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Providing Sport Medicine and Science Services and Programs for all active people in Saskatchewan Winter/Spring 2007

Sport Med Saturdays - March 31, '07

Registration deadline is quickly approaching for Session 2 - Anterior Hip Pain - Treatment and Rehabilitation.

After an extremely successful Session One that focussed on Anterior Hip Pain - Assessment and Diagnosis, held on October 28 in Saskatoon, everyone is looking forward to Session 2 on March 31 that will see presenters from a variety of sports medicine professions speak on the Treatment and Rehabilitation of Anterior Hip Pain.

For those of you that are still not aware, last year the SMSCS revamped the Sport Medicine Rounds Program that consisted of monthly one hour sessions in Saskatoon and Regina. We now offer a new and improved program, Sport Med Saturdays, that is offered twice a year on designated Saturdays. This program offers an educational, multidisciplinary approach to sports injury management that is now much more accessible to all practitioners throughout the province.

Continuing Education credited presentations.

Register early - The October session sold out!

The SMSCS would like to sincerely thank the following *Sport Med Saturdays Program* Sponsors:

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Makers of:



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Session Two

Anterior Hip Pain- Treatment and Rehabilitation

Date: Saturday, March 31, 2007

Location: University of Regina, Room ED191 - Use main doors for the College of Kinesiology and Health Studies

Registration Deadline: March 2, 2007, or first 125 registrants

Times: 10:00 a.m. – 2:45 p.m. (includes 45 minute lunch break)
Doors open at 9:30 a.m.

To Register Contact: Pat Tremaine, CPTe Ph: (306) 966-2043

Fax: (306) 966-1986 Email: pat.tremaine@usask.ca

OR

go to the SMSCS website at www.smscs.ca to download a registration form

Cost: Health Care Professional - \$50.00, Student Rate - \$25.00

For more detailed information on specific speakers and individual session topics go to the SMSCS website at www.smscs.ca



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President's message

Rhonda Shishkin, BSPE, BSc. (PT), Dip Sport (PT), CATc

Not that long ago much of the province was hit by the 'big storm', and what a storm it was. As everyone began to dig out, I saw a unique comparison between what people were doing as the snow began to be moved out and what we, the SMSCS do. Neighbors were helping neighbors. There was a common goal, a purpose, and a sense of cooperation to get the job done. This can be compared to what we, the SMSCS staff and consultants undertake to help coaches, athletes, teams, schools and so on, achieve their goals. Everyone is working together to develop a better prepared athlete, a healthier school, or a safer playing environment. This just solidifies my belief that the SMSCS is on the right path in the direction that we have undertaken to provide the best possible medical and science programming and services for all active people in Saskatchewan.

To date the winter months have been extremely busy for the SMSCS. A very successful Sport Med Saturday was held on October 28 in Saskatoon at the U of S, and preparations are well underway for the next session taking place in Regina on March 31 at the U of R. The October session sold out and we are expecting the same response for the March session, so I encourage everyone to register early. There is more information on this program within this edition of the newsletter.

Our staff and consultants continued to provide programming to various groups, sports teams, and individuals, and have spent a majority of their time preparing Team Saskatchewan for the Canada Winter Games in Whitehorse. We've also had people working with the athletes associated with the Canadian Sport Centre Saskatchewan and national teams. Our grassroots programs have been very busy as well providing everything from sport taping workshops to visiting schools and speaking on the benefits of healthy eating as it relates to sport, to proving therapists at numerous sport events.

As is always the case, I would like to congratulate all athletes and coaches on their accomplishments over the fall and winter months. Our staff and consultants work with, in one fashion or another, literally thousands of athletes each year, and we are extremely proud of their accomplishments and the role we play in their development as athletes. This includes everything from nutrition consulting to the development of weight training regimes to educating them on what they can expect if chosen for drug testing. The dedication of athletes from Saskatchewan is second to none and we should all be proud of sport in this province!

In closing, as I do in every President's Message, is 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.

The SMSCS does not necessarily endorse or recommend the opinions or treatments that are contained in this newsletter. Products and services advertised within are advertisements only and are not necessarily products used by the SMSCS. Consult medical personnel or sport scientists for medical problems, advice, and treatment.

The SMSCS permits the reproduction of articles contained within this newsletter for educational or promotional purposes if we are credited with being the source. Reproduction for the purpose of profit is prohibited. Contact the SMSCS for any other sport medicine and science related topic.

| Exercise/Rehabilitation Supplies | Injury Prevention & Care |

SMSCS Provides Sport 1st Aid Supplies to the World Cricket Cup

As a result of a very unique set of circumstances, the SMSCS was able to provide the World Cricket Championships in the West Indies with 35 Sport 1st Aid Medical kits.

