming increasingly evident. Dr. Cynthia Labella is a pediatric sport medicine physician from Chicago with extensive experience caring for children and athletes with sport related injuries in clinic and as a Team Physician. She has a special interest in injury prevention in youth athletes. Along with her colleagues, she has done research in the area of Single Sport Specialization and has been part of creating evidence based recommendations.



**John Sutton Memorial: High Intensity Interval Training**

*Speaker: Dr. Martin Gibala*

HIIT has become a very popular method of physical activity amongst athletes and active people alike and has garnered a lot of attention in media and science. Dr. Martin Gibala is a professor of Kinesiology at McMaster University who has studied the physiological and health benefits of high-intensity interval training and written numerous articles and books on the subject. Join us for his exciting lecture and participate in a HIIT workout later in the afternoon!



**Sandy Kirkley Memorial: Tendinopathy Science**

*Speaker: Dr. Alex Scott*

The physiology and treatment of tendinopathy has always been a changing area of sport medicine. Dr. Alex Scott is a physiotherapist and PhD researcher and the Director of the Tendon Injury Prevention and Rehabilitation Lab at the University of British Columbia. He advocates for an active rehab approach to clinical problems and has developed a Tendinopathy Toolkit. He is involved in a number of research studies on various treatment modalities for tendon pathologies.

For more information, please contact Nazlene Shivcharan at 1.800.268.7215, ext. 3028, or [nazlene.shivcharan@oma.org](mailto:nazlene.shivcharan@oma.org).

