

A close-up photograph of a runner's legs on a rocky trail. The runner is wearing blue and white sneakers. A red glow is visible on the lower leg and ankle area, indicating a stress injury. The background shows a rocky, mountainous landscape under a bright sky.

Aspetar Bone Stress Injury Symposium

5th October 2024
Agenda



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ASPETAR BONE STRESS INJURY SYMPOSIUM

Date: SATURDAY, 5TH OCTOBER 2024

Target Audience: Physicians, Nurses, Allied Health Practitioners (Physiotherapists, Nutritionists, Podiatrists), Others (Sports Scientists, Strength & Conditioning Coaches, Massage Therapists)

Activity code: HGI-03-P143

Venue: Aspetar Auditorium, Microsoft Teams

Time: 08:00 AM -17:15 PM

Overall Learning Objectives:

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

1. Analyse current scientific literature on epidemiology and pathogenesis.
2. Examine multiple risk factors, identify developing risk factors and modification strategies.
3. Appraise the role of Relative Energy Deficiency in Sport (RED-S) in bone stress injuries.
4. Evaluate all aspects of lumbar bone stress injuries clinical management.
5. Assess current evidence-based bone stress injuries treatment/management.
6. Design evidence-based rehab and return to play programs.
7. Elaborate on prevention plans.

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 of 7.25 hours.

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
(08:00-08:30)	Registration		Emna Dachraoui (cpd)
(08:30-08:35)	Welcome and opening	Welcome	Dr Louis Holtzhausen, Chief of Sports Medicine Aspetar
(08:35-08:45)	Introduction	Discuss Overall Learning Objectives	Juan Manuel Alonso
Session 1			
(08:45-09:15)	Bone Stress Injuries Physiopathology - Basic science	<ul style="list-style-type: none"> • Appraise current knowledge on bone turnover • Evaluate existing concepts of Bone Stress Injuries Continuum load vs damage and healing • Assess the importance of discerning BSI Vs Stress Fractures 	Tim Hoenig
(09:15-10:00)	Aspetar Multidisciplinary Approach to an Athlete with Suspected BSI	<ul style="list-style-type: none"> • Examine the multidisciplinary work of multiple Aspetar departments involved in the BSI management 	Stephen Targett, Toni Snoxell Nelda Nader, Fahad Al Shamsi
(10:00-10:30)	Discussion Panel		Tim Hoenig, Stephen Targett, Toni Snoxell, Nelda Nader, Fahad Al Shamsi
(10:30-10:45)	Coffee Break		
Session 2			
(10:45-11:15)	Current Concepts of Bone Stress Injuries Imaging	<ul style="list-style-type: none"> • Analyse Radiological procedures to deal with BSI • Evaluate current Classifications - Grading scales • Appraise the link between Grading scales and RTP 	Marcelo Bordalo
(11:15-12:15)	Red flags BSI- Surgery – Adjunct treatment	<ul style="list-style-type: none"> • Appraise current scientific literature in BSI Risk Stratification assessing the 	Juan Manuel Alonso/ Stephen Targett/ Bruno Olory/ Omar Al Sayrafi/Ben Salcinovic

		<p>importance of anatomical High Risk Vs Low Risk locations</p> <ul style="list-style-type: none"> • Develop understanding of the bone responses to different loads • Build knowledge on clinical management of Main BSI HIGH-RISK locations • Evaluate the need of Surgical treatments in certain High-Risk BSI • Assess existing scientific knowledge on BSI ancillary treatments (ESWT, PTH, PRP, etc.) 	
(12:15-12:45)	Discussion Panel		Marcelo Bordalo, Juan Manuel Alonso/ Stephen Targett/ Bruno Olory/ Omar Al Sayrafi/Ben Salcinovic
(12:45-13:45)	Lunch Break		
Session 3			
(13:45-14:45)	Workshop on Lower limb Return to Running	<ul style="list-style-type: none"> • Assess current RTP scientific literature for BSI • Evaluate RTP criteria for BSI • Analyse existing RTP tools for BSI 	Toni Snoxell + Evan Jeanguyot + Fahad Al Shamsi
(14.45 – 15:00)	Bone Stress Injury Delphi Consensus	<ul style="list-style-type: none"> • Appraise recently published BSI Delphi consensus • Evaluate its major conclusions • Assess future research directions 	Tim Hoenig
(15:00-15:30)	Relative Energy Deficiency in Sport (RED-S)	<ul style="list-style-type: none"> • Appraise 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (RED-S) • Analyse RED-S signs and symptoms that led to updated Health and Performance Conceptual Models and the development of a novel Physiological Model • Evaluate Guidelines for safe and effective body composition assessment to help prevent RED-S 	Margo Mountjoy

(15:30-15:45)	Discussion Panel		Toni Snoxell, Evan Jeanguyot, Fahad Al Shamsi, Tim Hoenig, Margo Mountjoy
(15:45 -16:00)	Coffee Break		
(16:00-17:00)	Spondylolysis Workshop	<ul style="list-style-type: none"> • Examine Spondylolysis within the Framework of Bone Stress Injuries. • Appraise Spondylolysis Management in the Youth Population • Explain how to implement Rehabilitation and RTP criteria • Apply theoretical knowledge to real-world scenarios through clinical cases 	Mauricio Monaco / Abdallah Rejeb
(17:00-17:15)	Discussion Panel – Closing Remarks		Juan Manuel Alonso, Stephen Targett

Scientific Planning Committee:

Dr Juan Manuel Alonso (Chair), Stephen Targett, Bruno Olory, Marcelo Bordalo, Toni Snoxell, Cosmin Horobeanu, Nelda Nader, Helen Marie Mckeever, Ben Salcinovic, Abdallah Itani, Mauricio Monaco, Evan Jeanguyot, Zaid Qabook, Ken Ven Alsenoy, Emna Dachraoui (CPD/CPE coordinator).

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: 430 min: Lecture: 310 min

Interactive: 120 min (28 %)