



S P O R T
M E D I C I N E
SCIENCE COUNCIL
of Saskatchewan Inc.

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Providing Sport Medicine and Science Programs and Services to Athletes and Coaches in Saskatchewan Fall/Winter2010

Sport Med Saturday

The SMSCS is hosting a Sport Med Saturday one-day conference in Saskatoon on Saturday, October 30

"My Arm Hurts"
Looking at Athletic Injuries in the Elbow, Wrist and Hand

Topics and Presenters

Elbow Injuries in the Athlete - David Sauder - MD, FRCSC,
Upper Extremity Surgeon

Exercise Therapy - Functional, Progression for
Tendonopathy - Jason Weber - PGD, BSPE, CEP

Athletic Injuries to the Hand & Wrist - Geoff Johnston - MD,
BSc, MBA, FRCSC, FACS, ABOS(C), Upper Extremity
Surgeon

Treatment of the Unstable Wrist - Cathy Sajtos - BScPT,
CHT, FCAMT, DipManipPT

A Practical Approach to Imaging of the Elbow, Wrist, &
Hand - David Leswick - MD, FRCPC, Assoc. Professor,
Dep't of Medical Imaging, U of S.

Dynamic & Static Progressive Splinting/Referral to O.T.
- Ryan Fitzpatrick - BMR (OT), OT Reg. (Sask), C.W.C.E.

Shortwave Diathermy & Shockwave Therapy - DJO Inc.

Coaches Education Regarding Injuries to the Arm in
Gymnastics - Keith Russell - M.PE, Ph.D., Assoc. Prof. U of
S, President - Scientific Commission - Int'l Gymnastics
Federation

Manual Care Techniques - Blaine Broker - DC, FCCRC(C)

Functional Casting for the High Performance Athlete -
Demo - Mark Levesque - Registered Orthopedic
Technologist

Elbow, Wrist & Hand Soft Tissue Conditions: Massage
Therapy Prevention & Treatment Techniques - Cornelia
Tan - RMT

Educational Credits
are available for
most professions

Registration Deadline
October 19
Reg'n form at www.smscs.ca

Registration Fee
\$95/health professionals
\$25/Students

10:00am - 4:00pm
Lunch provided



The Sport Medicine and Science
Council of Saskatchewan
receives financial support from



• Resource Materials • Sport First Aid Kits & Supplies • Medical Coverage of Events • Drug/Supplement Education •



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President's Message

Dr. Marlys Misfeldt

The fall and winter months will be extremely busy for the SMSCS. Extensive planning continues for the upcoming Sport Med Saturdays conference taking place on October 30 in Saskatoon at the U of S. We are extremely excited about the large number of people that have registered to date and encourage anyone who is still interested in registering to do so immediately. That same weekend, we will be promoting our programs and services at the Huskies vs. Rams football game on Friday evening in Saskatoon. We will have a tent set up and will be giving promotional items away to fans throughout the game. Also, there will be a Sport 1st Aid Instructor Workshop immediately following the Sport Med Saturday conference on Saturday. Three big events in about 24 hours!



The Canada Winter Games will be held in Halifax in February. As a result, our staff and consultants will be very busy providing various services ranging from Drug Education and Doping Control workshops to Mental Training sessions. Each Canada Games Sport is eligible for a certain level of FREE service/programming from the Council so I encourage you to contact Travis (Science) and Scott (Medicine) and they will assist you in making arrangements to utilize these services.

I had mentioned in the last newsletter that one of the main initiatives resulting from the direction received from the forward planning process was to re-establish as well as enhance some of our sport medicine programs and services. Although this is truly a long term process that will take years to see end results, initial steps have already occurred such as developing and implementing some of the program revisions. In addition, new initiatives have been established, and staff have already met with over 30 of the PSGB's explaining and promoting our medicine programs and services.

In closing, I encourage all PSGB's and their members, Canadian Sport Centre athletes, University teams, Districts for Sport, Culture and Recreation, and anyone else to utilize our many programs and services. We are here to serve you. You are also encouraged to invite everyone to contact the SMSCS to discuss any issues, concerns, or initiatives you feel would benefit your development as an athlete, coach, or team.

This newsletter was sent using the SMSCS email contact list. If you did not receive our newsletter by email and would like to receive it in the future or you know someone who would like to receive it, contact the SMSCS office at 780.9446 or by email at s.jule@sasktel.net

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- Exercise/Rehabilitation Supplies and Equipment
- Injury Prevention & Care
- Equipment Rental

Member Recognition

An ongoing feature in the newsletter will be to recognize our members who have/are working with or volunteering time with any provincial, national, or internationally recognized organizations, teams, athletes or at major sport events.

We'd like to thank everyone who has submitted their recent activities to us. Only those that submitted information are included. The next edition of the newsletter will be out in February, so please forward any updates by January 31, 2011. Please note that local/city events will not be included.

Louise Ashcroft, Sport Physiotherapist - Acted as a classifier at the World Sitting Volleyball Championships in Oklahoma in July.