The organizing committee of this two month long event had contacted the Council over a year ago with the request. Through various contacts, they heard that we provided sport

first aid supplies to the 2005 Canada Summer Games and wanted to know if we could do the same for their event. The process to get the job done was long and time consuming, with many specialty orders required to meet their needs. 35 specially designed bags had to be ordered from China; Items such as ophthalmoscopes and portable diagnostic sets had to be ordered from various suppliers across Canada.

Dealing with Canadian High Commission Departments in Barbados, and Trinidad and Tobago, along with the Department of Foreign Affairs and International Trade, were just a some of the unique circumstances that were involved with this project. Nonetheless, in the end, all the bags made it to the Championship on time and were very much appreciated by the host committee.

Need it? Find it on the SMSCS Web Page

Here's what's at ...

www.smscs.ca



RESOURCE VIDEOS

For loan on the following topics:

- Nutrition
- Drug Education
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

For sale:

- Body Image video & lesson plans

SPORT 1ST AID KITS & SUPPLIES FOR SALE

- Tape, various types & sizes
- Underwrap
- Hot/Cold Packs
- Various Band-aids
- Gauze
- Sensors
- Scissors & Tape Cutters
- Ointments
- Tape Adherent
- Many more...

SISSEL EXERCISE AND REHAB EQUIPMENT & SUPPLIES FOR SALE

- ABS Pro Gymballs
- Medicine Balls
- Sit Fits
- Fit Tubing
- Ankle Tubing
- Physio Toners

RESOURCE ARTICLES ON

- Nutrition
- Drug Education & Doping Control
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

RESOURCE MANUALS

- Sport 1st Aid
- Exercise Physiology
- Strength & Conditioning
- Mental Training
- SNAC Nutrition

TRAINING DAIRY

NUTRITION CHECK UP

PREVIOUS NEWSLETTERS & ANNUAL REPORTS

SPORT MED SATURDAYS

ACL INJURY PREVENTION PROGRAM

LINKS TO OTHER RELATED AGENCIES

CONSULTANT BIO'S

...MUCH, MUCH MORE...



Attend our workshop and avoid sport taping nightmares!

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?
- | Have you ever asked yourself, "What should I have in my Sport First Aid kit?"
- | Is not knowing how to tape an athlete's thumb becoming a problem?

Call Travis Laycock at
1.888.350.5558
for more information.

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.

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.

There could be a broad range of topics – individual treatment, injury research, studying a training method that prevents injury, review of equipment or sports surfaces and alterations in training techniques for improved sports function would all be considered as viable topics. **Application forms** are available from Cary Brunett, SASM administrator, via email at carybrunett@sasktel.net.

If you are interested in doing a research project of six months to one year's duration for which this funding would be helpful, please forward your application to::

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

Dairy Farmers of Saskatchewan



The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan for their continuing support of the High School Athletics Nutrition Workshops.

This province-wide program continues to grow and provide valuable information to high school teams in Saskatchewan. To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #5.

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

Think First Concussion Road Show

The Think First Concussion Road Show is making its way to Saskatoon.

Headlined by internationally renowned neurosurgeon, Dr. Karen Johnston and sports medicine physician, Dr. James Kissick. The Concussion seminar is taking place on **Saturday, May 5, 2007**. (Please watch for further details regarding location and local special guest speaker). Opening remarks start at 9:00 A.M. sharp and closing at 11:00 A.M.

The seminar is free and is open to physicians, trainers, coaches, league administrators, athletic therapists, sport psychology consultants, teachers and all those interested in learning the most up-

to-date information about diagnosing, treatment and return to activity guidelines.

Please register for this event... **Registration opens March 5, 2007.** Register with your **name, profession, organization and phone number** at thinkfirstsaskatoon@shaw.ca to ensure your place at this valuable seminar.

If you have any questions please contact Jennifer Link, Think First Program Coordinator at 384-7151.

To learn more about ThinkFirst Canada visit their website at www.thinkfirst.ca

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

Sport 1st Aid Manuals for sale

The SMSCS has a number of Sport 1st Aid Manuals for sale. The cost is \$26.50 (incl tax).

Call 1.888.350.5558 for more details or go to our website to print off an order form.

Sport Science and Medicine services available



The WCSG will be held in the County of Strathcona, Alberta, in August 2007. Each Provincial Sport Governing Body is eligible for 12 hours of sport science services in preparation for the Games.

