

A UNIQUE  
DESTINATION  
FOR SPORTS  
MEDICINE



ASPETAR

## Aspetar Wednesday Webinar Series

*'Cutting edge sports medicine  
and science to your doorstep'*

ASPETAR



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**Agenda**  
**Aspetar Wednesday Webinar Series**  
**15 May 2024 - 15 May 2025 (4<sup>th</sup> year)**

**Target Audience: Physicians, Allied Healthcare Practitioners, Nurses, Dentists, Pharmacists, Others (researchers and sport scientists)**

**Venue: Online (Microsoft Teams)**

**Activity code: HGI-03-HGI-03-P135**

**Overall learning objectives:**

On completion of this activity, participants will be able to:

1. Apply best evidence in the diagnosis, treatment and prevention of common injuries and musculoskeletal conditions in athletes.
2. Develop a management plan for muscle injuries in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Define 'Modern Games'.
5. Describe the key principles of 'Extreme Sports Medicine'.
6. Discuss the importance of artificial intelligence in sports medicine and science.

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 1.50 credit hours**

	<b>Date and time</b>	<b>Topic</b>	<b>Session Learning Objectives</b> <b>By the end of this session the participants will be able to:</b>	<b>Speaker/s</b>
1.	15 May 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Sports medicine in athletics</b>	<ol style="list-style-type: none"> <li>1. Apply current evidence on relative energy deficiency in sport (REDs) to track and field athletes</li> <li>2. Develop a return to performance plan for a track and field athlete after pregnancy</li> <li>3. Describe several strategies to support the mental health of track and field athletes.</li> <li>4. List five actions for track and field athletes and coaches to reduce risk of injury</li> </ol>	<b>Dr Paul Dijkstra</b> <b>Dr Jenny Jacobsson</b> <b>Prof Margo Mountjoy</b> <b>Prof Jane Thornton</b> <b>Prof Claudia Reardon</b> <b>Dr Juan-Manuel Alonso</b>
2.	12 June 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Advanced Imaging</b>	<ol style="list-style-type: none"> <li>1. Describe technological developments in musculoskeletal radiology</li> <li>2. Explain how chronic exertional compartment syndrome can be evaluated</li> <li>3. Identify how 3D MRI can be applied in the musculoskeletal system</li> </ol>	<b>Dr Marcelo Bordalo</b> <b>Dr Jan Fritz</b> <b>Dr Avneesh Chhabra</b>
	<b>July - August</b>	<b>Summer break</b>		
3.	18 September 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Top Tips for Thigh Muscle Injuries: From Diagnosis to Treatment</b>	<ol style="list-style-type: none"> <li>1. Compare and contrast the advantages and limitations of different imaging modalities in diagnosing thigh muscle injuries</li> <li>2. Evaluate imaging findings to predict prognosis and guide treatment decisions</li> <li>3. Assess the different rehabilitation strategies for thigh muscle injuries</li> </ol>	<b>Dr Stephen Targett</b> <b>Dr Paulo Helito</b> <b>Ms Helen McKeever</b>

4.	16 October 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Risk Factors for Thigh Muscle Injuries</b>	<ol style="list-style-type: none"> <li>1. Apply knowledge of risk factors to assess injury risk in specific athlete populations</li> <li>2. Summarize the influence of biomechanical factors on the likelihood of thigh muscle injuries.</li> </ol>	<b>Dr Enda King</b> <b>Dr Tania Pizzari</b> <b>Dr Souhail Chebbi</b>
5.	30 October 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Thigh Muscle Injury Prevention and Performance Enhancement</b>	<ol style="list-style-type: none"> <li>1. Critically evaluate the effectiveness of current injury prevention programs in addressing thigh muscle injury risk factors.</li> <li>2. Judge the appropriateness of modifying training protocols to reduce the incidence of thigh muscle injuries in athletes</li> </ol>	<b>Dr Enda King</b> <b>Dr Nicol van Dyk</b> <b>Dr Liam Harper</b>
6.	20 November 2024 4.30 PM - 6.00 PM (GMT+3)	<b>Handball</b>		<b>TBC</b>
7.	15 January 2025 4.30 PM - 6.00 PM (GMT+3)	<b>Extreme Sports Medicine</b>		<b>Dr Celeste Geertsema</b>
8.	19 February 2025 4.30 PM - 6.00 PM (GMT+3)	<b>Brain health in sports</b>		<b>TBC</b>

9.	16 April 2025 4.30 PM - 6.00 PM (GMT+3)	AI in Sports Medicine		Dr Paul Dijkstra Ms. Yosra Mekki
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**Scientific Planning Committee:**

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Mariem Labidi, Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Pieter D'Hooghe, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden, Marco Cardinale, Daniel Martinez-Silvan and Barboura Mondher

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

Overall time: 90 min

Lecture: 60 min

Interactive session: 30 min