Dr. Cole Beavis, Sport Medicine Physician - Was a team physician for Wrestling Canada at the Cadet Pan Am Championships in Manaus, Brazil in July. Also was the team physician for Hockey Canada's Under 18 Men's National Team at the Ivan Hlinka Tournament in Slovakia in August.

Todd Siwak, Chiropractor - Attended the Keystone Cup and acted as the chiropractor for Team Sask.

Bruce Craven, Sport Physiotherapist - Lead Consultant for an Own The Podium Project

Dr. Michael Nicholls, Sport Medicine Physician - This past summer was/is the medical director for Wrestling Canada and U of R Athletics. Also team M.D. for the Regina Pats.

NEW PRODUCTS FOR SALE

Beginning on January 1st, the SMSCS will have in stock for sale various **Andover** taping/wrapping products (powerflex, powertape, powerfast, etc), as well as **Renfrew PFT** (similar to Leukotape P). For pricing and more information, contact Scott at 1.888.350.5558, 306.780.9446, or s.jule@sasktel.net



Chiropractic College Becomes 'Royal'

Just prior to the Canadian visit of the Queens and Duke of Edinburgh this past summer, Buckingham Palace confirmed that Her Majesty has granted the College permission to use the title *Royal*. The college is now the 'Royal College of Chiropractic Sports Sciences (Canada)'.

Her Majesty has granted very few royal prefixes, so it was quite an honor for this organization to earn the royal distinction which recognizes the RCCSS(C)'s commitment to scientific causes and sports health care in Canada.

INSTRUCTOR WORKSHOP for anyone interested in presenting

SPORT 1ST AID WORKSHOPS/SPORT MEDICINE SESSIONS

Due to increased interest in the Sport 1st Aid Workshops as well as the various newly created Sport Medicine Sessions, the SMSCS will be hosting a two hour instructor/facilitator workshop for anyone interested in becoming an instructor/facilitator or for our current instructors to update their knowledge of what is new with the program. You are asked to register in advance by contacting Scott Julé at 780-9446 or by emailing him at s.jule@sasktel.net. The workshop will take place on Saturday, October 30 in Saskatoon at 4:15pm immediately following the Sport Med Saturday conference at the U of S.

Professional Development Grants Available

Are you a member or a consultant of the SMSCS and are considering attending a seminar, educational course or workshop?

On an annual basis the SMSCS has available a limited amount of funding to help offset the costs of course registration for members and consultants attending educational courses, workshops, or seminars. Funding is not available for travel, meals, accommodations, etc.

There are a number of criterion that applicants should be aware of and are available by contacting:

Mark Henry, Executive Director at
306.780.9208, or at
smcs@sasktel.net



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Here's what's at ...

www.smcs.ca



EASY ACCESS FOR ORDERING:

- Resource Videos
- Sport First Aid Supplies and Kits
- Exercise and Rehab Supplies (tubing, medicine balls, etc)
- Resource Manuals (mental training, sport 1st aid, etc)

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UPCOMING WORKSHOPS
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ATHLETE DEVELOPMENT

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Sport 1st Responder Course

Sport Physiotherapy
Canada Presents:



Sport First Responder

in Regina
November 26-28, 2010

This is a 3-day **lecture and practical** course (first 2 days for those requiring recertification only) that meets the requirements of the Canadian Red Cross Society and Sport Physiotherapy Canada for First Responder Certification.

Course fees:

SPC Members:

\$475 (plus \$23.75 GST) - full course

\$350 (plus \$17.50 GST) - recert

Non-member Fees:

\$525 (plus \$26.25 GST) – full course

\$400 (plus \$17.50 GST) - recert

Registration Deadline:

November 5, 2010

Register early – space is limited

For more specific information and to download a registration form go to
www.sportphysio.ca

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Sport 1st Aid & Sport Taping Workshops

- Are you a team trainer, parent or coach involved with a sports team?
- Are you prepared to handle minor sports injuries?
- Would you know what to do in the event of a medical emergency during a practice?
- Is not knowing how to tape an athlete's thumb becoming a problem?

If you answered “**yes**” to any of these questions, you have lots to learn at one of our seven-hour Sport 1st Aid or Sport Taping Workshops.

**For more information call
1.888.350.5558 ext #2**

Sport Nutrition Workshops

Providing valuable nutrition information to sport teams, high school groups and local clubs in Saskatchewan.

FREE workshops are available for athletes and active individuals between 12 to 18 years of age.

To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at heather.hynes@sasktel.net.

There are a limited number of workshops available, so book early!

The SMSCS acknowledges the financial support of **Dairy Farmers of Saskatchewan**



**Pro Fitter
3D Cross Trainer**



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Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1st Aid Supplies and Kits at extremely affordable prices. For more information email us at s.jule@sasktel.net, call our toll free number at **1.888.350.5558** Ext. #2, or go to our website at www.smcs.ca to download a price list and order form.



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APPLICATION FOR SPORTS MEDICINE RESEARCH GRANT

The Saskatchewan Academy of Sports Medicine has two research grants of \$1,500 each available annually for projects that will improve knowledge in the field of Sports Medicine and Injury Rehabilitation

If you are interested contact:

Cary Brunett
Saskatchewan Academy of Sports Medicine
Box 338
Delisle, SK S0L 0P0

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