The services available through the SMSCS are: Nutrition, Mental Training, Drug Education and Doping Control Procedures, Supplement Education, Exercise Physiology, Sport Medicine Prevention & Assessment, and Biomechanics.

Coaches, technical directors, or executive directors should contact SMSCS Programs Coordinator, Travis Laycock at 975.0867 or travis.laycock@sasktel.net for more information.



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Phone: 306 220 7854

email: craven.sports@sasktel.net
www.cravensportservices.ca

SMSCS Annual General Meeting

Thursday, March 22, 2007
6:30pm - 9:00pm

Davidson, SK

For more information contact Mark Henry
at 780-9208

Programs & Services Offered by the SMSCS

Who offers the Councils Programs and Services to our clients?

All of our programs and services are offered by one of the following three groups:

- 1) the staff of the Council, or
- 2) an individual belonging to one of the following provider groups that are members of the Council
 - a) Saskatchewan Academy of Sport Medicine
 - b) Sport Physiotherapy Saskatchewan
 - c) Saskatchewan Athletic Therapy Association
 - d) Canadian Sport Massage Therapists Association – Sask Chapter
 - e) Chiropractors Assoc of Saskatchewan – Chiropractic Sport Sciences Council, or
- 3) Consultants from various sport science disciplines including:
 - a) Exercise physiology
 - b) Nutrition
 - c) Mental training
 - d) Biomechanics
 - e) Sport medicine

What are the programs & services offered by the SMSCS?

Our programs and services are offered in primarily two different streams -

Educational and Safety programs and services (grassroots), and secondly, Sport Science programs and services (high performance). This edition of the newsletter will focus on the **Educational and Safety** programs.

EDUCATIONAL AND SAFETY PROGRAMS AND SERVICES

1) Canadian Sport Safety Program

This program consists of two separate seven-hour workshops.

Sport First Aid focuses on topics ranging from fitness and injury prevention to dealing with common sport injuries.

Sport Taping consists of topics covering everything from injury assessment and management to taping theory to plenty of actual taping instruction and practical sessions.

2) Medical Coverage Program

Provides medical personnel, equipment and supplies for sport events. Can also assist host organizations in the development of safety policies and coverage guidelines.

3) Medical Equipment Loaner and Rental Program

Medical equipment and sport 1st aid supplies are available to rent or loan.

4) Sport Med Saturdays Program

This program offered twice yearly on designated Saturday's provides an educational, multidisciplinary approach to sport injury management.

Speakers from a variety of sports medicine professions that are experts in the topic area, provide presentations that are research and literature based.

5) Drug Education and Awareness Program

Group and individual sessions consisting of topics ranging from prohibited substances in sport to the doping control (testing) procedures.

6) Nutrition Workshops for High School Teams - Sponsored by the Dairy Farmers of Saskatchewan

Content includes discussion on food groups, carbs/protein/fats, pre/post competition meals, fluids, milk and calcium.

7) Sport 1st Aid Kits and Supplies

Various sport 1st aid supplies, as well as stocked or specially designed kits are all available for sale.

8) Exercise and Rehab Materials

Gymballs, medicine balls, tubing and toners are available for sale.

9) Resource Material Library

A variety of videos and handouts are available for loan.

10) Manuals & Video Sales

Sport 1st Aid, Exercise Physiology, Strength & Conditioning, Mental Training, SNAC Nutrition, Body Image

11) Web Page

Contacts, resource articles, and more



Support Saskatchewan Lotteries



- m 12,000 volunteer groups and over 800 communities share the proceeds
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Western College of Remedial Massage Therapies Sports Massage Program

The Western College of Remedial Massage Therapies Inc. in Regina Saskatchewan has developed and delivered a Post-Graduate Sports Massage Therapy Program for over a decade.

Intensive three-day Pre and Post Event Sports Massage courses and 1,000 hour competency post-graduate Sports Therapy Distance Education courses are available.

If you are interested in obtaining Certification or a Diploma in Sports Massage, contact our school and we will be happy to provide you with the education necessary to practice safely and accurately in order to meet the needs of your athletic based clientele.

Web Page www.westerncollege.ca

Email wayne.baiton@westerncollege.ca

Phone 306-757-2242

Alaska ATHLETICS Sports Medicine Centre

87 Campus Drive, Saskatoon, SK S7N 5B2 • Phone: 306.966.1027 • Fax: 306.966.6502

Hours of Operation: Mon-Thur 7:30am - 5:00pm; Fri 7:30am - 12:00pm



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- Maximizing function and preventing injury

- Comprehensive physical therapy services for orthopedic and sports related injuries
- Personalized, individual care



~ NO REFERRAL REQUIRED ~

For Appointments, call 966.1027